



# From Farm Road

48th DAA Schools' Agriculture and Nutrition Program Spring 2016 [www.agfair.org](http://www.agfair.org)

Located at:  
Bldg. F10 Farm Road,  
Mt. San Antonio College

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## Mission

To increase the understanding, appreciation and participation of urban teachers and students in agriculture and nutrition through cooperative involvements of the California agricultural industry, educational institutions and community partners.

# 2016 Schools' Agriculture and Nutrition Fair—Theme: Let It Grow

May 17 to 21, 2016



Thousands of student and teacher exhibits from more than 100 elementary, middle and high schools in the Los Angeles County and local areas will compete for ribbons and

premiums at the annual Schools' Agriculture and Nutrition Fair sponsored by the 48th District Agricultural Association. This year's theme is **Let It Grow.**

Admission to the Fair is free and school field trips can be arranged with reservations by calling **909-274-2433.**

The five day event at Fairplex Pomona, May 17–21, will include agricultural and nutritional themed exhibits. Teachers annually compete for premium awards with their presentations of Educational Agriculture or Nutritional themed booths. About 50 School Gardens will be competing for premium awards. School gardens are judged prior to the fair. The school gardens are represented at the fair with murals and journals telling the story and celebrating their gardens.

Ag Day LA, May 18 and 19, will be held in the Big Red Barn and The Farm at Fairplex along with the Fair. Pre-registered 3rd & 4th grade students will learn about water, plants, bees/insects, fiber/cotton, food and dairy, and view a sheep shearing demonstration by Mt. San Antonio College.

Other attractions include Dairy Council of California/Mobile Dairy Classroom, Discovering Science interactive show and exhibits, All about Animals petting zoo, Display by Dept. of Agricultural Commissioners/Weights and Measures, L.A. County.

Saturday May 21st, the last day of the fair, is celebrated beginning at 10:30 am with the Annual Spelling Bee open to 1st–6th grades.

For more information, visit the 48th District website at [www.agfair.org](http://www.agfair.org) or call 909-274-2433.

## 4 Reasons to Include Nutrition Education in Your Classroom



The benefits of teaching nutrition in your classroom are too valuable to pass up. From students making healthier choices to improved academic performance, nutrition education benefits the whole school. We asked teachers using Dairy Council of California free nutrition lesson plans about the benefits of including nutrition and this is what they shared:

1. Students get excited about the topic. This teacher sums it up perfectly, "Students love to study about nutrition, and it's such an important part of teaching 'the whole child.'"

Please visit our Facebook page [www.facebook.com/48thDAA](http://www.facebook.com/48thDAA) and click 'Like'.

**Directions  
to 48th DAA  
Office:**

**From the 57 Freeway:** Exit at Temple, go West. Turn right on Bonita, turn right at the stop sign. Continue straight through parking lot. Stay to the left and turn left onto Farm Road.

Follow directional signage.

**From the 10 Freeway:** Exit at Grand, go South. Turn left at Temple, turn left at Bonita, turn right at the stop sign. Continue straight through parking lot. Stay to the left and turn left onto Farm Road.

Follow directional signage.



**WESTERN FAIRS ASSOCIATION**

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2. Students put nutrition education to the test in real-life situations. One teacher noted that teaching students to read nutrition labels turns them into savvy, informed consumers, while another pointed out that her students begin encouraging each other to eat healthier snacks and foods.
  3. The benefits reach far beyond the classroom. Teachers often share stories like this one: "I had a student that went above and beyond and prepared a shopping list of healthy meals for her mom to take to the grocery store! I thought it was amazing to see the students who encouraged their family members to eat healthier."
  4. Nutrition lessons provide essential education that can lead to greater academic success. Teachers share that students often don't know how to differentiate vegetables from fruit, grains from legumes or what the nutritional benefits of healthy foods are. These fundamentals help students make healthier decisions and reap the benefits. As one teacher shares, "Good nutrition equals a happy student with one less problem to overcome so they can learn."
- To learn more about and order free nutrition lessons from Dairy Council of California, visit **HealthyEating.org** and join more than 50,000 California teachers who see the benefits firsthand of nutrition education!

### **Nutrition Lesson Plans**

Please see below for **Free Nutrition Lesson Plans for Qualified CA Teachers** from Dairy Council of CA. Click on the following link (or copy and paste it into your browser window) **<http://www.healthyeating.org/Schools/Classroom-Programs.aspx>**. At the site, select a grade level from the drop down menu to learn more about each program.

