DIGITAL MAGAZINE

2024/2025 EDITION

LEARN+ More™

Hayward Unified School District

Celebrating local food, local farmers & nutrition education!



ENRICHMENT

Hayward Unified School District

Made in Hayward

Hayward Unified School District's Food Services department is proud to be participating in **Farm To Student** serving healthy foods & prompting the importance of nutrition education!

Hayward USD's Wellness Policy



FARM to STUDENT

Celebrating local food, local farmers & nutrition education!



November



December



January



February



March



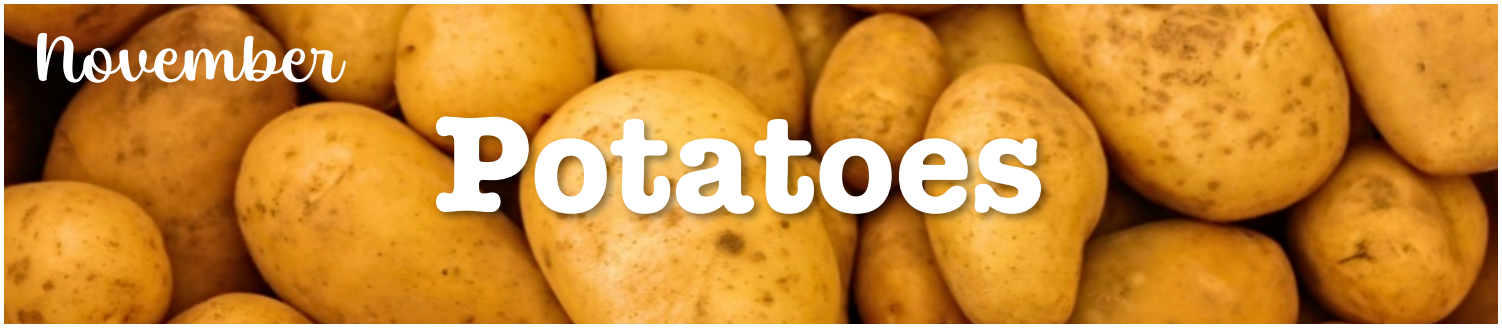
April



May



June



November

Potatoes

Potatoes are a **starchy vegetable** - specifically, a **tuber**.

Tubers are vegetables that grow **underground** at the **base of the root**.

U.S. farmers produce around **4.5 million pounds** of potatoes every hour.

In 1995, potatoes became the first vegetable grown in **space**!





Potatoes are also referred to as "**spuds**."

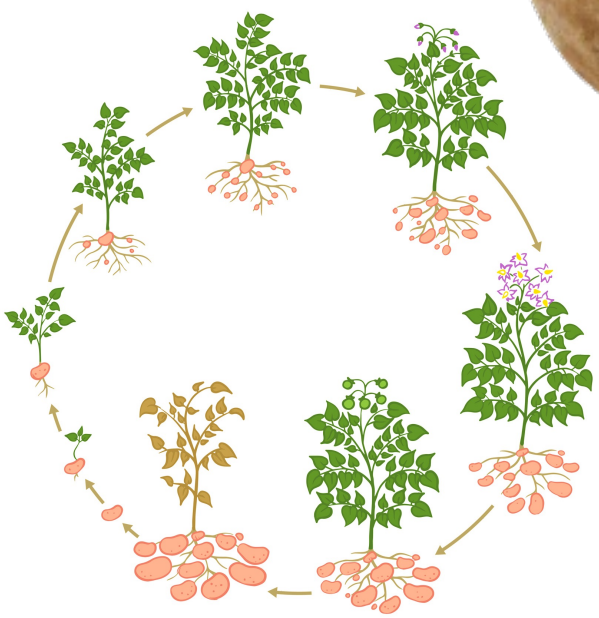
35%

of potatoes are turned into French fries.

AUGUST 13

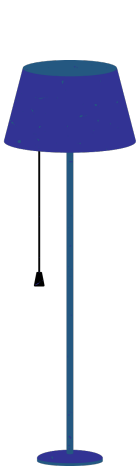
National Potato Day

Potatoes are the **2nd** most consumed food in the U.S. after dairy products.



Potatoes are grown in **all 50 states**.

Potatoes are an **annual** plant.



Potatoes are a part of the **nightshade** family.



