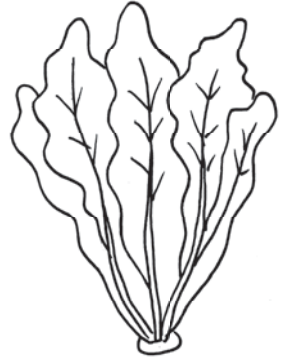
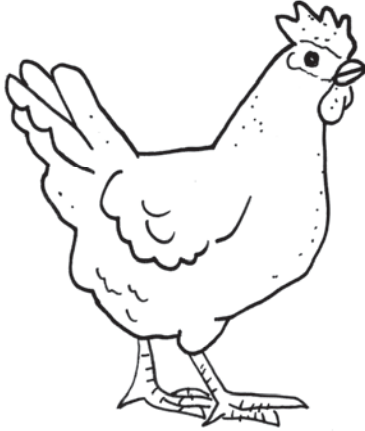


FARM FRESH FUN

Illustrations by: Dino Perez

CENTENNIAL FARM FUN

Centennial Farm is a three-acre working farm open daily.



Centennial Farm features fruit and vegetable gardens and lots of animals.

Visit our
very own oxen
team, Hoss & Howie.



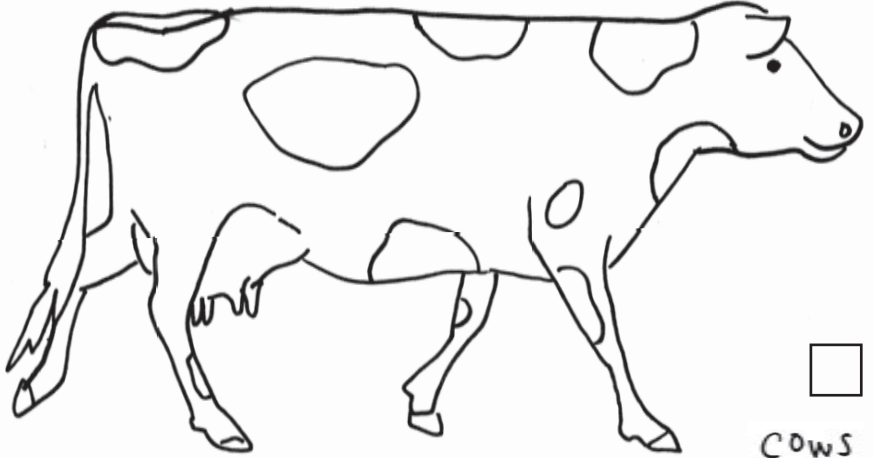
Centennial Farm offers free self-guided tours,
Monday - Friday, 1 p.m. - 4 p.m. and Saturday & Sunday, 9 a.m. - 4 p.m.
Visit: ocfair.com/centennialfarm

FARM FRESH FIVE

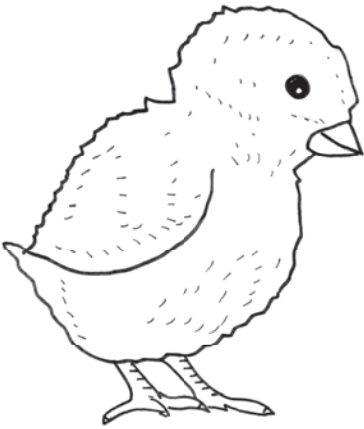
What did you discover at Centennial Farm?



