

2025 EDITION

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more

Thrall ISD Food Service

Celebrating Local Food, Farmers & Nutrition Education!





THRALL

Independent School District

Thrall ISD's Nutrition Services Department is proud to be participating in **Harvest of the Month** & celebrating **local food, farmers & nutrition education!**



HARVEST of the MONTH

Apples | Lettuce | Oranges

Carrots | Grapefruit | Sweet Potatoes



Top of Texas
Farms



TrueHarvest



Vitamin C



Vitamin A



Iron



Potassium

October

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.

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



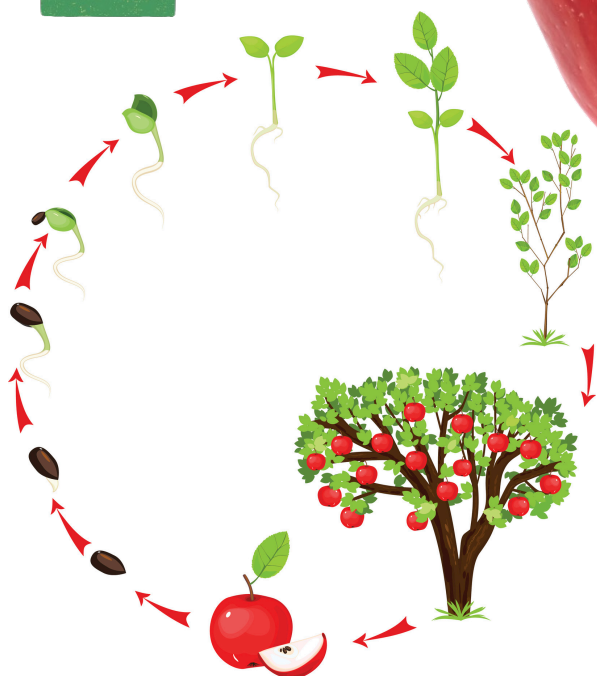
21% of apples are juiced.



Most apples are **HAND-PICKED**.

Apple trees take **4- 8 years** to start producing fruit.

An **apple blossom** is the flower that comes from an apple tree.



Top of Texas Farms



Top of Texas Farms is a **family-owned & operated** fruit farm.



Top of Texas Farms is home to a **20-acre apple orchard**.

Top of Texas Farms grows **18+ different** varieties of apples.

Top of Texas Farms harvests their apples from **August - October**.

Top of Texas Farms grows **conventional & organic** fruit.



Top of Texas Farms has over **19,000 fruit trees**.



Top of Texas Farms **offers guided, educational** tours of the farm.

Top of Texas Farms is located in **Idalou, Texas**.

Top of Texas Farms welcomes visitors to **pick their own fruit!**



October

Lettuce

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



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

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

MOST

LEAST

Lettuce is

95%

w a t e r.



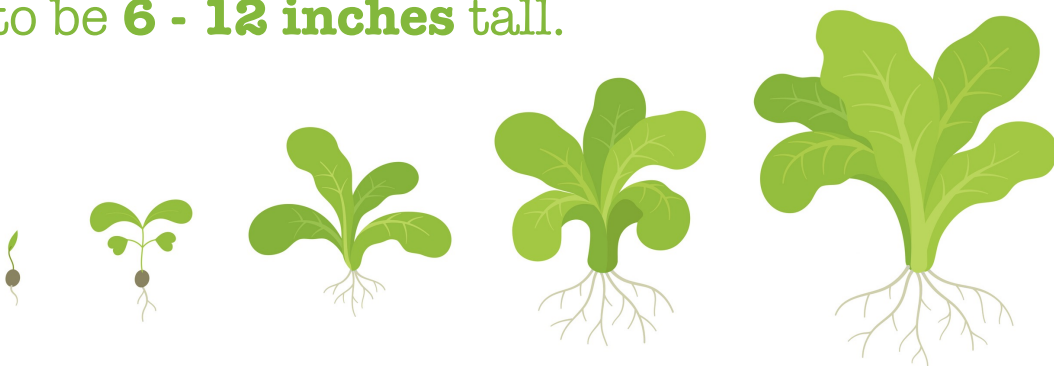
Because of lettuce's water %, it must always be eaten **FRESH**.