Brisa Ranch

Brisa Ranch is a **small**, **organic** farm founded by **3 friends** in **2018**.

Brisa Ranch grows a wide variety of **organic fruits**, **vegetables** & **flowers**.

Brisa Ranch was started by **Cristóbal Cruz Hernández** and **Verónica** & **Cole Mazariegos-Anastassiou**.



"Farming is a labor of **love** for us."



Brisa Ranch is home to **15 acres** of land.

Brisa Ranch sells their produce **directly** to their customers.

Brisa Ranch's location is home to **ecologically diverse** farmland.

BRISA RANCH
PESCADERO, CA



December

Apples

Apples are one of the **most widely cultivated** tree fruits.

Most apples are harvested & sold **fresh**.



5 of the Most Popular Varieties of Apples:

1. Red Delicious
2. Gala
3. Granny Smith
4. Fuji
5. Golden Delicious

The U.S. is home to approximately **322,000 acres** of apple orchards.



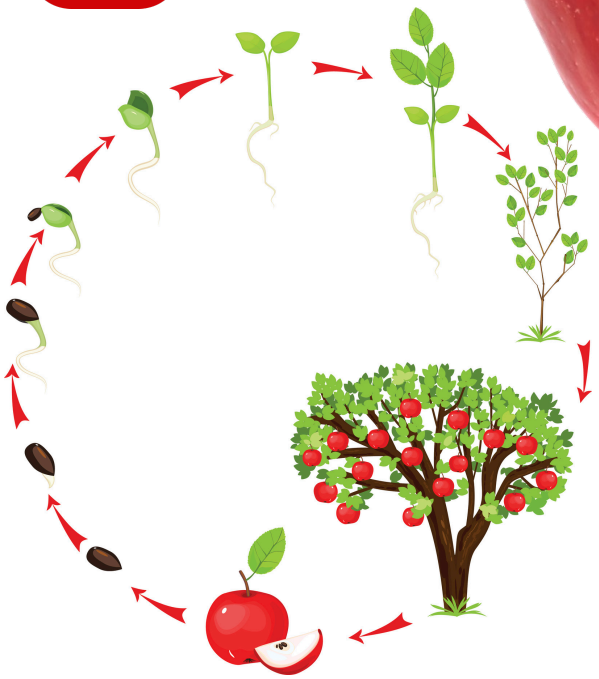


2,500+ varieties of apples are grown in the U.S.

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

21% of apples are juiced.





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.**





Vitamin E



Vitamin E acts as an **antioxidant** & supports the **immune system**.

Antioxidants help **protect** against damage caused by exposure to **harmful substances** in the environment.

These harmful substances are called **free radicals**.

Vitamin E was discovered in **1922**.

Vitamin E is a group of **8 essential vitamins**.

ANTIOXIDANT

Vitamin E is a **fat-soluble** vitamin.

Fat soluble vitamins are **best absorbed** into the body when eaten with foods with **healthy fats**.



Vitamin E supports proper **blood function** – circulation, clotting & production.

Examples of healthy fats include **olive oil**, **avocados** & **eggs**.



Vitamin E also helps to maintain **healthy skin**.

Vitamin E strengthens the **immune system**.



January

Oranges

Oranges are a type of **citrus fruit** with most of them grown in the U.S. from **FL**, **CA**, **TX** & **AZ**.



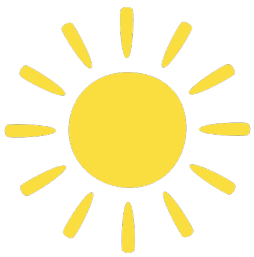
3 Popular Types of Oranges:

1. Navel
2. Hamlin
3. Valencia

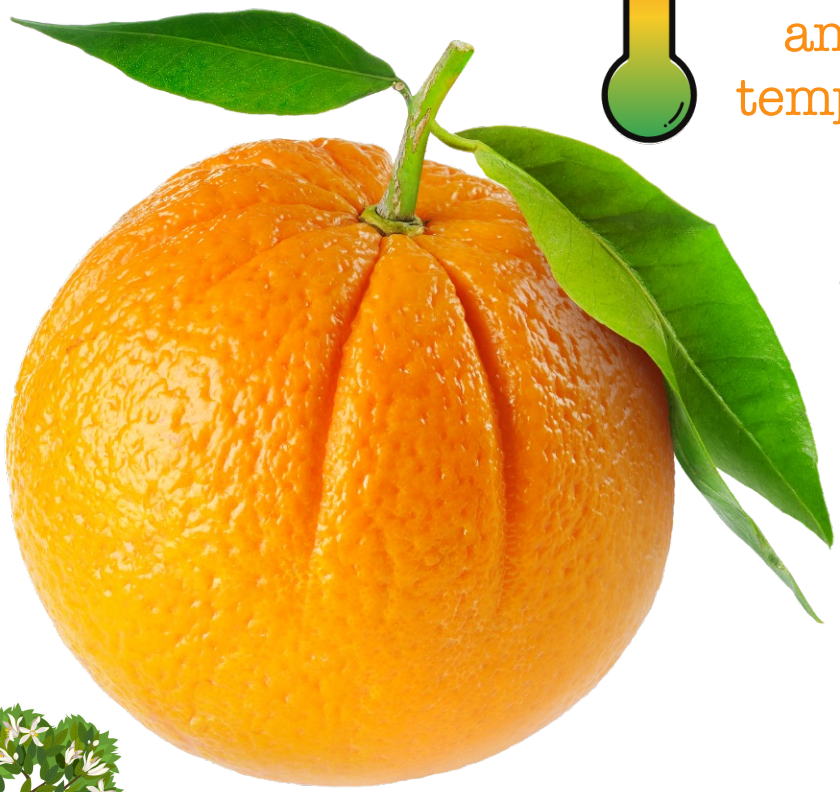
Orange season is 9 months long… **October - June!**



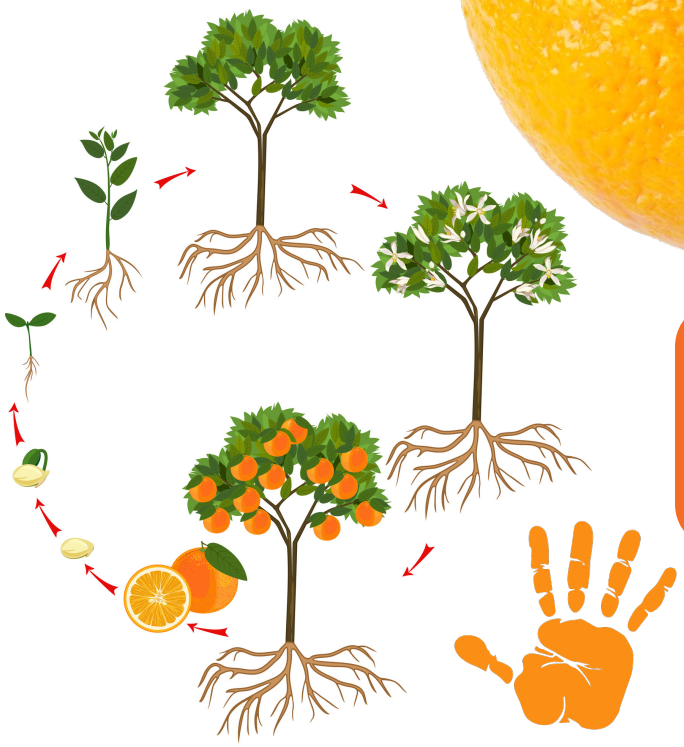
Oranges thrive in a lot of **sunshine** and **warm** temperatures.



600+ varieties of oranges.



85% of all oranges are **juiced**.



Sub-tropical areas have ideal climate for growing oranges.



Most oranges are **harvested by hand**.

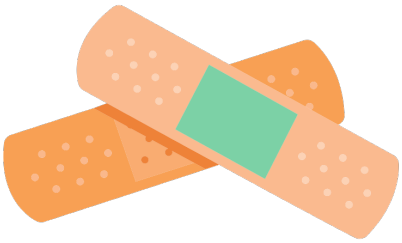


Vitamin C



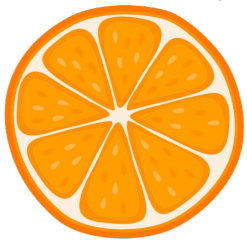
Vitamin C supports the **immune system** - the body's defense against infections.

ENERGY booster!



Vitamin C helps to **heal** wounds.

