

HARVEST OF THE MONTH: CITRUS



AGENDA

- Learn about Harvest of the Month
- History of Oranges
- Fun Facts about Oranges
- How do Oranges grow?
- Nutrition Information
- Farmer of the Month
- Taste local Oranges



WHAT IS FARM TO SCHOOL?

3 PILLARS OF FARM TO SCHOOL



SCHOOL GARDENS



NUTRITION



LOCAL FARMS



WHAT IS HARVEST OF THE MONTH?

- Promotes local, seasonal foods and provides tools and resources for educators, food service staff, and others to encourage healthy food choices.
- Created in California and has been adopted across the United States!
- Each month the cafeteria picks a special fruit or vegetable that is being grown locally to highlight and add to meals.
- Why do we eat the Harvest of the Month? They are in season and taste delicious!

HISTORY:



FUN FACTS

Higher on the tree = sweeter

Ripen after they're picked

Technically berries!



Over 600 types

White flowers are used for perfume

Brought to the US by Christopher Columbus

HOW DO ORANGES GROW?

- Oranges grow on trees
- Trees take 3-5 years to start making oranges
- Fruit takes 7-8 months to fully ripen after it starts growing



DIFFERENT VARIETIES

BLOOD ORANGE

Dark red on the inside, great to make juice or desserts with. Have a tart orange taste with hints of raspberry and florals.



CARA CARA

Looks like a navel orange on the outside but is red-pink on the inside! They are very sweet, great as a snack and in salads, cookies, and juice.



CLEMENTINES

Who has had a “cutie” before? Clementines are a great snack because they are bite-size and easy to peel and separate when eating.



MEET THE FARMERS

GALPIN FAMILY FARMS

- Family-owned farm in Reedley, CA
- Run by Anthony & Lisa Galpin with daughters Ava & Presley
- Known for tree-ripened citrus: Cara Cara oranges, Tango tangerines, Shasta Gold mandarins
- Committed to fresh produce





HUG YOUR FARMER || Galpin Family Farms



Copy link



Watch on  YouTube

WHY EAT ORANGES?

Nutrition Information

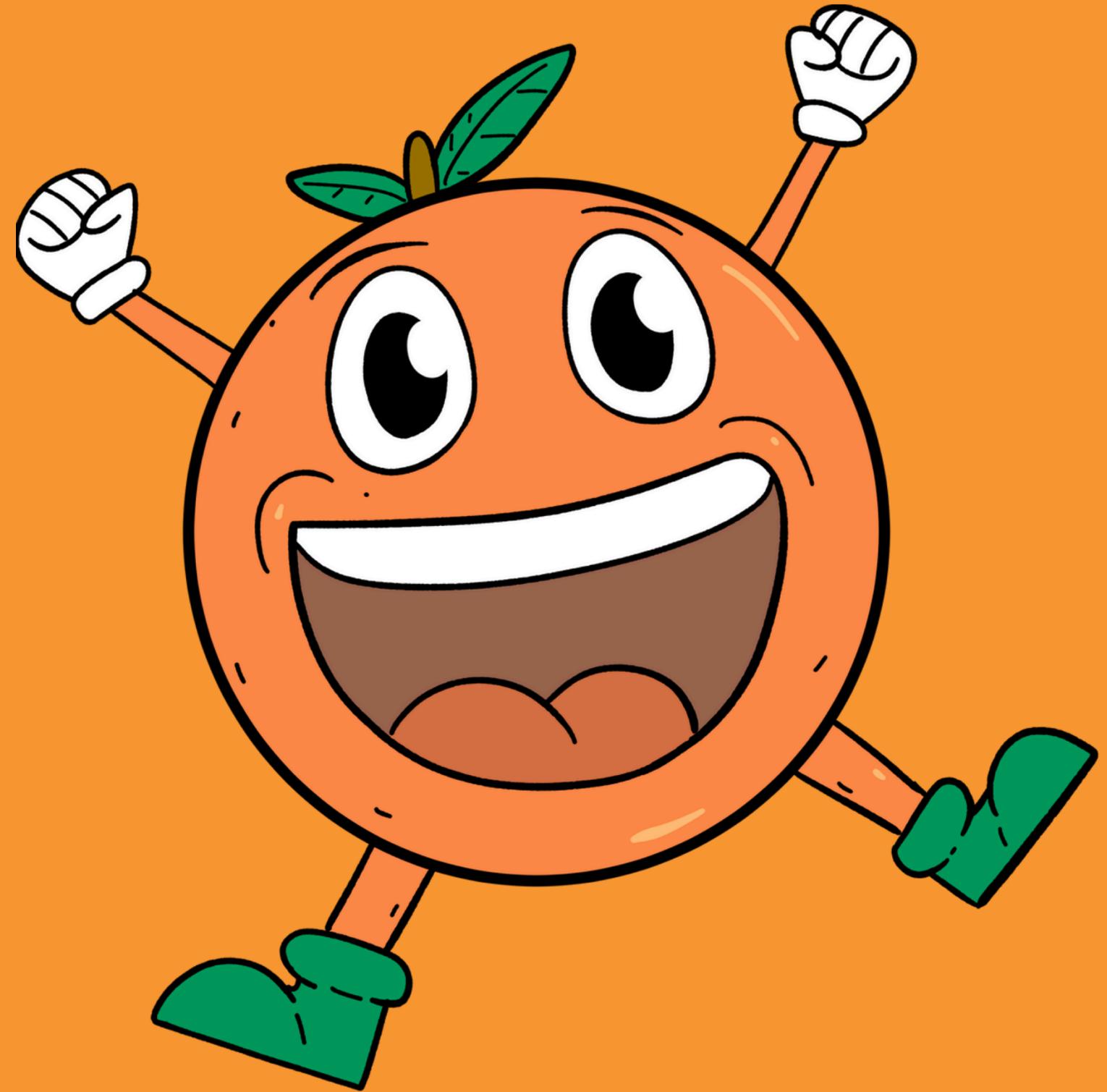
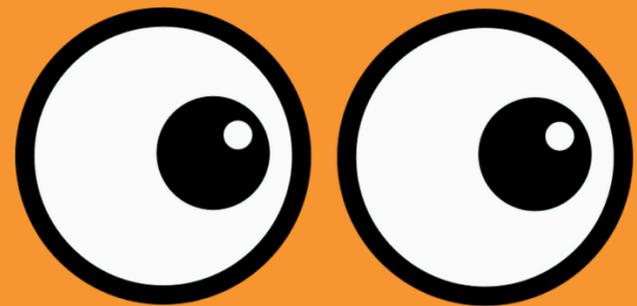
Flavanoids reduce blood pressure and LDL

Anti-inflammatory

Antioxidants

Fiber aids in digestion

Carotenoids support eye health



ACTIVITY

How much of Earth can we actually use to grow food?

Tasting oranges:

- What do you see?
- What do you smell?
- What do you hear?
- What do you feel?
- What do you taste?

