



JUST PEACHY – FARM TO FORK

Time required:

45 minutes

Lesson Objectives:

- The student will be able to:
- Discover the farm-to-fork process for food commodities from the northwest region of Louisiana.
- Educate students on where their food comes from.

Video Link:

www.lsuagcenter.com/agmagicagventuresnw

Materials Needed:

- Peach worksheets
- Video link
- Chain pieces for peach tree activity



Introduction

There are four basic steps in the agricultural farm-to-table process: farm, processing, market or retail, and table. Some variation exists, but, in general, our food is produced on farms. Once the product is harvested, it is processed, or prepared for retail sale. This may involve simply washing and packaging the produce, like in the case of lettuce greens or apples, or it may also include steps to preserve the food for longer periods of times, such as freezing, canning, or drying. Once the food is prepared for sale, it is transported to a store or marketplace where consumers purchase it for home consumption.

Most Americans are three to four generations removed from the farm, which means they are less likely to have firsthand experience with a farm. Consequently, people are less likely to understand how their food is produced. For example, milk doesn't magically appear in the grocery store without consideration of the dairy cows and processing and transportation of the milk. Egg production is not possible without the chicken hen and the process of candling, transportation, and refrigeration of eggs. Each food has its own story for its journey from the farm to our fork.

Engagement:

- Ask students, "What are some of your favorite fruits that are grown during the summer?" Let students answer and say, "One summer fruit grown in Louisiana is peaches!"
- Ask students "Where do you get peaches from?" If students say the store, ask them where the store gets the peaches.
- Ask students, "Can someone tell me where in Louisiana you could find a peach farm?"

In Louisiana, there are 53 producers of peaches. These producers are predominantly found in Lincoln, West Carroll, Allen, and Red River parishes. In 2018, these parishes harvested 295 acres of peaches. From these farms, 29,652 bushels of peaches were harvested. Louisiana Peaches contribute an estimated \$1,424,190 to our state each year.

Nutritional Breakdown of Peaches

One raw medium peach (147 grams) has 50 calories, 0.5 grams of fat, 0 grams of cholesterol and sodium, 15 grams of carbohydrate, 13 grams of sugar, 2 grams of fiber and 1 gram of protein. It provides 6% of your daily vitamin A needs and 15% of daily vitamin C needs. One medium peach also contains 2% or more daily value of vitamins E and K, niacin, folate, iron, choline, potassium, magnesium, phosphorus, manganese, zinc and copper.

Health Benefits of Peaches

Peaches are low in calories (100 grams of peaches provide just 39 calories) and contain no saturated fats. Nonetheless, they are packed with numerous health-promoting compounds, minerals, and vitamins. Fresh peaches are a moderate source of antioxidants and vitamin C, which is required for the building of connective tissue inside the human body. Consumption of foods that are rich in vitamin C helps a person develop resistance against infections and helps to eliminate harmful free radicals that cause certain cancers.

There are seven steps in agricultural food production. Those steps are preparation, growing, harvesting and transportation, storage, processing, distribution, and preparation and consumption.

Preparation and getting ready to grow:

Ask, "What does the farmer need to begin growing peaches?" Answers: Seeds, fertilizer, equipment, and land.

Growing the food:

Ask, "What does the farmer need for the peaches to grow?" Answers: Sunshine; rain; hands to work, weed, and care for the crop (labor); understanding of how to grow peaches; and the knowledge about land and agriculture.

Moving food from the field (harvesting and transportation):

Ask, "What is needed to harvest and transport peaches from the field?" Answer: Hands (laborers), mechanical harvesters, trucks, trains, ships, or airplanes, fuel, and satisfactory and safe roads

Ask, "Where are the peaches moved after they are harvested from the field?" Answer: Some may be kept for personal use by the family, some may be taken to local markets to be sold, and others may be taken to a farmers' co-op. Then some may be taken to processing factories or be held in a storage facility.

Ask, "How far do you think the peaches may have to travel in each of these situations?"

Storage:

Ask, "How might the peaches be stored?" Answer: Canning, freezing, or drying.

Ask, "Where might the peaches be kept?" Refrigerated or controlled environments.

Ask, "Is that the only time that food may be stored?" Answer: No, food will also be stored after processing before it is distributed for purchase.

Processing:

Ask, "What might happen to a peach crop at a food processing factory?" Answer: The peaches could be washed, heated, skinned, pitted, and then sliced. Peaches could be used to make jellies, preserves, jams, canned peaches and fruit salads, dried peaches, Jell-O, and pie filling.

Distribution:

Ask, "How does a farmer sell peaches?" Answer: To a local farmers market or directly to a local supermarket where individual negotiations are made or to a farmer's co-op where many farmers bring their products together to sell a larger buyer.

Preparing and consuming:

Discuss how people need money to buy food unless they grow their own.

Discuss how people must understand how to use the food safely and choose food that keep healthy.

Show “Just Peachy” video to students. Student will discover facts about Louisiana Peach producers and their economic value to our region and state.

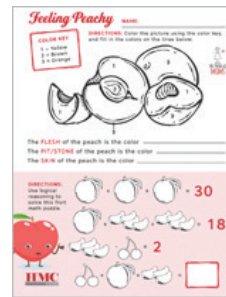
Vocabulary Words

- Agriculture: The science or practice of farming, including cultivation of the soil for the growing of crops and the rearing of animals to provide food, wool, and other products.
- Farm: The food at our grocery stores could have been produced on farms locally, nationally, or internationally. Many factors play a role in the location of our food production, including climate, growing seasons, fertile soil, etc.
- Processing: Any steps taken to prepare food for retail sale are considered processing. It may be as simple as washing and packaging produce or it could involve more steps, such as processing wheat into flour and then into bread.
- Retail: Food can be sold in grocery stores, farmers markets, restaurants, or other establishments.
- Consumer: The final step in the farm-to-fork process is the consumer.

Activity

- Peach Worksheet
- Peach Tree Chain Activity

Cut along the dotted lines on the worksheet and mix up the strips of paper. Pass out strips to students and ask them to first find the other students with the same color strip and then put them in the correct order. Ask each group to share their outcome. They may glue the strips together as a ring and connect them like a chain.



Reflection

- All food follows a farm-to-fork process. It is produced on a farm, processed and prepared for sale, shipped to a retail establishment, and then purchased by consumers.
- Our food is produced locally, nationally, and internationally. Some foods require specific climates and growing conditions.

References

This lesson was edited and updated in 2019 by the National Center for Agricultural Literacy.

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Authors:

Laynie Arceneaux, Kayla McGuire, Karen Shirley, Kaylie Canerday, and Josie Camp

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William B. Richardson, LSU Vice President for Agriculture

Louisiana State University Agricultural Center, Louisiana Agricultural Experiment Station, Louisiana Cooperative Extension Service, LSU College of Agriculture

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