Vitamin C is also referred to as "**ascorbic acid.**"



IMMUNE HEALTH



Vitamin C helps keep you **happy & healthy**!

The body **cannot** make vitamin C on its own - it has to come from food.

Vitamin C is an **antioxidant**.

What do you call a vitamin that improves your eyesight?

A Vitamin C!



Antioxidants help **protect** against damage caused by exposure to **harmful substances** in the environment.



Vitamin C is a very important vitamin for **healthy gums** & **teeth**.



February

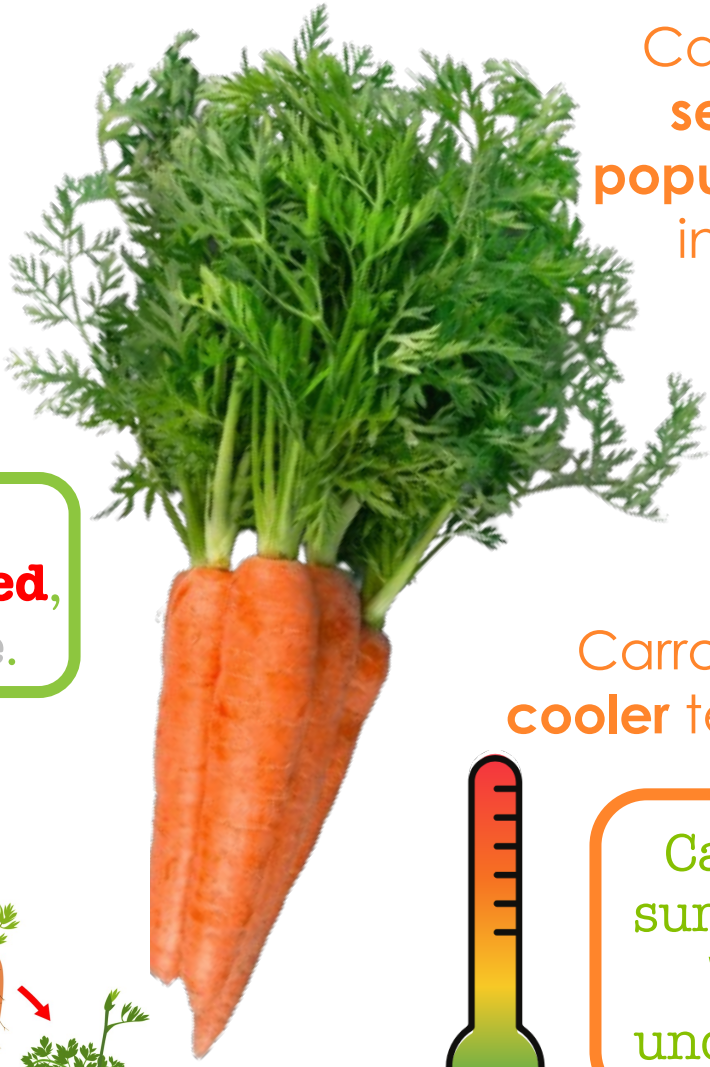
Carrots

Carrots are a type of **root vegetable** - a vegetable that grows **underground**.



Carrots are **88%** water.





Carrots are the **second most popular** vegetable in the world.

