

# FARM TO HEAD START

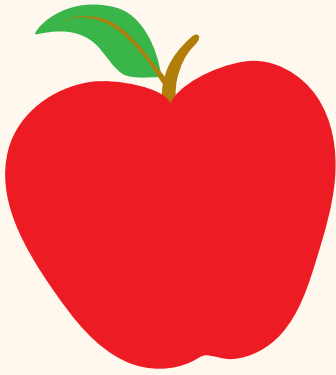




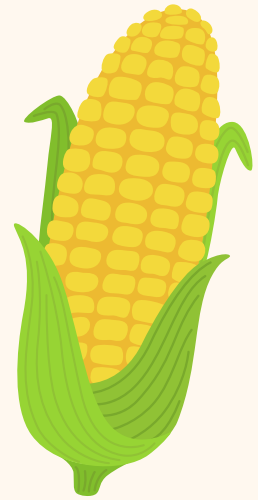
In New York there are many farms where they grow our food.



Healthy fruits and vegetables are important for children's growing bodies. They are full of vitamins and minerals and other good stuff (like fiber) that help children grow up healthy and strong.



Apples



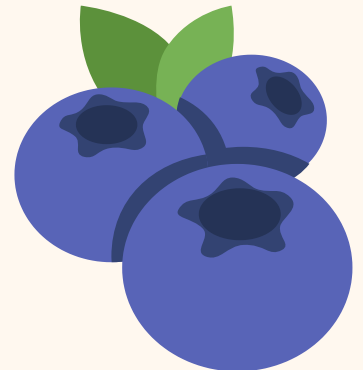
Corn



Broccoli



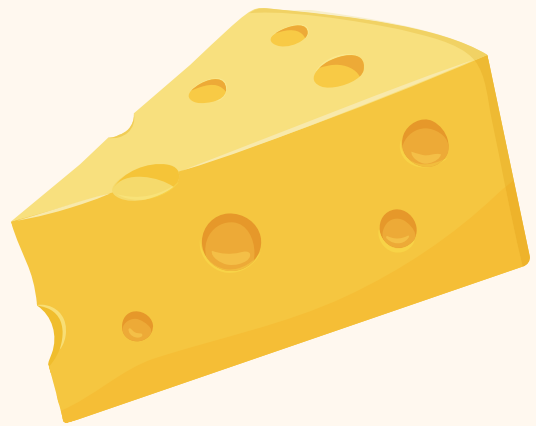
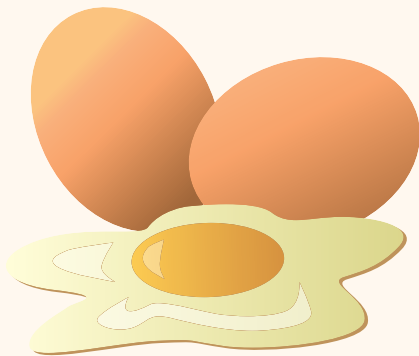
Pumpkins



Blueberries

Farms in New York grow many things.

Learn about all the fruits and vegetables grown in New York on the resource page.



New York State produces other yummy and healthy foods like yogurt, milk, eggs and cheese!



What veggies and fruits do YOU like?



Near my home, we buy our fruits and  
veggies from\_\_\_\_\_farm.  
The farmer's name is\_\_\_\_\_.



“Locally grown food” is good for you and the environment! The less miles fresh food travels the better!



# RESOURCE PAGE:

- **Cornell Cooperative Extension Eastern New York Crops:**  
**<https://enych.cce.cornell.edu/crops.php>**

## Crops

### Apples

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The 2012 USDA Census revealed that the 10 counties comprising the Eastern NY Commercial Horticulture program had over 12,500 acres devoted to apple production. The lower Hudson Valley region and the Lake Champlain region are two of the largest and most important apple production areas in New York state which ranks second in the nation for apple production and first in the country for canned apple products, although much of that crop is produced in western NY.

Apples are thought to have originated between the Caspian and the Black Seas and proof of humans' enjoyment of apples traces back at least 750,000 years. Early settlers brought apple seeds with them to the United States. Records indicate that apples were grown in New England as early as 1630. John Chapman, also known as Johnny Appleseed, along with many other traders, missionaries and Native Americans, were responsible for extensive apple tree plantings in the Midwest and beyond.

Apples are one of the most valuable fruit crops in the United States. The 9.0 billion pound U.S. 2012 apple crop was valued at nearly \$3.1 billion. Apples are the second most consumed fruit (fresh and processed uses combined), following oranges. The average person consumes 44 pounds of apple products annually.

Over the last 20 years, Cornell research and extension projects have helped growers increase yields and fruit quality by increasing tree densities and improving labor efficiency. We estimate that profitability of new high-density orchards is 100 to 300% greater than the traditional low-density orchards.

In 2013, Cornell University announced the introduction of two new apple varieties, SnapDragon and RubyFrost, developed through a managed release partnership with the New York Apple Growers (NYAG). The income generated through this partnership is used to market the new varieties and support Cornell's apple-breeding program.

For more information about tree fruit production, please visit the Cornell Tree Fruit website at [https://www.fruit.cornell.edu/tree\\_fruit/index.htm](https://www.fruit.cornell.edu/tree_fruit/index.htm)

### Apricots

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New York has a total of 87 acres devoted to apricot production, approximately 10 of which are located in the Hudson Valley. Apricots thrive in climates with long, hot summers and cool, wet winters making them a challenging crop for NY orchardists. The bulk of the US production is in California. The largest producers of apricots in the world are China and Turkey.

Apricots mature in early summer and are harvested just as the skin changes from green to yellow before the fruit is too soft and subject to bruising. The U.S. fresh market production season is relatively short, lasting from mid-May through mid-August. However, processed apricots are typically available throughout the year.

Apricot consumption is around 1 lb per person per year, with the dried market increasing over the past several decades.

For more information about tree fruit production, please visit the Cornell Tree Fruit website at [https://www.fruit.cornell.edu/tree\\_fruit/index.htm](https://www.fruit.cornell.edu/tree_fruit/index.htm)

### Asparagus

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Asparagus is a popular early-season vegetable. There are approximately 200 acres grown on 125 New York farms annually (2007 Census of Ag). The majority is sold for fresh-market, but a small amount (15 acres) goes for processing. Asparagus is available from the beginning of May through mid-June in New York. It is a popular vegetable at farmer's markets, U-pick operations, retail stands and is also grown for wholesale markets.

Commercial asparagus fields are generally planted with one-year old crowns; however, transplants can also be used. Fields take two years to establish, but afterwards can remain in production for 10 to 20 years.

### Beets

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Did you know that New York is the second leading producer of red table beets in the US? Approximately 3,000 acres are grown annually for processing by Seneca Foods in Leicester, NY (Livingston Co.). Most of the processing beets are grown in Genesee, Livingston and Wyoming Counties in Western, NY. Processors require specific varieties for production of certain size roots throughout the season and commonly grow Ruby Queen, Red Ace and Red Atlas.

Fresh market growers have a wide range of varieties to select from. Root colors include red, golden, or alternating red and white rings. Roots may be cylindrical or elongated. Beets can be harvested for fresh market at any stage and the greens are considered a delicacy by some. Roots harvested in the fall can be stored and sold at winter markets.

Educational and research information from Cornell Cooperative Extension can be found by clicking on the links below.