Lettuce grows best in **cooler climates**.

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

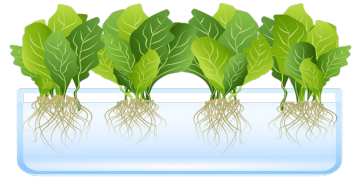
Lettuce plants grow to be **6 - 12 inches** tall.



TrueHarvest



TrueHarvest is a leafy greens **hydroponic** farm.



Hydroponics is a way of growing crops in **nutrient rich water** rather than soil.



TrueHarvest Farms offers **educational & interactive tours** of their greenhouse!



TrueHarvest grows many kinds of lettuce including **butter, romaine & arugula!**



TrueHarvest is committed to **sustainability & zero waste.**

TrueHarvest is **innovative & forward-thinking!**

TrueHarvest is located in **Belton, Texas.**



November

Oranges

Oranges are a type of **citrus fruit** known for their **sweet, juicy pulp & leathery rind**.



3 Popular Types of Oranges:

Orange season is 9 months long... from **October** - **June**!

1. Navel
2. Hamlin
3. Valencia

There are **over 600** varieties of oranges.



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

3 oranges = one glass of orange juice!

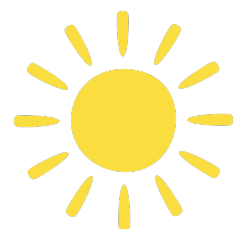
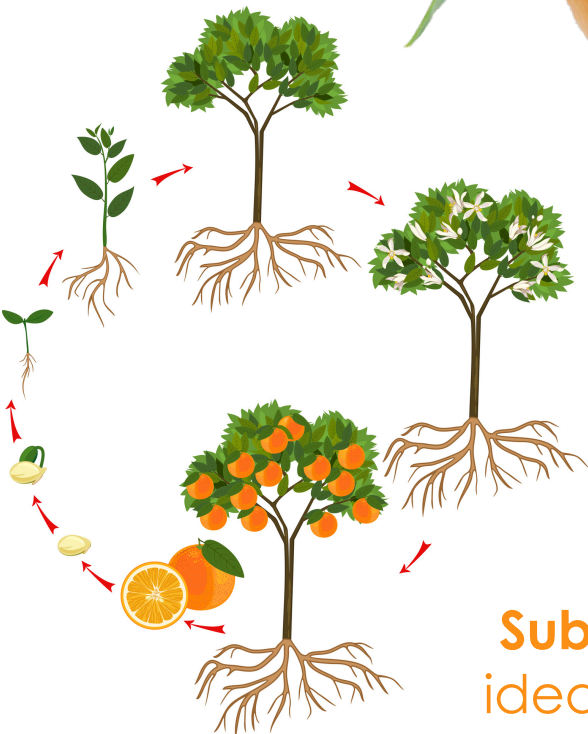


Honeybees are the main pollinators for orange trees.



One orange tree can grow **THOUSANDS** of oranges in its lifetime!

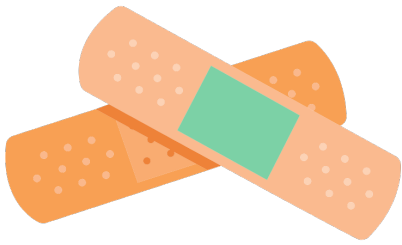
Sub-tropical climates are ideal for growing oranges.



Vitamin C



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

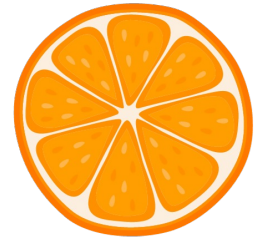


Vitamin C helps to **heal** wounds.

ENERGY booster!



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.

