

D I G I T A L M A G A Z I N E

CUSTOM EDITION

LEARN<sup>+</sup>™  
more

# Norfolk Public Schools

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



E N R I C H M E N T



# FARM to SCHOOL

“Provide healthy, nutritious meals to support academic achievement and lifelong, healthy food choices.”

- Norfolk Public Schools Nutrition Program



**Norfolk Public Schools**  
The cornerstone of a proudly diverse community

# FARMERS MARKET FRIDAYS

Norfolk Public Schools Nutrition Program is proud to be participating in **Farmers Market Fridays** serving Virginia crops and celebrating local farmers.



Apples



Sweet Potatoes



SCHOOL  
NUTRITION

Eat here. Succeed anywhere.



Green Beans



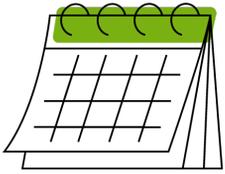
Asian Pears



# Apples

Virginia is home to **16,000 acres** of apples.

Virginia harvests **5 - 6 BILLION bushels** of apples each year.



Virginia's apple harvest starts in **July** and lasts until **late November**.

Virginia has over **100 commercial apple orchards**.

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



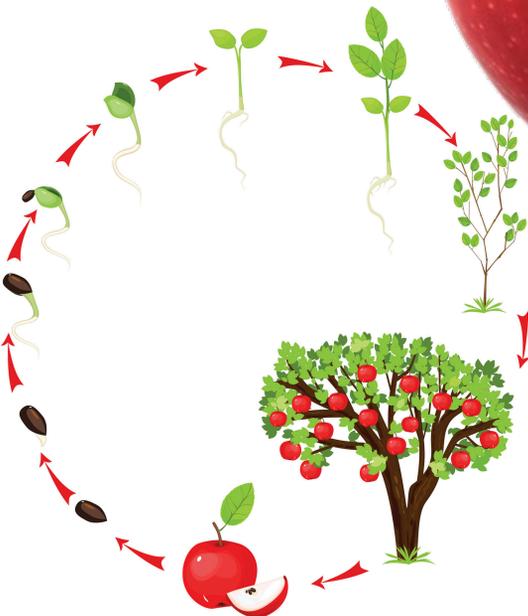
All of the U.S. produces **250 million bushels** of apples each year.

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

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**.



# Crown Orchards



Started in **1912**, Crown Orchards is a **5-generation family** orchard.



**3 generations** of the Chiles family **currently work together.**

As pictured: **Henry** (the 10<sup>th</sup>), **Henry** (the 8<sup>th</sup>) & **Henry** aka "Huff" (the 9<sup>th</sup>).

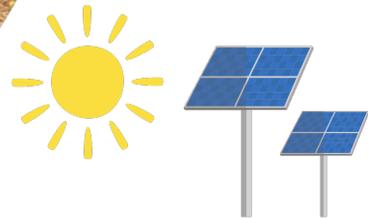
Crown Orchards is spread out over a **15-mile radius.**

Crown Orchards also grows **nectarines** & **peaches.**

**"Mountain grown for the best taste!"**



Crown Orchards is home to **SEVEN** major orchards.



Crown Orchards operations are run on **solar energy.**

Crown Orchards grows **12+ different varieties** of apples.

**5861 Piedmont Apple Ln.  
Coveseville, VA 22931**



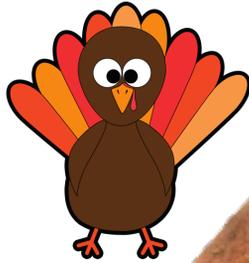
Virginia

# Sweet Potatoes

In the 1600s, Virginia became the **first** state in the U.S. to grow sweet potatoes.

Virginia is home to around **223 acres** of sweet potatoes.

Sweet potatoes are a popular **Thanksgiving** side dish.



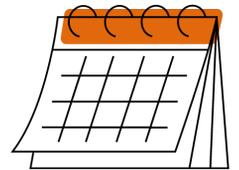
**2.5 BILLION** pounds of sweet potatoes are produced each year in the U.S.