Dairy Council of California K–12 nutrition curriculum aligns with Common Core State Standards and can easily integrate into your units on Math, Social Science, Health, Language Arts and Physical Education.

Each grade level has a specific curriculum with six to ten nutrition lessons. The lessons were created using a behavior-change model that encourages healthy-eating behaviors and attitudes in your students. Students can practice lifelong health skills like decision making, analyzing influences and setting goals.

Developed with real teachers, the nutrition lesson plans have been created to be fun, easy and impactful. Each program is evaluated for results so you can feel confident your valuable class time is used effectively.

Visit the 48th DAA office for additional Common Core lessons and materials.

**Courtesy of Dairy Council of CA**

# **Hydroponics Workshop**

**April 2, 2016, 10:00 a.m. to 12:00 p.m.,  
at the 48th DAA office on the Mt. SAC  
campus, Pat Brown, presenter**

You will learn how to construct containers to grow plants without soil using only planting media and providing nutrient solution. With a little work, you can construct a lighting system and grow the plants in your classroom. Hydroponic plants can be grown indoors or outdoors. Yjere will be a limited number of starter kits for sale, sold on a first come first served basis.

### **Starter kits include the following:**

- Three (3) bottles of nutrients (16 oz each); 0.5-2-10 Micro, 4-1-3 Growth, 0-5-2 Blossom
- Bags of Rockwool, Vermiculite and Perlite
- *Classroom Hydroponic Plant Factory* book, 264 pp. All for \$25

To pre-order a starter kit, please mail your check for \$25 per kit, (payable to 48th DAA) to the 48th DAA office at P.O. Box 707, Walnut, CA 91788-0707, and we'll hold the kit(s) for you. Signup is necessary—please RSVP to **[daa48th@aol.com](mailto:daa48th@aol.com)** or call **909-274-2433**. Space is limited!

Pat Brown taught for 40 years with 28 years at Lone Hill Middle School in San Dimas. Most of her years she taught 6th graders earth science. She graduated from Cal Poly Pomona with a bachelor's degree in Earth Science and a master's degree in Education with an emphasis in Remedial Reading.

Pat co-authored "Classroom Hydroponic Plant Factory," a book about growing plants hydroponically inside the classroom and performing experiments with the plants. She has presented at the National Science Conference and the California Science Conference among other forums. Her students' hydroponic project backboards have been displayed at the American Hydroponic Society's conferences.

Her students participated with hydroponic projects for many years in the Schools' Ag and Nutrition Fair.

Pat retired from the classroom in 2009 and presently works as a mentor for new teachers.

# **Farm Tours at Mt. SAC**

Agriculture is a thriving business in California, which is why Mt. San Antonio College has incredible agriculture, farming, horticulture, and animal care programs for students. To support these programs, they have a 250-acre farm on campus next to the Agricultural Sciences building. The farm is also surrounded by the Veterinary Building, Swine Care Facility, Livestock Pavilion, and Equipment Barn.

# Major sponsors

State of California,  
Department  
of Food &  
Agriculture,  
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Agricultural  
Awareness  
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Dairy Council of  
CA, Mobile Dairy  
Classroom

Pomona Feed  
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Tours of the farm and surrounding facilities are great for prospective students interested in agriculture or animal care, school field trips, or group outings. The tour is a 1-hour, guided walking tour, and they can accommodate up to 60 people per tour. Each tour is unique and can include such animals as sheep, pigs, cattle, horses, llama, emu, miniature horses, zebu (miniature Brahma), and Watusi (African longhorn cattle).

Tours are at 9 am, 10 am, or 11 am, Monday through Friday, Fall and Spring semesters, by appointment only. Please schedule your tour at least 1 week in advance. Tours are free, but donations are appreciated. Call 909-274-4794 to arrange a tour.

## Wildlife Sanctuary Tours

The Mt. San Antonio College Wildlife Sanctuary is a pristine 10-acre preserve full of life ranging from trees and flowers to birds and frogs. It's a great place for everyone to visit.

Tours are offered for groups of 10–30 (including teachers or parents), Tuesdays and Thursdays at 9 am, 10 am, 11 am, 2 pm, 3 pm and 4 pm, by reservation only. To book call 909-274-4794.