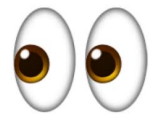
Vitamin C is an **antioxidant.**

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



What do you call a vitamin that improves your eyesight?

A Vitamin C!



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

November

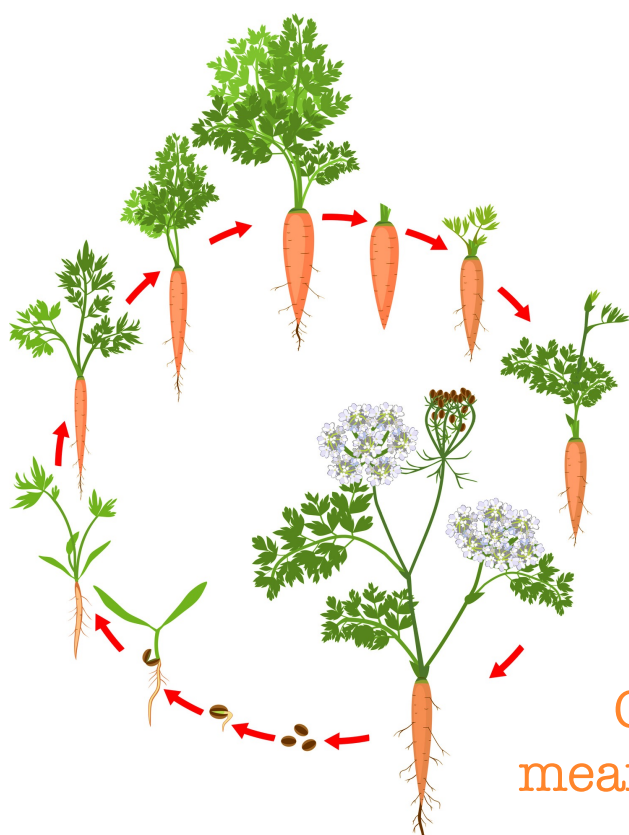
Carrots

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

Carrots are **88%** water.

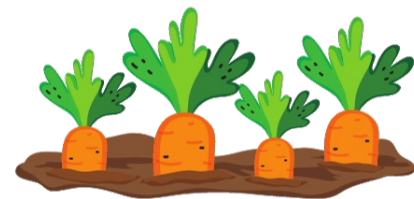


Carrots can be **orange**, **purple**, **red**, **yellow** or **white**.



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

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



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



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

Carrots thrive in **cooler** temperatures.



Carrots can survive entire **WINTERS** underground!





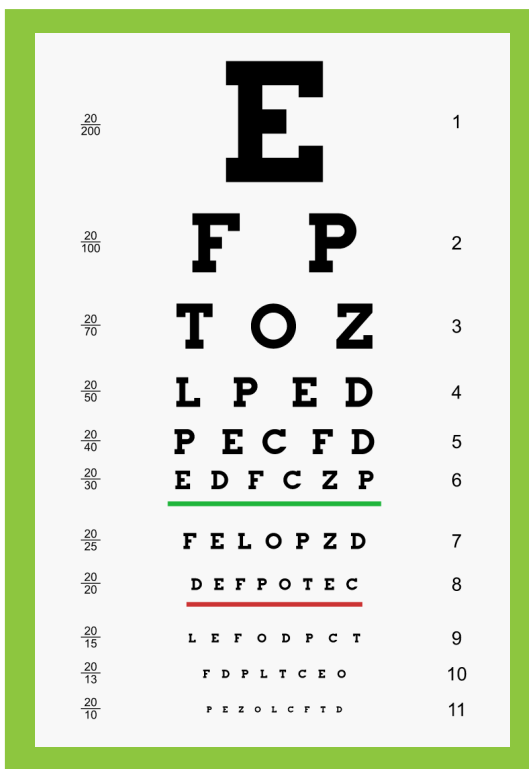
Vitamin A



Vitamin A supports good vision, growth & immunity.