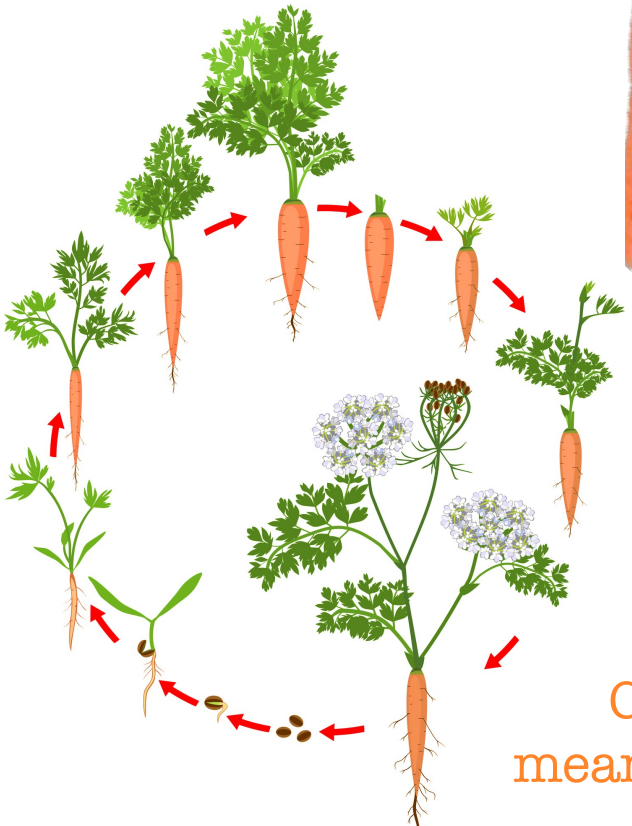


2,000 carrot seeds fit in **1 teaspoon**.

Carrots can be **orange**, **purple**, **red**, **yellow** or **white**.

Carrots thrive in **cooler** temperatures.

Carrots can survive entire **WINTERS** underground!



The world record for the longest carrot is over **19 feet**!



Carrots are **biennials**, which means they have a **2-year life cycle**.



Vitamin K

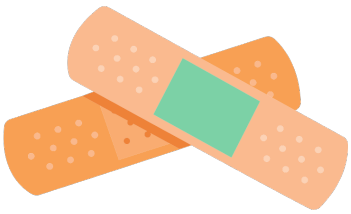
Vitamin K supports proper **blood function**, **bone growth** & **kidney health**.

The body has the ability to **create** vitamin K on its own.

2 main forms of vitamin K: **K1** and **K2**.

Vitamin K is a **fat-soluble** vitamin - which means...

Vitamin K helps the body **heal** from wounds.





It absorbs better into the body when eaten with foods with some fat like **olive oil** or **avocados**!

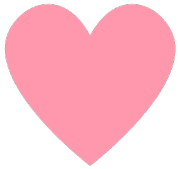
STRONG BONES



Vitamin K helps produce **proteins** that bind themselves to **calcium** - this helps **build strong bones**.



Vitamin K is found throughout the body in the **liver**, **brain**, **heart**, **pancreas** & **bones**.



Vitamin K supports **heart health**.

Vitamin K plays a role in proper **blood function**- specifically with clotting.



March

Lettuce

Lettuce is a type of **green leafy vegetable.**



Lettuce is a part of the **sunflower family.**

Darker green lettuce leaves are **MORE** nutritious than lighter green leaves.

MOST → **LEAST**

4 Main Types of Lettuce:

1. Butterhead
2. Crisphead
3. Looseleaf
4. Romaine

Lettuce is

95%

w a t e r.





Lettuce grows best in **cooler climates.**

Because of lettuce's water %, it must always be eaten **FRESH.**

Iceberg lettuce (also known as crisphead) is the most popular type of lettuce in the U.S.

Lettuce plants grow to be **6 - 12 inches** tall.







Hydration

Hydration is the process of **replacing fluids** in the body.

Water is the body's main source of hydration.

Being hydrated helps convert food into **energy**.

The body's **6 essential nutrients**: carbohydrates, proteins, fats, vitamins, minerals & **WATER**!



Water helps **carry nutrients** & **oxygen** to all the cells in the body.





Hydration helps regulate the **body's temperature**.



Proper hydration can help to **improve** moods.

HYDRATE



The body is better at **fighting off infections** when properly hydrated.

Sleep quality can improve when the body is hydrated.

Many **fruits** & **vegetables** have a high water content, making them **hydrating to eat**.



Milk is a type of **dairy product** – most commonly made from **cows**.

1 serving of milk contains **13 essential nutrients**.



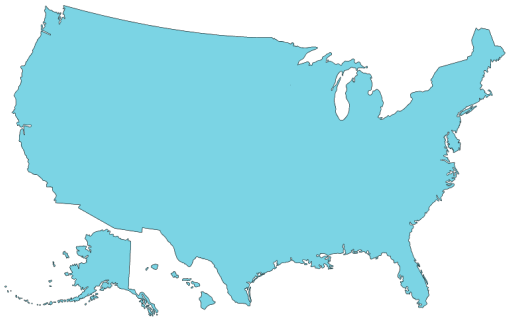
Milk is made up of **85-95% water** with the rest being **fats**, **proteins**, **carbohydrates** & **vitamins**.