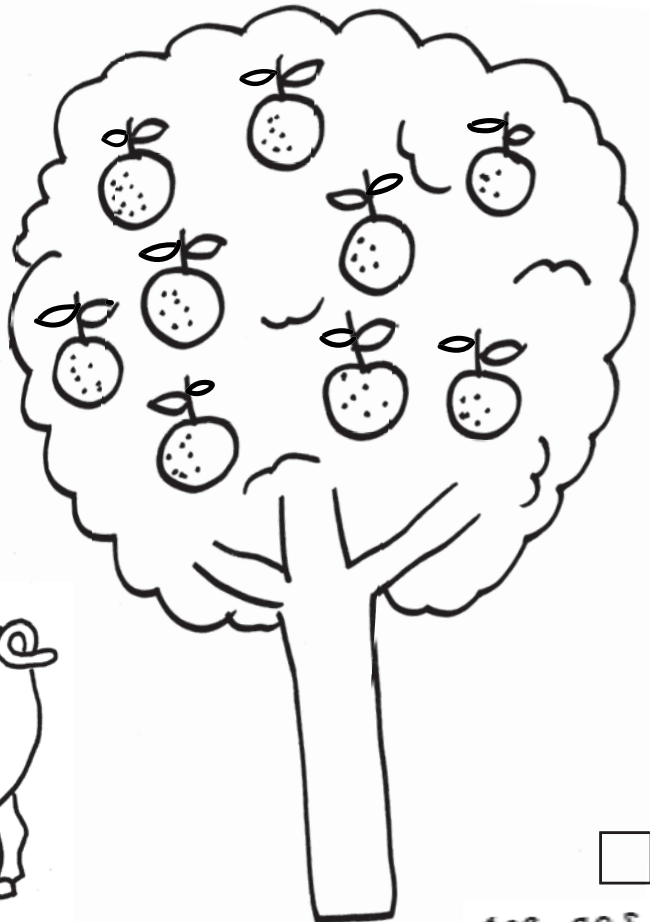
radishes



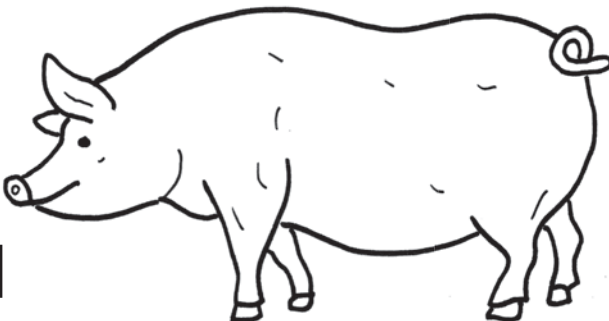
cows



chicks



oranges



pigs

CALIFORNIA GROWS

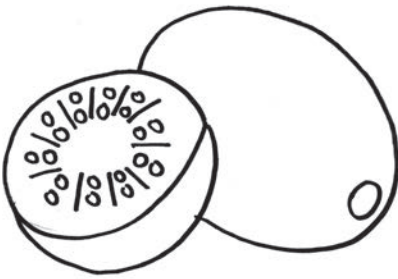
California produces over 400 crops. The following are exclusive to California:



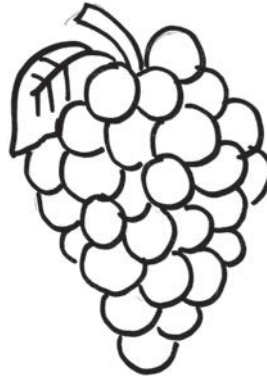
Artichokes



Walnuts



Kiwifruit



Grapes



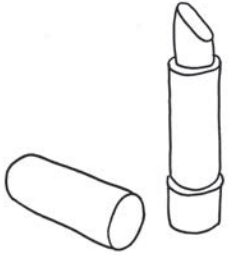
Peaches



Pistachios

California grows over a third of the country's vegetables and two-thirds of the country's fruits and nuts.