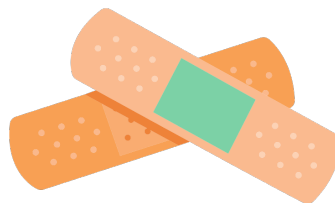
Vitamin A helps **improve eyesight** to **see better at night** and experience **more vivid colors during the day**.



How far can you read down this eye chart?



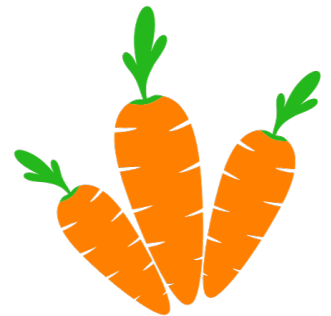
VISION 🧐



Vitamin A has **antioxidant** properties.

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

Vitamin A can help **speed up the healing process** of cuts & scrapes.



How do you know carrots are good for the eyes?
You never see a rabbit wearing glasses!

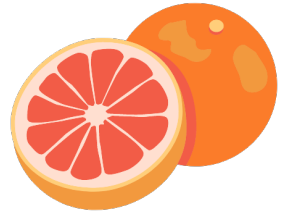
Vitamin A supports the **immune system** to fight off infections.



December

Grapefruit

Grapefruit are a type of **citrus fruit** – a natural cross between a **pomelo** & a **sweet orange**.



Grapefruits are known for having a **tart, tangy & slightly bitter** taste.

Grapefruits can be **yellow, pink** or **red** on the inside.



Ruby Red, Star Ruby & Rio Red are some of the most popular types of grapefruit.



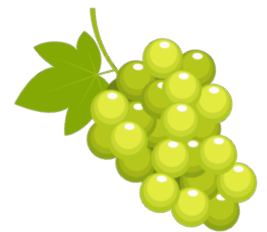
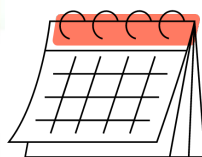
Grapefruit trees can live for **over 50 years**.



In the U.S. there are **20+** varieties of grapefruits grown.



Grapefruits grow in **clusters**...like grapes!



Grapefruit trees take **6 – 13 months** to produce fruit.

“The Forbidden Fruit”

Iron

Iron **carries oxygen** in the blood, supports the **immune system** & proper **brain function**.



2 forms of iron: Heme & Non-heme.

Heme comes from **animal meat** and is easily absorbed into the body after eaten.

Non-heme comes from **plant foods** - like spinach!

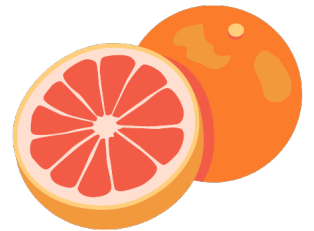
Iron is found in **EVERY** cell of the body.



Non-heme sources of iron are **best** absorbed into the body when eaten with a source of vitamin C, like an orange.

Iron helps muscles function by carrying **oxygen** to their cells.

Supports a healthy **immune system**.



Human blood is **RED** because of iron and oxygen reacting with each other.

80% of the **Earth's crust** is composed of iron.

The body uses iron to make **hemoglobin**.



Hemoglobin helps carry and transport oxygen in the blood to other parts of the body...like a backpack!

December

Sweet Potatoes

Sweet potatoes are a type of **starchy root vegetable**.

Sweet potatoes are a **great source** of **vitamins** and **minerals**!

Root vegetables are grown **underground**!

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

There are **400+** **different varieties** of sweet potatoes.

