

CUSTOM EDITION

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more

# Waukee Community School District

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



E N R I C H M E N T





# WAUKEE FARM to School

“Waukee Farm to School cultivates curiosity, connection and appreciation for food, health, agriculture and the local food system through interactive, integrated, and innovative experiences. We offer students and families space to explore their environment and the natural world, inspire awe, nurture lifelong nourishing habits, empower themselves and the community, and give them a place to belong.”

– Waukee Community School District Nutrition Department



# FARMERS MARKET FRIDAYS

Waukee Community School District Nutrition Department is proud to be participating in **Farmers Market Fridays** serving Iowa crops and celebrating local farmers.



Tomatoes



Apples



TBD

TBD



Iowa

# Tomatoes

Tomatoes are a very common crop in **home gardens** throughout Iowa.

Try **planting** some of your own tomatoes **at home** in the **summer!**

## 3 Popular Types of Tomatoes:

1. Cherry
2. Grape
3. Roma



Tomatoes come in a **variety** of colors.

**“Wolf peach”**



Botanically, tomatoes are a **fruit!**

**93%** of

Americans grow tomatoes in their own garden.



Over **10,000** varieties of tomatoes.

Tomatoes are grown in **ALL** 50 states!

Tomatoes are at peak harvest **July - September.**

Tomatoes are a warm season crop that **love** the sun.





# Flint Ridge



Flint Ridge markets produce grown from **10 Amish growers**.

Flint Ridge has been around for **10+ years**.

Flint Ridge is owned by **Irvin Miller** & his family.



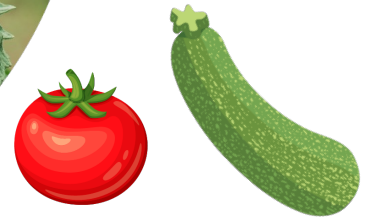
Flint Ridge is home to around **600 acres** of farmland.



All of the produce grown at Flint Ridge is **organic**.

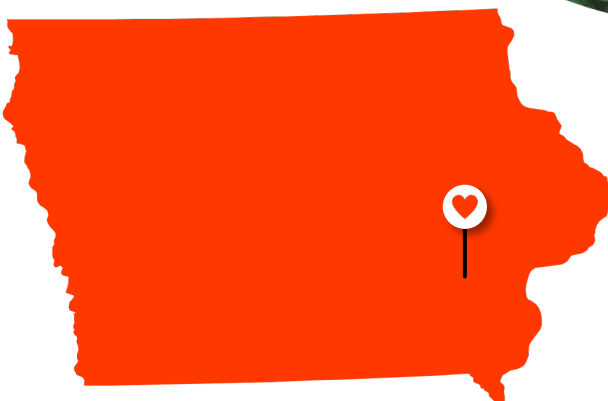


Flint Ridge **grows, packs & ships** all of their produce.



Flint Ridge grows a **variety** of produce.

Located in **Kalona, IA.**



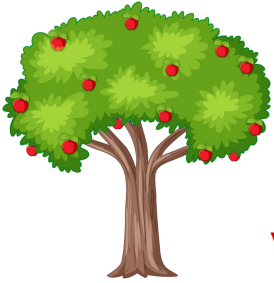
Flint Ridge **washes** all of their produce **by hand** after harvesting.

Iowa

# Apples

Red Delicious apples were first discovered in Peru, Iowa in 1872.

One of the **most popular** varieties of apples in the U.S.



Iowa is home to **1,000+** acres of apple orchards.

Iowa grows **many varieties** of apples.

**21%** of apples are juiced.



**36** apples make **1** gallon of cider.

**2,500** varieties of apples are grown in the United States.



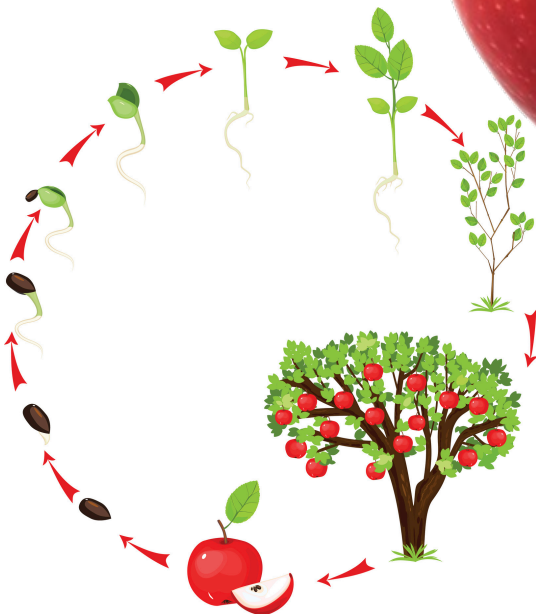
All of the U.S. produces **250** million bushels of apples each year.



