

CUSTOM EDITION

LEARN⁺™
more

Wake County Public Schools

Teaching Kids About **North Carolina** Agriculture - Food, Farmers & Fun!



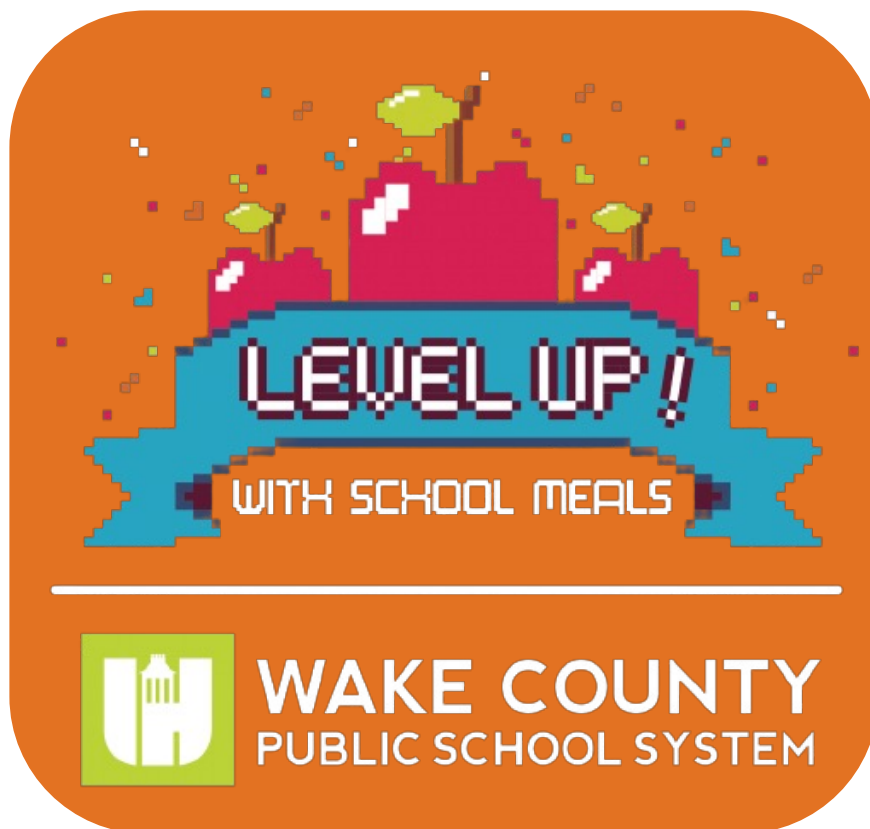
E N R I C H M E N T



FARM to SCHOOL

“Child Nutrition Services contributes to all Wake County Public School System students' academic achievement by providing nutritious meals with quality service at an affordable price.”

- **Wake County Public School System Child Nutrition Services**



FARMERS MARKET FRIDAYS

Wake County Public School System Child Nutrition Services is proud to be participating in **Farmers Market Fridays** serving North Carolina crops and celebrating local farmers.



Sweet Potatoes



Kale



Apples



Cabbage

North Carolina

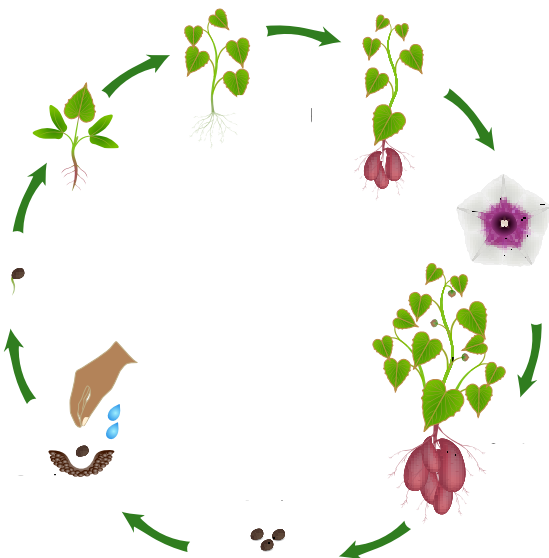
Sweet Potatoes

North Carolina is the **#1** sweet potato producing state in the U.S.

North Carolina produces around **1.8 BILLION** pounds of sweet potatoes each year.

Sweet potato roots are harvested **90-120** days after planting.

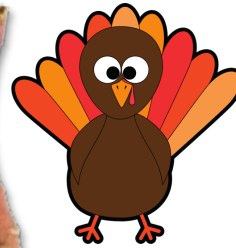
64% of U.S. grown sweet potatoes come from North Carolina.



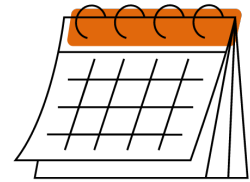
Sweet potatoes thrive in North Carolina's **warm** & **humid** climate.



A popular **Thanksgiving** side dish.



Sweet potatoes are in season **year-round!**



FEBRUARY

National Sweet Potato Month!

Jewel is the most popular variety of sweet potato.



Sweet potatoes can be **orange, yellow, red, white** or **purple**.