SHEEP PROVIDE MANY PRODUCTS



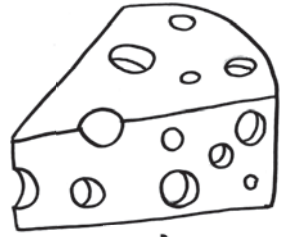
cosmetics



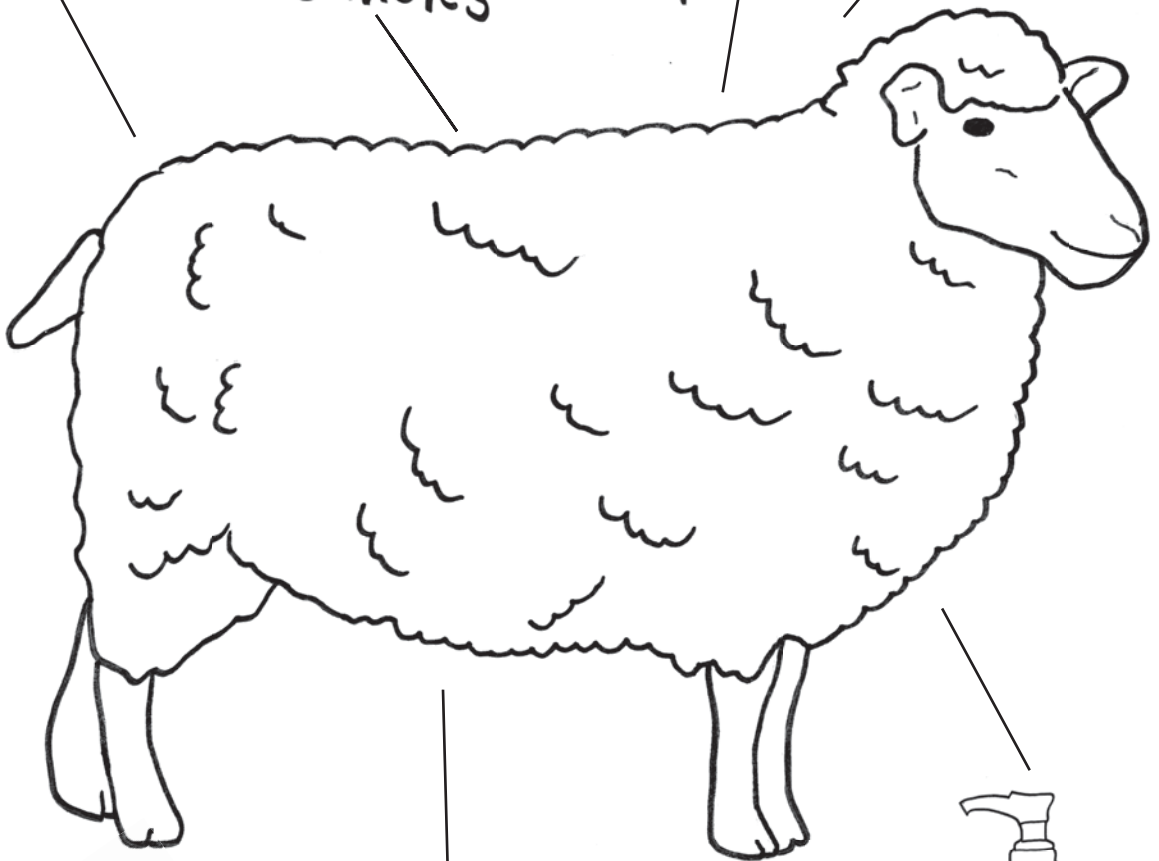
candles



soap



cheese



meat



wool

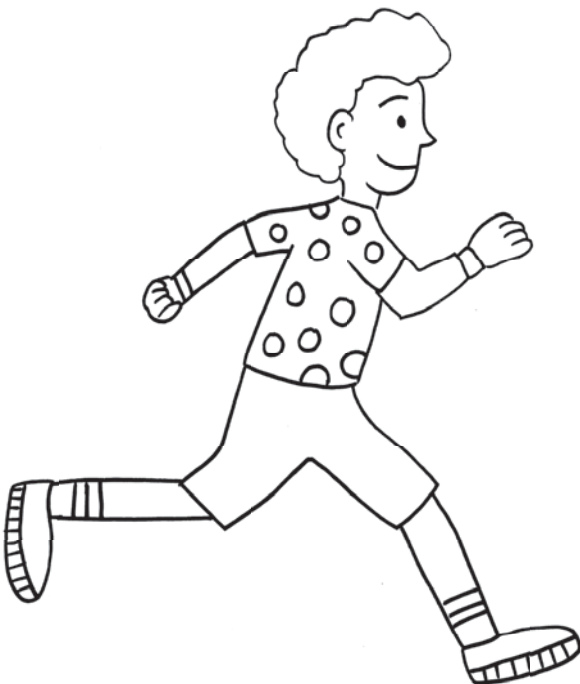