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.**





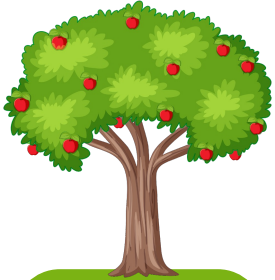
Iowa

# Deal's Orchard



Deal's Orchard is a **family owned & operated** farm that was founded in **1917**.

Deal's Orchard was started by **Frank Deal** and has continued through **5 generations**.



Deal's Orchard has **40+ acres** of apple trees.

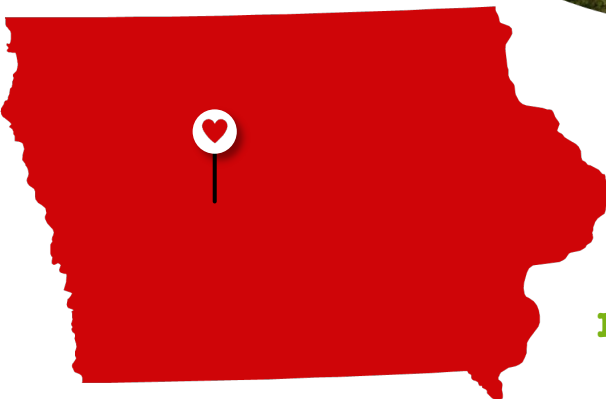


The Deal family!



Deal's Orchard grows **over 25 different varieties** of apples.

**1102 244th St.  
Jefferson, IA 50129**



**Award winning apple cider!**

“Deal's Orchard was built on **hard work, perseverance & relationships** with our customers.”



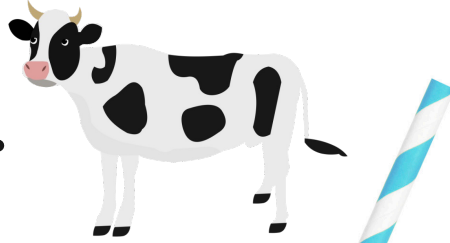


Iowa is home to around **240,000** dairy cows.

**5.7 BILLION** pounds of milk is produced in Iowa each year.

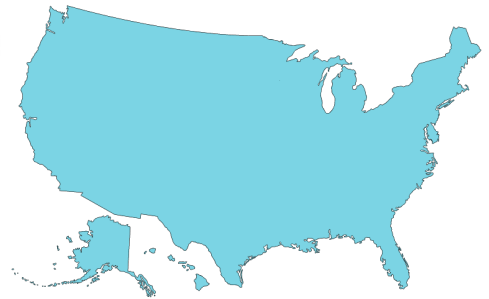
Nearly **98%** of U.S. dairy farms are family owned & operated.

## 6 Breeds of Dairy Cows:



**ALL 50** states have dairy farms!

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



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



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

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

Farmers measure milk in **pounds**.

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

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





# Anderson Erikson Dairy



Anderson Erikson Dairy was founded by Iver Erikson & Andy Anderson in 1930.



AE Dairy is currently run by Iver's granddaughter, **Miriam**.

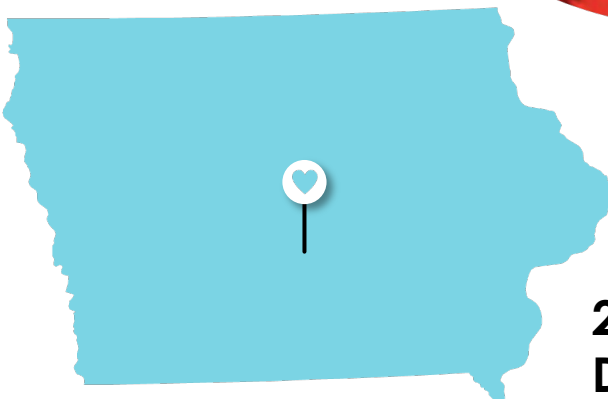


AE Dairy is committed to consistent **quality & innovation**.

All AE Dairy comes from **LOCAL** Iowa dairy farmers.



AE Dairy taste-tests their products **weekly**.



*Dairy*

2420 E University Ave  
Des Moines, IA 50317



AE Dairy makes **200+** dairy products.

Iowa Agriculture

# LEARN more



Cabbage



Corn



Oats



Soybeans