



Be Californian  
Buy California Grown<sup>SM</sup>

[www.californiagrown.org](http://www.californiagrown.org)



California Foundation for  
Agriculture in the Classroom

[www.cfaitc.org](http://www.cfaitc.org)

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# GO FOR THE GOLD

A California Grown Newsletter



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# California Grown Facts

Dear Parents,

You may already be familiar with the “California Grown” campaign. It is a statewide education effort to teach Californians – of all ages – about the economic and health benefits of buying and using locally grown agriculture products. I have been involved with the program since 2006 because, as a native Californian, I want to help get the word out about the abundance of delicious and healthy products grown and raised right here in the Golden State.

“California Grown” recently distributed new educational activities to more than 300,000 K-5 students across the state, including your kid(s). We want you to be familiar with what they are learning in the classroom so you can continue the education at home and get your entire family involved. The following newsletter includes general information and fun facts about California agriculture, plus you will find nutritional information, healthy meal suggestions, tips on cooking with kids, and recipes you can prepare with your child.

We hope you and your family will continue to “Be Californian. Buy California Grown.”

Sincerely,

Shaun White  
Gold Medalist Snowboarder, Professional Skateboarder  
“California Grown” Spokesperson

## OUR SPOKESPERSON:

Shaun White is the spokesperson for the “California Grown” program. He is a gold medalist snowboarder, professional skateboarder and native Californian. He is proud to be California grown and his image and involvement will gain your child’s attention and build excitement for learning.

## Here are some fun facts about California agriculture to share with your kids:

- From shellfish to caviar and koi, California aquaculture raises products for gourmet restaurants, pharmaceuticals and even the backyard pond or aquarium
- Asparagus is a good source of vitamins A and C, but historically it has been used to prevent bee stings and treat heart ailments and toothaches
- Avocados provide more than 25 essential nutrients, including folic acid, vitamin E, and potassium
- Research shows that consuming cherries helps your body prevent heart disease and cancer, provides pain relief, and improves bone health
- The most popular citrus fruit is the orange, which must ripen on the tree since the ripening process does not continue after the fruit is picked
- Figs are high in fiber, calcium, and potassium while being fat-free, sodium-free, and cholesterol-free
- Trees are the only 100% renewable and recyclable resource on Earth
- California produces 99% of all garlic grown in the United States. Raw garlic can be used to treat acne and is an effective mosquito repellent
- Kiwifruit are packed full of vitamin C, potassium and fiber
- California is the leading producer of fresh peaches, plums, strawberries, and nectarines in the United States
- The olive tree is one of the oldest cultivated trees in the world – it was being grown before written language was invented
- Homer appropriately referred to pears as a “Gift from the Gods” as this fruit is nutrient dense, loaded with flavor, and comes in its own edible packaging
- California sells more fresh turkey than any other state
- Ancient Greeks and Romans handed raisins out to the winners of sporting contests
- Grapes are a powerful antioxidant and have been grown in California for more than two centuries
- Eating one serving of salmon each week can reduce the risk of primary cardiac arrest
- California supplies approximately 125 million stems of fresh-cut roses to U.S. consumers each year
- Each California resident consumes nearly 30 chickens each year – more than anywhere else in the U.S.

**Visit the “California Grown” website to learn more about these California grown products.**

[www.californiagrown.org](http://www.californiagrown.org)



# Daily Food Guidelines for Children

## California Grown Kids

### Grains:

5 - 6 ounces  
Don't forget whole grains!

### Vegetables:

1.5 - 2.5 cups  
Try avocados!

### Fruits:

1.5 cups  
Try a California orange, kiwifruit, or raisins!

### Milk:

2 - 3 cups  
Go low-fat or fat-free!

### Meat & Beans:

4 - 5 ounces  
Try turkey, trout, or tilapia!



www.mypyramid.gov

You want the best for your children, and you want them to be healthy. So, what do they need to be healthy? Children need to eat a variety of foods every day and should be guided toward making nutritious choices. Here are some tips suggested by the U.S. Department of Agriculture:

1. Choose whole grains for at least half of your grains.
2. Eat a variety of colorful vegetables.
3. Eat fresh, frozen, canned, or dried fruits at mealtime and snack time.
4. Serve low-fat or fat-free milk products several times each day.
5. Eat lean meat products and include high-fiber options in your diet.
6. Good sources of fat include fish, nuts, and liquid oils.
7. Limit added sugar.

### Breakfast

- 1/2 cup of California grapes
- 1 cup of cereal with 1/2 cup of low-fat milk

### Snack

- 1/2 cup of California strawberries
- 2 slices of American cheese and 5 - 7 crackers

### Lunch

- Sandwich made with 2 slices of whole wheat bread, a slice of California avocado, lettuce, and 3 slices of California turkey
- Fruit cup of California peaches, plums, nectarines and pears

### Dinner

- 1/2 cup of brown rice
- 3/4 cup of sautéed California asparagus
- 1/4 cup of sliced California avocado
- A 3-ounce California salmon fillet
- 1 slice of French bread

# California Grown Questions

We hope you are already familiar with “California Grown,” but in case you have not seen the blue and gold license plate logo or television commercials featuring Governor Arnold Schwarzenegger and snowboarder Shaun White, here is some information about the campaign.