**FEBRUARY**  
National Sweet Potato Month

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



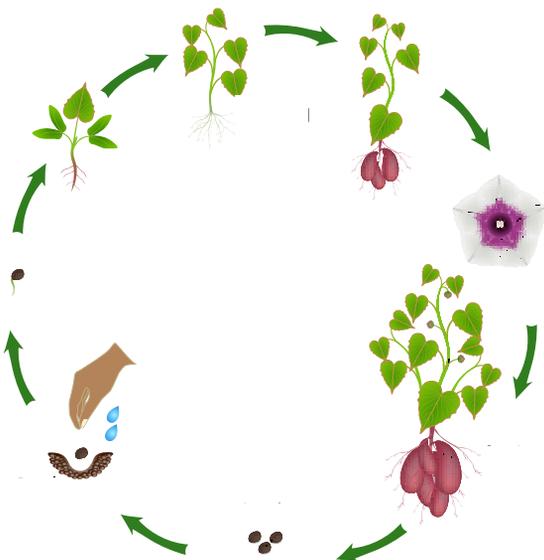
A **root** vegetable.



**Jewel** is the most popular variety of sweet potato.

Sweet potatoes are in season **YEAR-ROUND!**

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



# Slade Farms

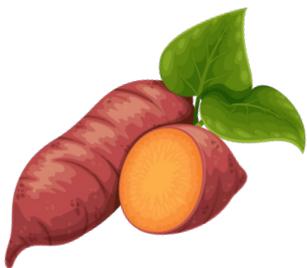


Slade Farms is a **3<sup>rd</sup>-generation family farm** started by **Clifton Slade**.



Today, Slade Farms is run by Clifton Slade's daughter **LaSonya** and her daughter **Z'hane**.

All the sweet potatoes grown at Slade Farms are **organic**.



Visitors are always **welcome!**

Clifton helps farmers all across Virginia with his vast knowledge and experience of farming.

Slade Farms started organic farming in **2011**.

**515 acres** of land.

***"Responsible Farming with Profitable Results."***



1111 Mount Ray Dr.  
Surry, VA, 23883

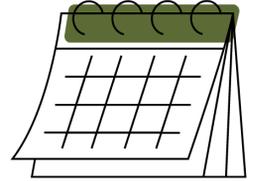
**Slade Farms**



Virginia

# Green Beans

Green bean growing season in Virginia spans from **late spring** through **early fall**.



**Bush & pole** are the 2 main types of green beans.

**Bush beans** are the most commonly grown green bean in Virginia.

Green beans are the **3<sup>rd</sup> most** home-grown vegetable.

**130+ varieties** of green beans.

Green beans are also known as "**string beans**" or "**snap beans**."



The World's Tallest Bean Plant was over **45 feet tall**.

=

Equivalent to **3 fully-grown giraffes** stacked on top of one another.



String beans can be **green**, **yellow** or **purple**!

# C & E Farms



C&E Farms was founded in **1986** & the **first** farm to **hydro-cool** their green beans.

**Hydro-cooling** is when a crop is **submerged** in **VERY cold water** after they are harvested.

C & E Farms was founded by **Phil Colson & Lester Erlemeier**.

C & E Farms harvests **750,000+ bushels** of green beans each year.



**5,000 acres** of green beans.



C & E Farms **grow, pack & ship** their green beans.

**C & E FARMS**

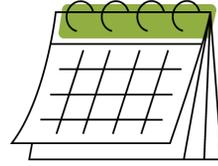
19319 Seaside Rd.  
Cheriton, VA 23316



Virginia

# Asian Pears

Asian pears grown in Virginia are in season from **August - November**.



Asian pears have a **unique shape** that resembles an **apple**.

Asian pears are one of the **OLDEST** known variety of pear.



Asian pears are native to **Japan & China**.

Pear tree **wood** is often used to make musical instruments.



Over **3,000** varieties of pears.

Pears prefer to grow in **cooler climates**.