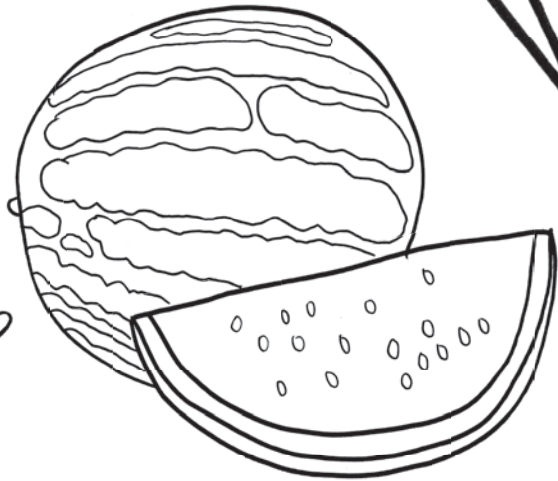
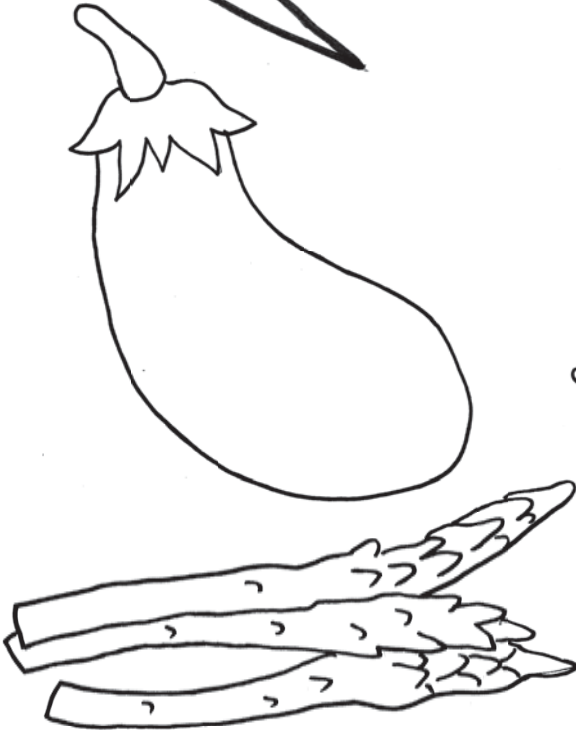


lotion

MY PLATE

Eat a variety of foods
to get the nutrients
you need.

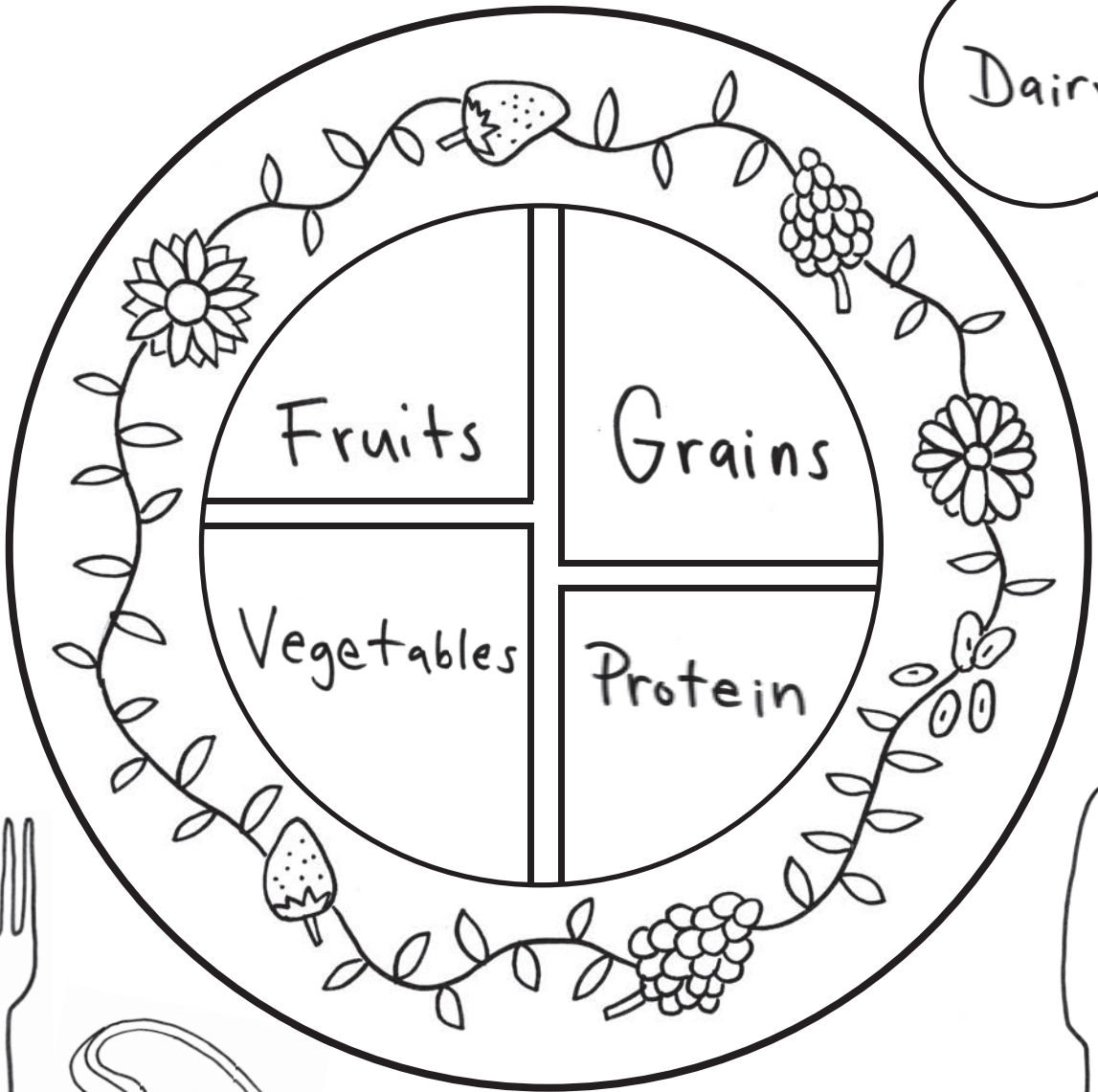
Fill half
your plate with
fruits and
vegetables.



