



Local Food For Schools

APRICOTS

Promotional Resources

Fun facts

- Apricots are rich in potassium, phosphorus, and beta carotene. They also provide calcium, iron, magnesium, vitamin C, and folate.
- Antioxidants give apricots their beautiful orange color.
- Apricots originated in China, where it was first cultivated about 4,000 years ago.
- Apricot means "precious" in Latin.
- In 2021 41,740 ton of apricots were grown in the US w/ Washington being the second largest producer behind California.

Know your farmer

Rowley and Hawkins Fruit Farms Connell, WA

Rowley and Hawkins Fruit Farms is a family farm operating since 1980 by many generations of farmers. They center around the idea that they are "growing great fruit to grow great families." Rowley and Hawkins farms nearly 1,000 acres of different varieties of orchards. They grow tart cherries and sweet cherries. They are GAP certified and do everything they can to grow safe healthy food, while protecting their land and the environment. As farmers, they care deeply about the health of their soil. Healthy soil grows healthy trees that produces healthy fruit.



Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students' knowledge of healthy eating and where food comes from.

- [WSU Fresh From the Farm – Apricots \(Spanish\)](#)
- [BC Agriculture in the Classroom - Fresh Story - Apricots - Elementary](#)
- [BC Agriculture in the Classroom - Fresh Story - Apricots - Middle School](#)
- [Apricot Connect the Dots](#)



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Regional Markets Program

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