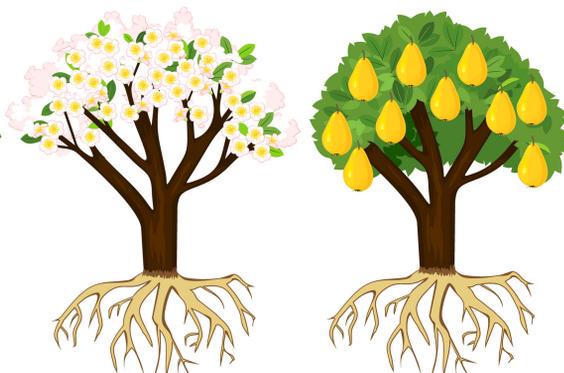


Pears ripen best **after** they are picked.

Pears are a part of the rose family.



**30-40 ft.** tall trees.



**ALL** pears are picked by **HAND**.

# Virginia Gold Orchard



Virginia Gold Orchard is a small **family-run** farm that has been around since **1990**.



Virginia Gold Orchard was started by **Paul & Youngsuk Estabrook**.

Virginia Gold Orchard grows **16 different varieties** of Asian pears.



"Dedicated to **holistically** growing the **very best tasting** Asian pears."



Visitors are always **welcome!**

Each pear is inspected **THREE** times during their growing season.



Virginia Gold Orchard is home to around **5,000 Asian pear trees**.



**100 Asian Pear Way**  
**Natural Bridge, VA 24578**

Virginia

# Milk

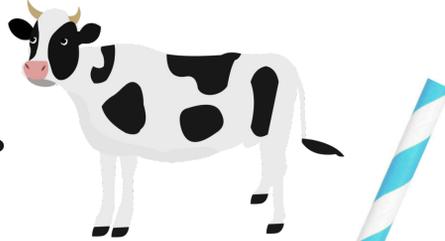
Virginia produces around **240 MILLION** gallons of milk per year.

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

Virginia is home to **67,000** dairy cows & **700** dairy farms.

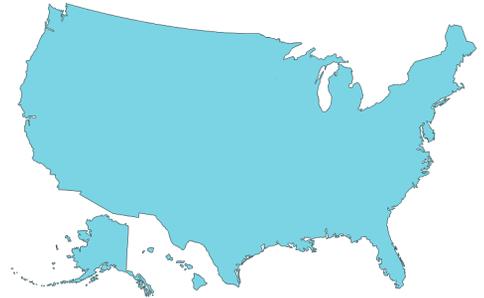
**6**

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**.

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

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





# Maola

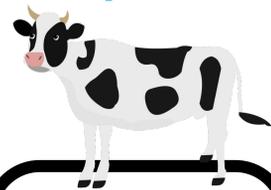


Maola is a group of **8 family dairy farms** that have been around since **1920**.

**2 of the 8** dairy farms a part of Maola are from Virginia.

The 2 farms located in Virginia are the **French Brothers' Dairy & the Hardesty Family Farm**.

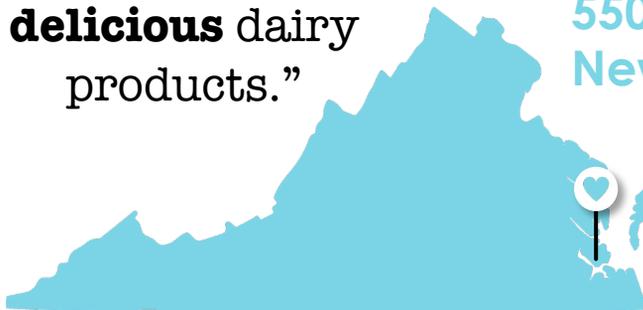
Maola's group of dairy farmers that **own the land, cows & bottling centers** that go into making their dairy.



Combined, these 2 Virginia farms are home to **260+** dairy cows.

“A **shared passion** for nourishing our communities with **safe, fresh, delicious** dairy products.”

5500 Chestnut Ave.  
Newport News, VA 23605



**Sustainability** is a **top priority**.



Virginia Agriculture

# LEARN *more*



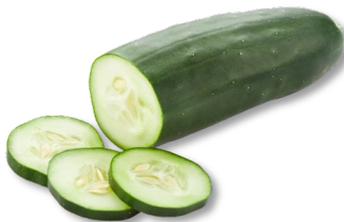
Apples



Barley



Corn



Cucumbers



Pumpkins



Soybeans



Wheat