Children should
exercise 30 minutes
or more each day.

MAKE YOUR PLATE

Dairy



Draw a line to show
where your food goes
on your plate.



FARM FRESH RECIPES

STRAWBERRY-BASIL LEMONADE

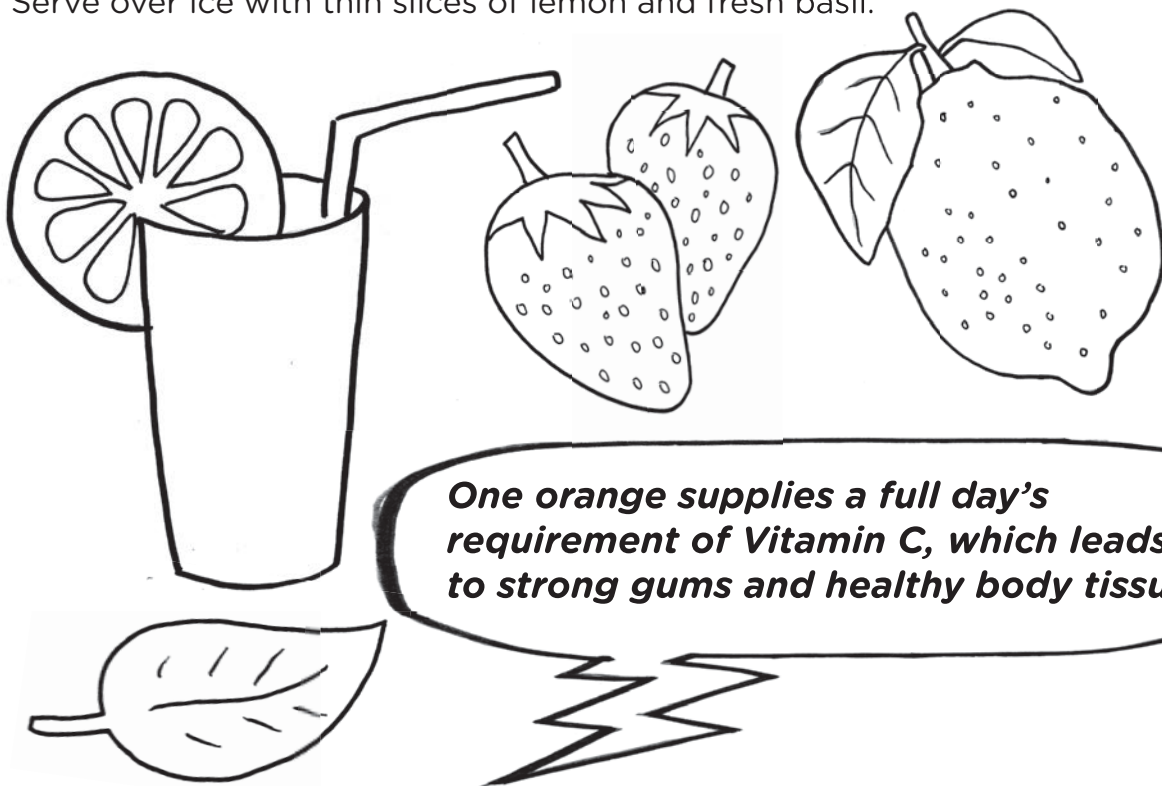
Ingredients:

2 tbs. sugar
¾ cup quartered California strawberries
2 small sprigs of fresh basil
Juice of 2 lemons
1 cup cool water

California produces 88% of the nation's strawberries. Orange County is one of the leading producers of strawberries.

Directions:

In a Mason jar, muddle the sugar with the strawberries and basil. Cut lemon in half and squeeze juice and pulp into Mason jar. Add water. Put the top on and shake the mixture vigorously to combine. Serve over ice with thin slices of lemon and fresh basil.



One orange supplies a full day's requirement of Vitamin C, which leads to strong gums and healthy body tissue.

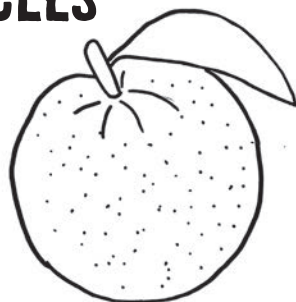
FRESH MADE VANILLA-ORANGE POPSICLES

Ingredients:

1½ cups pure orange juice – no pulp
1½ cups low-fat vanilla yogurt
1-2 tbs. organic sugar
½ tsp. vanilla extract

Directions:

Whisk together orange juice, yogurt, sugar and vanilla. Divide the mixture among Popsicle molds. Freeze them overnight.



HEALTHY SNACKS



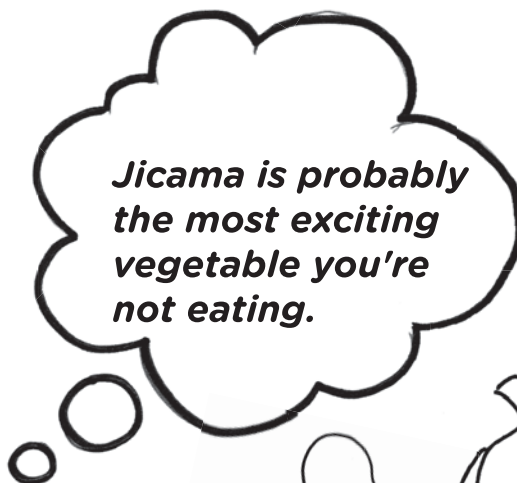
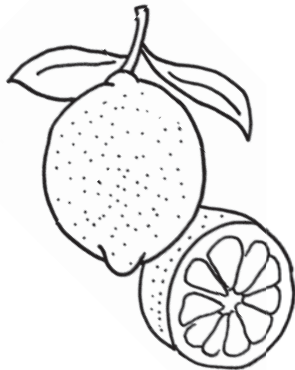
SALSA

Ingredients:

4 ripe tomatoes, seeded and finely chopped
1 small white onion, finely chopped
½ cup fresh cilantro leaves, chopped (or more to taste!)
2 -3 jalapeno peppers, seeded and finely chopped
1 tbs. lime juice
Salt to taste

Directions:

Mix ingredients together and season with salt.
Serve with your favorite tortilla chips or jicama chips.