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

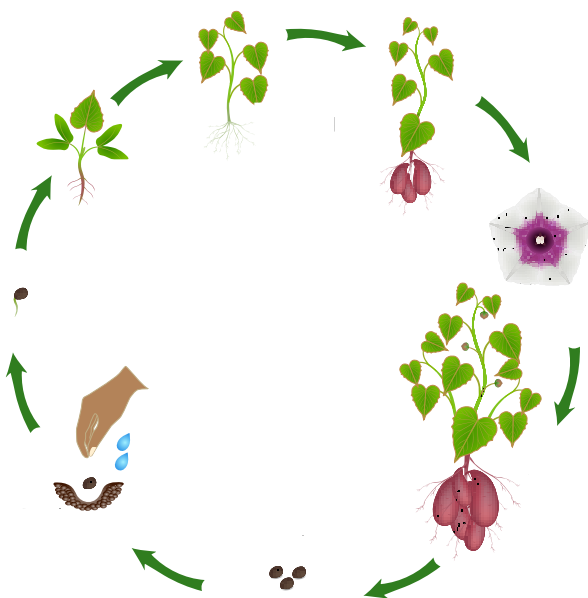


Jewel is the most popular variety of sweet potato.

Sweet potatoes and yams are **NOT** the same thing!

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

Orange sweet potatoes are the **SWEETEST**.



Potassium

Potassium supports **balancing fluid** in the body & proper function of the **muscles** and **nerves**.



Once potassium enters the body, it functions as an **electrolyte**.

Electrolytes help **balance** the amount of water in the body.

Helps to keep the body **hydrated!**

Potassium is the **THIRD** most abundant mineral in the body.

Potassium helps promote **bone health**.

FUN FACT: The body is made up of approximately **60%** water.



Potassium helps to regulate the **heart rate**.



Potassium helps to **regulate** muscle contractions.



98% of the body's potassium is found in its cells.



Many runners eat **foods high in potassium** before a run to **prevent muscle cramps**.

FLUID BALANCE

Milk

Texas produces more than **16 billion pounds** of milk per year.

Texas is the **4th largest** milk producing state in the U.S.

70% of dairy farms in Texas are located in the **panhandle**.

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

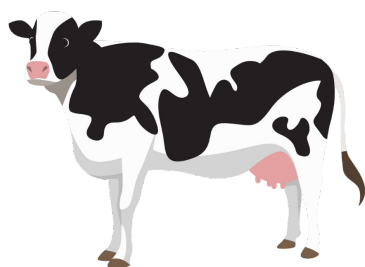
6 Breeds of Dairy Cows:

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

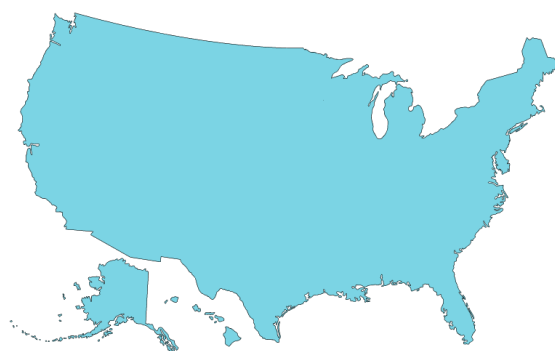
Holstein cows all have a **unique pattern of spots**!

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

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



ALL 50 states have dairy farms!



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



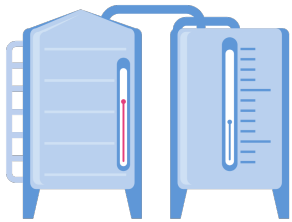
Milk is the source of **ALL** dairy products!

Hiland Dairy



Hiland Dairy is a **farmer-owned** company that **produces & processes** dairy products.

Hiland Dairy was founded in **1938**.

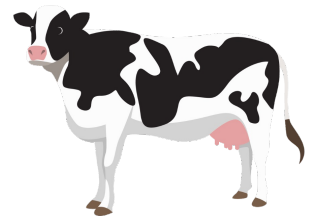


Hiland Dairy operates **sixteen processing plants**.

Hiland Dairy began with **two men & 50 dairy cows**.



Hiland Dairy gets their dairy supplied from **hundreds** of dairy farms.



Hiland Dairy's milk goes from cow to table in **less than 48 hours!**

Hiland Dairy has a processing plant located in **Dallas, Texas** that produces **3.8 million gallons** of milk/month.

"A symbol of **tradition & quality** for our community."





LEARN⁺ more