Barnes Farming



Barnes Farming is a family-owned farm founded by **Carson Barnes** in the **1960s**.

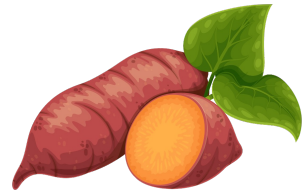
Barnes Farming is the world's **LARGEST** sweet potato producer.



Today, Barnes Farming is managed by Carson Barnes' son, **Johnny**.



Barnes Farming is home to **7,000 acres** of sweet potatoes.



20,000
total acres.

Grow, pack & ship crops.



**7840 Old Bailey Hwy.
Spring Hope, NC 27882**



One of the **first** farms to **export** sweet potatoes **abroad**.



BARNES FARMING
FARM PAK

North Carolina

Kale

Kale is able to grow throughout the **entire year** in North Carolina.

Kale can range in color from **light green** to **dark green** to **violet**.

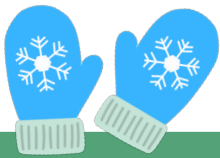
Kale becomes **sweeter** after a frost!



Kale is closely related to **cabbage**.



Kale is mostly harvested in the **fall & winter**.



Kale is a **cool-season** vegetable.



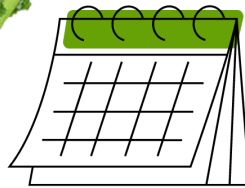
Cold temperatures **improve** the quality & flavor of kale.

Kale prefers to grow in places with **full sun**.

All kale leaves are **harvested by hand**.



Kale is harvested **one leaf at a time**, never the entire plant at once.



In a long growing season, the main stem of kale can be **24+ inches** long.

Kale is known to have a **bitter** taste.

Burch Farms



Burch Farms is a family-owned farm founded by **William & Georgianna Burch**.

The Burch family has been farming on the same land since the **1700's**.



Burch Farms was officially established in **1950**.

"We love our land."

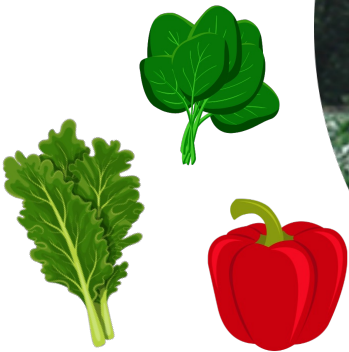


Burch Farms is currently run by **Jimmy Burch**.

Over **6,000 acres** of land.



1,100 acres of their land is **organic**.



Burch Farms grows a **wide variety** of produce!

Sustainability is very important to Burch Farms.



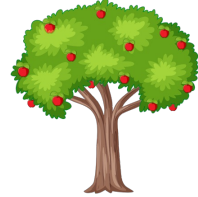
**685 Burch Road
Faison, NC 28341**



North Carolina

Apples

North Carolina is home to **9,000+** acres of commercial apple orchards.



2,500

varieties of apples are grown in the United States.

70-80% of apple production in NC takes place in **Henderson County**.

NC produces around **4 MILLION bushels** of apples per year.

21% of apples are juiced.

All of the U.S. produces **250 million bushels** of apples each year.



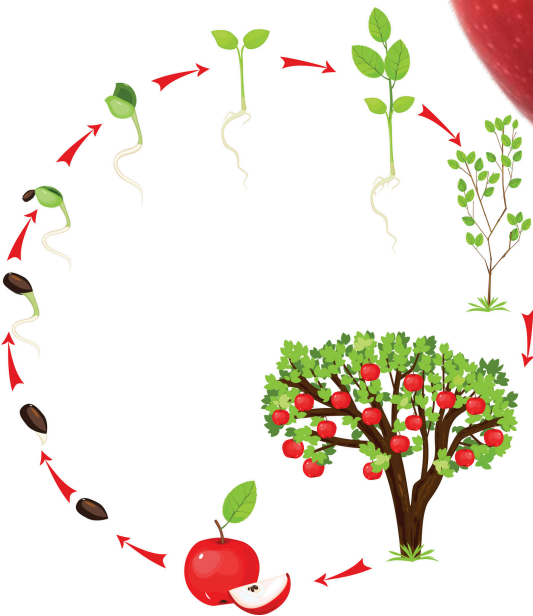
apples make **1 gallon** of cider.



An **apple blossom** is the flower that comes from an apple tree.

An apple tree takes at least **4 years** to start producing fruit.

Most apples are **HAND-PICKED**.





Flavor Full Farms



Flavor Full Farms is a **4th-generation family-owned** farm & business.



“When we say our apples are grown with **love**, from our family to yours, they truly are.”

Flavor Full Farms is run by **Jeff Nix**, his wife **Dale** & son **Jerred**.



100+ acres of apples are harvested each season.



Flavor Full Farm offers **pre-sliced & packaged** apples.

Flavor Full Farms grows a variety of apples: **Gala, Fuji, Granny Smith** & more!

1320 N Ridge Road
Hendersonville, NC 28792



North Carolina

Cabbage

North Carolina produces around **70 MILLION pounds** of cabbage each year.