## Wildlife Sanctuary Accessibility:

Most paths in the Wildlife Sanctuary have packed dirt or decomposed granite surfaces. There also are some wooden walkways and bridges across waterways. All are wide enough to easily accommodate a wheelchair.

There may be leaves or fallen fruits and nuts on some paths. On one path, a large tree has fallen across the path and is providing habitat for creatures, so it cannot be removed. This is the only path not accessible to wheelchairs or walking aids.

# MWD Milestone

Metropolitan Water District (MWD) is getting ready to celebrate a major milestone for our organization with the 75th anniversary of the first deliveries of Colorado River water to Southern California. There are a number of events planned over the next few months leading up to the actual deliver date anniversary in June.

Our [mwdh2o.com](http://www.mwdh2o.com) website has a series of new 75th anniversary pages with historical documents, photographs and even music from the top songs of the era: <http://www.mwdh2o.com/75years>.

Using social media to bring history to life, we will be “live-tweeting” as if it were 1941. Our archivist David Keller and External Affairs staff have done extensive research to learn about the men and women who worked on the project.

Starting this month (March), several of them will share on Twitter what their lives were like back then, the challenges they faced, and the specialized work they performed. We also plan to showcase the diversity of those who worked on the project. This will be available on a new Twitter handle that will launch on May 14: [@mwdh2o\\_75years](https://twitter.com/mwdh2o_75years).

On June 13, we will unveil a major new exhibit in the north gallery of our lobby. You will enter through a large visual depiction of a tunnel where workers are completing the construction of the aqueduct. Once inside, there will be a timeline wall of photos, maps and other historical artifacts while audio clips play legacy broadcasts about the project. We are honored that one of the state's premier historians, Dr. Kevin Starr, will speak at our June 13 event about water and how Metropolitan played an essential role in Southern California's development. This is a district-wide celebration so there will also be lobby banners at all of our treatment and pumping plants.

More information and details of these activities will be available soon. I hope you will be part of the celebration. [www.bewaterwise.com](http://www.bewaterwise.com) (Courtesy of Metropolitan Water District)

# Thank you Dairy Council of CA



(l-r) Efrain Valenzuela, Manager, Mobile/Dairy Classroom, Silvia Bishop, CEO, 48th DAA, and Tammy Anderson-Wise, CEO, Dairy Council of California

On behalf of the 48th DAA, thank you for the Community Health Collaborator Award. We appreciate your recognition.

Your continued support through the Mobile Dairy Classroom, both at our annual fair and the Mt. San Antonio College Farm Day, demonstrates your confidence in the Schools' Agriculture and Nutrition Program/Fair.

# Join SCAN!

The Southern California Agriculture and Nutrition Foundation (SCAN) is a 501(c)3 public charity that has provided support to the State of California's 48th District Agricultural Association for over 30 years. Contact the 48th DAA if you are interested in serving on the SCAN board of directors.

**SCAN Board of Directors**  
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# Save the Dates!

**April 2: Hydroponics Workshop**, 10:00–noon, 48th DAA office on the Mt. San Antonio College campus. RSVP to [daa48th@aol.com](mailto:daa48th@aol.com) or call 909-274-2433

**May 7: Mt. SAC Farm Day** 9 am–3 pm. Come visit the farm—games, food, demonstrations, hayrides. The 48th DAA features Dairy Council of CA/Mobile Dairy Classroom.

**May 17–21: Schools' Agriculture and Nutrition Fair**, Theme: *Let It Grow*, [www.agfair.org](http://www.agfair.org)

**May 18 and 19: AG Day LA** for 3rd and 4th grade students. Pre-registration is mandatory at [www.agdayla.com](http://www.agdayla.com).