## Who?

- You
- Your family
- All California residents

## What?

- Buying California grown produce
- Buying California grown meat and seafood
- Buying California grown cut flowers
- Buying California grown forest products

## When?

- Every day
- Whenever you are shopping

## Where?

- At the supermarket
- At home improvement stores and lumberyards
- At farms, fruit stands and farmer’s markets
- At the florist
- At restaurants

## Why?

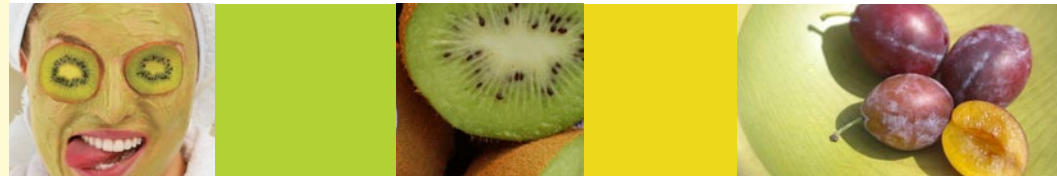
- To show your pride in homegrown products
- To strengthen California’s economy
- To support your California way of life
- To learn about the diversity of California’s agriculture industry

## How?

- Look for the CA GROWN logo in weekly ads when making your shopping list
- Look for signs in stores marking California grown products
- Ask for California grown products whenever you shop
- Choose California grown products whenever you have the choice



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# Create It!

## Buying California Grown

## California Grown Cooking with Kids

Here's a fun weekend family project.

### Supplies

- Clean glass jar
- Glue
- Colored paper, cut or torn into small pieces
- Acrylic craft varnish

Glue the pieces of paper on the jar in a mosaic pattern.

When the glue is dry, cover the jar with acrylic varnish.

After the varnish dries, you have a beautiful vase to fill with California grown flowers.

California is an amazing state with mountains, volcanoes, deserts, valleys, and beaches. It has the largest living tree and the largest landlocked harbor in the country. California also has the largest economy in the United States. The "California Grown" campaign is a statewide educational effort created to further strengthen California's agricultural industry and the state's economy by supporting the people who produce California grown products.

Agriculture provides Californians with more than one million jobs, and California produces more than 350 agricultural products. Clearly, there are a variety of California grown food items, but California's forest and floral industries are also important. In fact, California produces enough lumber each year to build 120,000 new homes and California growers produce more than 65 percent of all domestically grown, commercially sold flowers in the nation. And the aquaculture industry provides both fresh and saltwater products to live markets, pay lakes, airlines, and restaurants.

Be Californian when you shop. Pick up some California grown raisins, figs, olives, or plums at the supermarket. Try cooking a new salmon or trout recipe with California grown fish. Decorate your dinner table with beautiful California grown flowers.

Buy California Grown. Check labels and look for the blue and gold license plate logo to find locally grown products. Choose products that are good for you and that support your state's economy and future.

### Related Websites:

[www.50states.com](http://www.50states.com)  
[www.avocado.org](http://www.avocado.org)  
[www.calasparagus.com](http://www.calasparagus.com)  
[www.calcherry.com](http://www.calcherry.com)  
[www.calcitrusgrowers.com](http://www.calcitrusgrowers.com)  
[www.calforests.org](http://www.calforests.org)  
[www.californiaaquacultureassociation.org](http://www.californiaaquacultureassociation.org)  
[www.californiafarmlink.org](http://www.californiafarmlink.org)  
[www.californiafigs.com](http://www.californiafigs.com)  
[www.californiagrown.org](http://www.californiagrown.org)  
[www.calkingsalmon.org](http://www.calkingsalmon.org)  
[www.calolive.org](http://www.calolive.org)  
[www.calpear.com](http://www.calpear.com)  
[www.calstrawberry.com](http://www.calstrawberry.com)  
[www.cafc.org](http://www.cafc.org)  
[www.cfaitc.org](http://www.cfaitc.org)

[www.cpiif.org](http://www.cpiif.org)  
[www.eatcaliforniafruit.com](http://www.eatcaliforniafruit.com)  
[www.freshcaliforniagrapes.com](http://www.freshcaliforniagrapes.com)  
[www.kiwifruit.org](http://www.kiwifruit.org)  
[www.loveyourraisins.com](http://www.loveyourraisins.com)  
[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.visitcalifornia.com](http://www.visitcalifornia.com)



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Have you ever spent an afternoon in the kitchen with your child? By doing so, not only do you create lasting memories, but you also show your child the value of preparing nutritious food.

Even very young children can participate in cooking projects if you choose simple recipes and follow a few guidelines:

1. Wash your hands before you begin.
2. Plan the project before you start by having the ingredients and utensils out and ready to use.
3. Closely supervise the use of all utensils. Don't allow young children to use the stove, oven, or sharp knives.
4. Praise your child's efforts.
5. Use cooking together as a time to teach skills such as reading and following directions.

### California Guacamole

- 2 California avocados, peeled and cut into chunks
- 1/2 of a California lime
- 1 California tomato, diced
- 1 clove of California garlic, minced
- California olives for garnish
- Tortilla chips

In a medium bowl, mash the avocado chunks with a potato masher or a fork. Squeeze the juice from the lime into the mashed avocado. Stir in the diced tomato and minced garlic. Top the guacamole with a sprinkling of olives and serve with tortilla chips. Makes 4 servings.

### California Fruit Kabobs

- 1 California peach, cut into chunks
- 1 California pear, cut into chunks
- 6 California strawberries
- 10 California grapes
- 2 Skewers

Carefully thread the fruit onto the skewers in whatever pattern you like. Then, eat and enjoy! Makes 2 servings.