NC is home to **10,000+ acres** of cabbage.

Cabbage is a “**cold-weather veggie**”.



Cabbage grows best in a lot of **sunlight**.

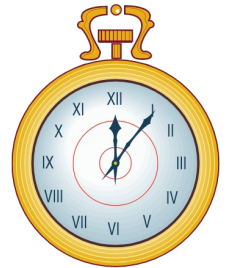
Peak season is from **November** to **April**.



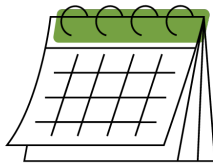
Types of Cabbage:

1. Early
2. Late

Average plant is **4 - 6 feet** tall.



Early cabbage takes **45 days** to mature, and late cabbage takes **87 days**.



400+ varieties of cabbage.

The most **popular** varieties of cabbage:

1. **Green Cabbage**
2. **Red Cabbage**
3. **Savoy Cabbage**



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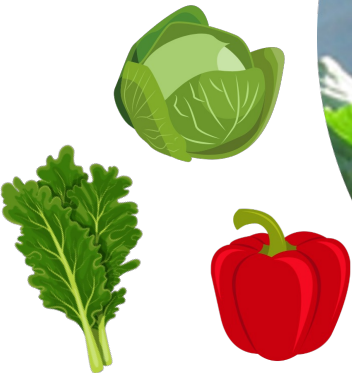
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North Carolina

Milk

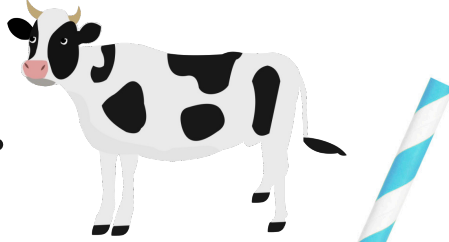
North Carolina produces around **1 BILLION** pounds of milk per year.

North Carolina is home to around **40,000** dairy cows.

Nearly **98%** of U.S. dairy farms are family owned & operated.

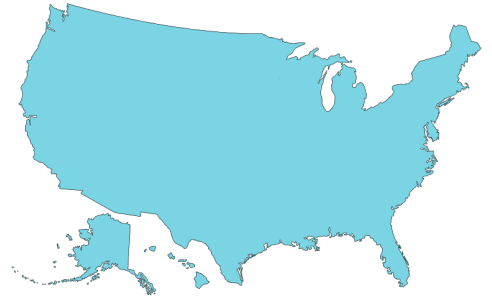
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Breeds of Dairy Cows:



1. Ayrshire
2. Brown Swiss
3. Guernsey
4. Holstein
5. Jersey
6. Milking Shorthorn

ALL 50 states have dairy farms!



Holstein cows all have a **unique pattern of spots!**

1 cow produces around **6 gallons** of milk per day.

The reason milk is white is because it contains **“casein”** - a type of protein.



Farmers measure milk in **pounds**.

The U.S. produces **~21 BILLION** gallons of milk each year.



Milk is the source of **ALL** dairy products!

Howling Cow Dairy



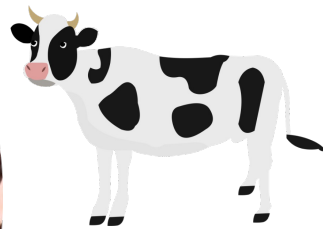
Howling Cow Dairy is a **creamery & education center** started in the **1940s**.

Howling Cow Dairy is located on **North Carolina State University's** campus.

Howling Cow Dairy makes **1,000+ GALLONS** of ice cream each **WEEK**.



Howling Cow Dairy is a **329-acre** dairy farm.



Home to **300+** dairy **COWS**.

The cows' **health & comfort** is a top priority at Howling Cow Dairy.

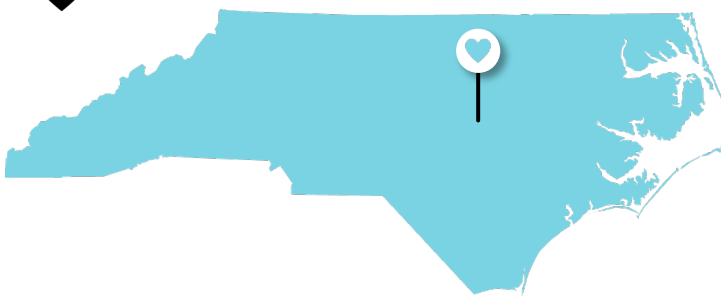


Many NC State **students** work on the dairy farm.

100 Dairy Lane
Raleigh NC 27603



Visitors are **ALWAYS** welcome to tour the farm!



North Carolina Agriculture

LEARN

More



Bell Peppers



Blueberries



Corn



Cucumbers



Grapes



Oats



Pumpkins



Soybeans



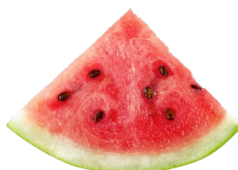
Squash



Strawberries



Sweet Potatoes



Watermelon



Wheat