6 Breeds of Dairy Cows:

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



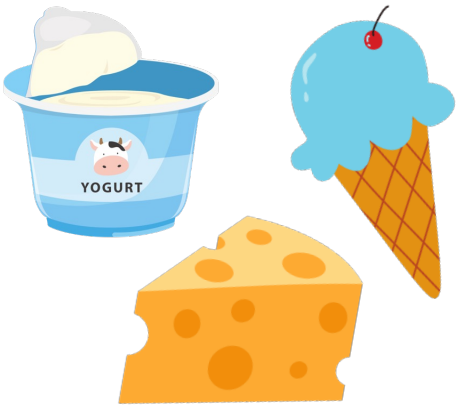
ALL 50 states have dairy farms!



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

The U.S. produces **~227 BILLION** pounds of milk each year.

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



Cows can SEE almost **360 degrees** and SMELL up to **6 miles** away!

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



Vitamin D



Vitamin D supports the development & maintenance of **bones**, **teeth** & **muscles**.

Vitamin D is the **ONLY** vitamin that the body can make on its own.



Vitamin D helps prevent **cavities**.



Vitamin D supports the **immune system**.

HEALTHY BONES



Vitamin D is known as **"The Sunshine Vitamin."**

Vitamin D can help boost **happy moods**!

Only a few foods ***naturally*** contain vitamin D.



Vitamin D helps the body ***absorb*** calcium & phosphate from food.

Most people get the majority of their vitamin D when their skin is exposed to the sun.

Don't forget to wear sunscreen!

Calcium and phosphate are essential for **strong bones.**





May

Strawberries

Strawberries are a type of **aggregate fruit.**

Strawberries are a part of the **rose** family.



1 acre of land can produce **50,000** pounds of strawberries.



Strawberries are the **FIRST** fruit to ripen in the **spring**.

3 Main Types of Strawberries:

1. June-bearing
2. Ever-bearing
3. Day-neutral

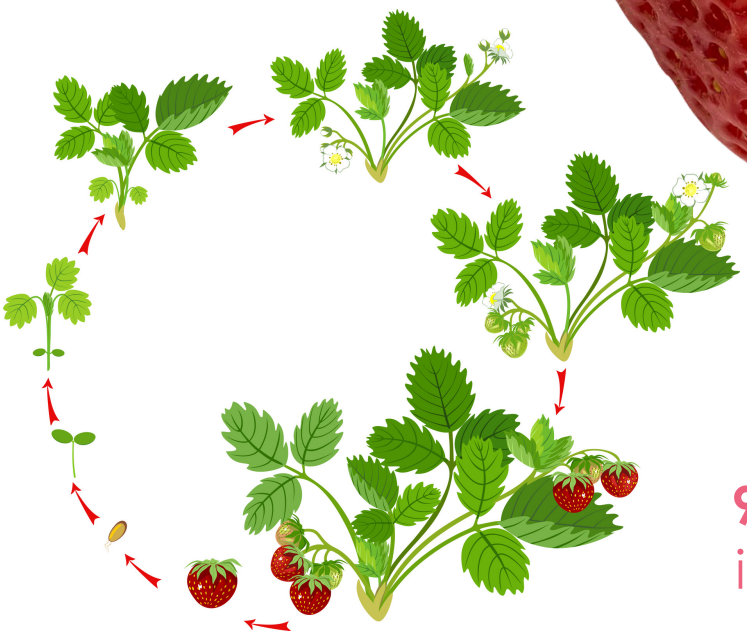


All strawberries are hand picked.



Peak strawberry harvesting season is **April - June**.

The average strawberry has **200** seeds.



Strawberries are the **ONLY** fruit with seeds on the outside.

90% of the strawberries grown in the U.S. are from **California**.



Manganese

Manganese supports the body's **energy levels** & **protecting its cells** from damage.

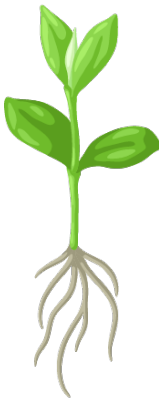
25
Mn
Manganese
54.938

Manganese is a **trace mineral**, meaning the body only needs small amounts of it.

Minerals, like manganese naturally occur in **soil**, **water** & **rocks**.