## Did You Know?

The following are **Common Core Lesson Plans** available at the 48th DAA  
(Materials courtesy of CA Foundation for Agriculture in the Classroom)

**Fruits & Vegetables for Health** Grades 4–6  
Science, Math, Reading/

Language, History/Social Science, Health/  
Nutrition

**“Steer” Toward STEM, Careers in Animal Agriculture** Grades 3–5  
Science, Math, Reading/Language, Health/  
Nutrition

**Chemistry, Fertilizer and the Environment** Grades 8–12  
Science, Math, Reading/Language

**California Educator's Guide to Fun with the Plant Nutrient Team**  
Grades K–3  
Next Generation Science, Science, Math,  
English/Language, History/Social Science, Health/  
Nutrition

**Edible Plant Parts** Grades 2–3  
Next Generation Science, Science, Math,  
English/Language, History/Social Science, Health/  
Nutrition, Visual/Performing Arts

**From “STEM” to Plate: Careers in Food Science** Grades 6–8  
Next Generation Science, Science, Math,  
English/Language, Health/Nutrition, Visual/  
Performing Arts

**Too Much? Too Little?** Grades 5–8  
Next Generation Science, Science, Math,  
English/Language, History/Social Science, Health/  
Nutrition, Visual/Performing Arts

**What do Plants Need to Grow?** Grades 2–4. Science, Math, Reading/Language, Health/  
Nutrition

**Stem Connections, Energy and Agriculture: Careers in Sustainable Energy** Grade: 9–12  
Common Core State Standards, Next  
Generation Science Standards

**California Walnuts: A Walnut Orchard Through the Seasons**  
Grades: 2–3. English Language Arts

Come into the office or call us at **909-274-2433**. Lessons are free of charge; equipment, books, DVD's and videos can be borrowed.

The 48th also has Cotton's Journey Kits; Bread making kits; Trout in the Classroom supplies, and incubators to hatch chicks. Visit [www.agfair.org](http://www.agfair.org) for additional available lessons and materials.

The materials furnished by the 48th DAA are **free of charge** to teachers, in exchange for participation by teacher/students in the annual Schools' Agriculture and Nutrition Fair. Submit a minimum of one entry for each of the materials (projects) checked out from the 48th DAA office.

The 48th DAA is open year round and works with teachers from Pre K to 12th Grade. Teachers and parents – we look forward to meeting you!

The office is open Monday to Thursday; 8:30 a.m. to 5 p.m. (closed 12 to 1 p.m. for lunch). Please call ahead at **909-274-2433**.





# A Look at California Agriculture



Capital: Sacramento

Population: 33,871,648

Founded: September 9, 1850 (31<sup>st</sup>)

State Bird: California quail

State Tree: Redwood

State Flower: Poppy

Number of Counties: 58

Largest City: Los Angeles - 9.9 million

Nickname: The Golden State

Number of Farms: 81,700

Average Farm Size: 311 acres

Total Farmland: 25.3 million acres

Area: 155,959 square miles



[www.agclassroom.org/ca](http://www.agclassroom.org/ca)

## Climate & Soil

- California's moderate, Mediterranean climate, coupled with the state's fertile soil and diverse land resources, allows year round production of many commodities. Some of those with year-round crop seasons include lemons, artichokes, avocados, broccoli, cabbage, carrots, cauliflower, celery, lettuce, mushrooms, potatoes, spinach and squash.
- California is home to more than 2,000 soils, located in the state's unique blend of valleys, foothills, mountains, coastal areas and deserts.
- The San Joaquin series is the state soil.

## Crops & Livestock

- California produces more than 400 crops. Of those, the following are commercially produced only in California: almonds, artichokes, dates, figs, raisins, kiwifruit, olives, clingstone peaches, pistachios, dried plums, pomegranates, sweet rice, ladino clover seed, and walnuts.
- California grows nearly half of the nation's fruits, vegetables and nuts.
- The leading commodity is milk and cream, accounting for nearly \$6 billion in cash receipts.
- The second leading commodity, grapes, account for \$3.2 billion in cash receipts annually.
- Livestock and poultry account for about 24% of California's gross cash income, with a combined total of \$9.8 billion.
- California leads the nation in milk production with over 1.75 million dairy cows, \$5.9 billion in cash receipts
- Over 5.3 billion eggs are produced each year by more than 19 million hens and pullets of laying age.
- Bee colonies, of which there are over 410,000 in the state, are included in the category of livestock.
- Bees are used both for pollination and production of honey, and their value is over \$42 million.

## General

- California is the nation's top agricultural state, and has been for more than 50 years. Agriculture generates approximately \$37.5 billion a year, more than any other state.
- More than 60% of the state's farms are less than 50 acres in size, one indicator of the growing number of specialty crop operations.
- More than 90% of California farms are family farms or partnerships.
- The top 10 commodities include: milk and cream, all grapes, almonds, nursery products, cattle and calves, all lettuce, pistachios, walnuts, and flowers and foliage.