JICAMA CHIPS

Ingredients:

1 large jicama
Juice of 4 to 5 lemons
Chili powder or cayenne pepper

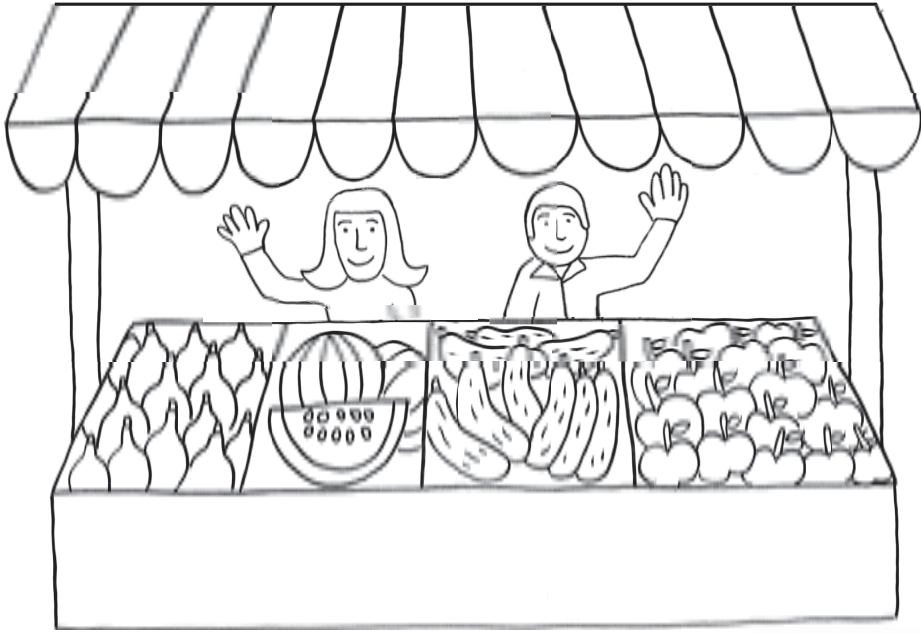
Directions:

Rinse jicama and peel completely. Slice into ¼-inch chips and marinate in an abundant amount of freshly squeezed lemon juice. Sprinkle citrus-marinated jicama with your favorite chili powder, or cayenne pepper.



FRESH FROM THE FARMERS MARKET

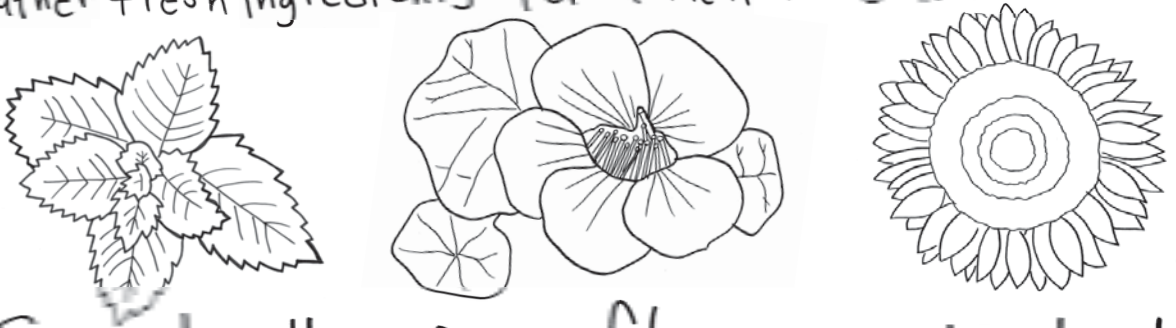
Choose your own fruits and vegetables.



Meet the farmers who grow your food.




Gather fresh ingredients for a meal to cook as a family.



See locally grown flowers and plants.

Visit the Farmers Market at the OC Fair & Event Center, Thursdays 9 a.m. – 1 p.m.
or visit ocfarmbureau.org

DID YOU KNOW?



Many things we use
grew from a plant or a seed,
or was raised by
a farmer.

Farming creates
delicious food.



ocfair.com

The OC Fair & Event Center is dedicated to offering free educational programs, exhibits and events to the community.



CENTENNIAL FARM

Three-acre working farm open daily.



APRIL 21 - 23, 2017

Annual S.T.E.A.M. educational fair for students and their families.



California's first museum focusing on the stories of veterans.