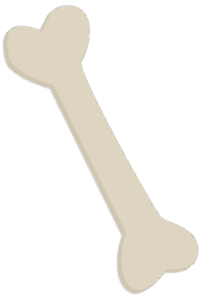
Manganese promotes **brain health**.



Foods like strawberries **absorb** minerals through their **roots**.

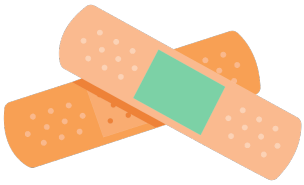
MINERAL

Manganese helps build **strong bones**.

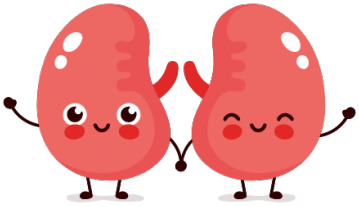




Manganese is found mostly in the **bones**, **liver**, **kidneys** & **pancreas**.



Manganese helps the body create **blood clots**... helping wounds heal faster!



Manganese plays an important role in having a healthy **immune system** - the body's defense against infections.



June

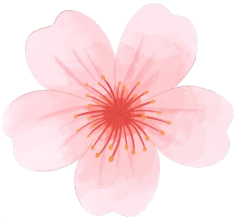
Cherries

Cherries are a type of **stone fruit** - a fleshy fruit that contains a hard **"pit"** inside.

2 main types of cherries: **tart** & **sweet**.

Honeybees are cherry trees main pollinators.

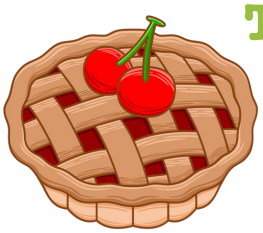




Cherries grow on trees that are known for their flowers – **the cherry blossom.**

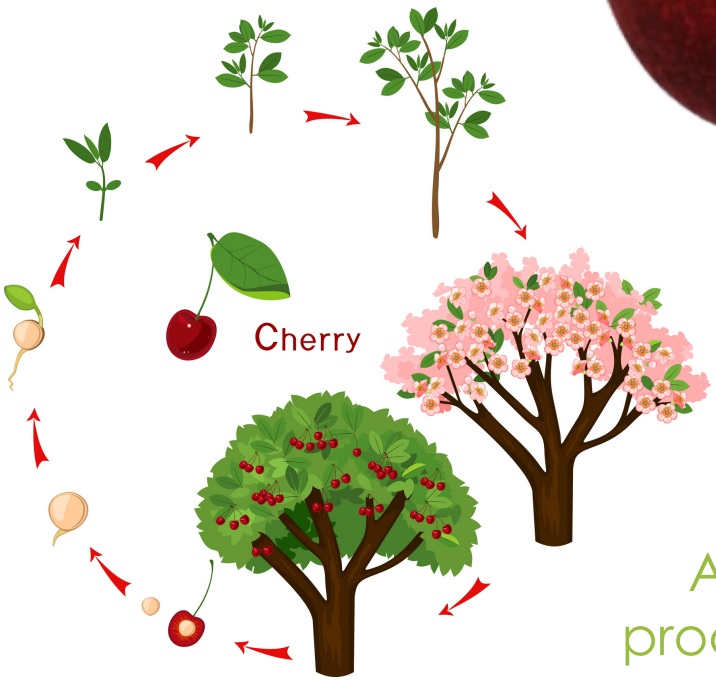
Bing cherries – the most popular variety of cherry.

Over **1,000** varieties.



Tart cherries are most often used for baking.

An entire cherry tree can be harvested in just **7 seconds**.



Cherry trees can grow up to be **33 feet tall**!

A typical cherry tree produces ~ **7,000** cherries.

A cherry tree can survive and produce fruit for around **100 years**.

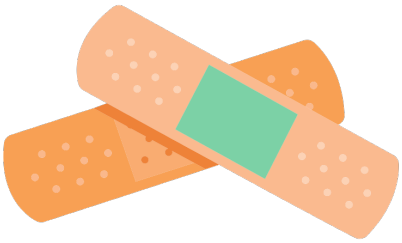


Vitamin C



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ENERGY booster!



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IMMUNE HEALTH



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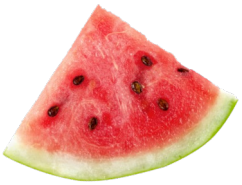















Food & Nutrition

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