

FARM GROWN

Agriculture Magazine for Kids

2013 Season

Visit the farm
with **PARKER**
and friends!

Fun activity
pages inside

Find out how **YOU**
can watch the
Grizzlies play!





MATT CAIN FARM GROWN

On June 13th, 2012, San Francisco Giants pitcher Matt Cain threw the first perfect game in Giants franchise history.

The storybook summer evening featured the right-hander not allowing a hit or walk to the Houston Astros at AT&T Park. He also struck out 14, his best total for the season. There were no words to describe his play on the field other than "perfect."

Before Cain reached one of the highest individual achievements, though, the All-Star spent an entire season in the Central San Joaquin Valley with the Fresno Grizzlies. The season was part of his process of preparing himself for his future Major League career.

In 2005, Cain made 26 starts for the Grizzlies. He collected 10 wins, and his 176 strikeouts with Fresno for the entire season are the most ever in the team's 15-year history.

Cain struck out 10 or more batters in three different starts with the Grizzlies, with two of the starts taking place at Chukchansi Park. The Fresno fans were able to see Cain at his finest before he graduated to the Major Leagues.

The Grizzlies are the top minor league team of the Giants, so plenty of superstars that have played for the Giants stop in Fresno while playing baseball.

Cain only played in the one season with the Grizzlies in 2005, but he has spent his entire baseball career with the Giants farm system.

The Giants selected Cain in the first round of the 2002 Draft out of high school in Tennessee.

Before he played professional baseball, Cain was a kid who grew up on a 50-acre farm. Cain was born in Alabama, and he never lived in

a town of more than 3,000 people. Due to his dad's job, the Cain family moved from South Carolina to Alabama to Tennessee. He only knew the small-town way of life.

Although he loved playing baseball growing up, Cain did not follow it on television. He preferred riding horses, mountain biking, fishing or anything that he could do outdoors.

With traveling and outdoors experience from his time growing up, Cain was ready for any challenge during pro baseball. He worked his way up each level of the Minor Leagues before debuting with the Grizzlies in 2005. He even turned his good play with the Grizzlies into his Major League debut in the same season.

On August 29th, 2005, Cain made his first start in the Majors against Colorado. He lost the debut, but he would go on to make seven starts for San Francisco that season, including his first career complete game on September 9th versus the Chicago Cubs. He became the youngest pitcher in San Francisco history to throw a complete game. His first taste of the big leagues showed Cain was destined for great things.

Cain was also an important part of the Giants' World Series wins in 2010 and 2012. He did not allow an earned run in three starts in the playoffs, helping power the title push.

From his time on the farms growing up to his stint with the Grizzlies in Fresno, Cain was expected to be successful. After the championship win and a perfect game, Cain has matched all expectations. He has plenty of seasons left in his career to do even more, but they are only building on past achievements. Now all the Farm Grown player has to do is figure out: How does one do better than being perfect?





WILD ABOUT READING

« EDITORIAL VISION »



Student's Name

School

Teacher

Room #

GROWING UP on a farm and cattle ranch that is more than 100 years old in the Central Valley of California, I am passionate about sharing the true story of agriculture with consumers such as you. Through the following pages and activities, you will be able to see what makes agriculture the number one industry in this great state.

Many of the characters that are featured in **Farm Grown** are inspired by my family members and their everyday activities on the farm. You will meet "Farmer Dale" (my dad), "Winnie" (my grandmother), "Cappy" (the hat that farmers and baseball players wear), and "Freckles" (the cow dog).



Agriculture, just like baseball, is one of the many things that make our country what it is today. I was able to make my dream of creating a children's magazine come true by teaming up with the Fresno Grizzlies to help them publish their first magazine, **Farm Grown**. I hope that you learn something new and never stop dreaming big and setting goals. Even if you live in a city or small town, you can have a future in agriculture — or baseball. There is truly nothing more "American"!

Sandy Creighton, Manager & Author

DEAR STUDENT,

Welcome to the new **Farm Grown** magazine! This is a new and exciting time for the Fresno Grizzlies' "Wild About Reading" program, and we are happy to share it with you. In this magazine, you will find my friend Parker's new story, "Parker Goes to the Farm." He and his buddies see how to become a farmer and learn more about the Central Valley farming community. His story will show you how healthy food arrives on your plate for you to eat.

We hope Parker's new story inspires you to read more. If you read 10 books in five weeks, you will get to watch a Grizzlies game in 2013! It's that simple. So good luck and work hard! See you at the ballpark.

Chris Cummings, Team President, Fresno Grizzlies



CUT HERE



Parker's PRIZE ZONE



Every student that reads 10 books
= 2 Free Tickets



School with highest participation
= Playdate with Parker



At the game: Kindle Fire
giveaways to lucky readers



School with highest game
attendance wins 2 laptops for
their library



Parker's Wild About Reading



USE THIS BOOKMARK TO LIST YOUR
10 BOOK TITLES AS YOU READ THEM!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Turn the completed bookmark in to your
teacher before your school's deadline.

DUE BY:

FIND US ON:



The Fresno Grizzlies Community Fund
would like to thank the following sponsors
of Parker's Wild About Reading program



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Electric Company®*



**Educational
Employees**
CREDIT UNION



Congratulations to Tom Stefanopoulos, our 2012 Farm Grown
Community Partner Award recipient.

CUT HERE



An Official Publication of the Fresno Grizzlies Community Fund

2013 SEASON | *Inaugural Issue*

SUBSCRIPTIONS

Copies may be purchased at Chukchansi Park in the Grizzlies Team Store or ordered online at www.centralvalleyfarmgrown.com (shipping and handling charges may apply).

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The Central California Farm Grown program was released in April of 2012 as part of the Grizzlies Community Fund. It connects the Fresno Grizzlies, a minor league baseball team in the San Francisco Giants farm system with the Central San Joaquin Valley's rich tradition in farming.

The mission of Farm Grown is to promote the agricultural heritage and philanthropic vitality of the Central San Joaquin Valley through the building of meaningful partnerships in support of education and healthy living.

Farm Grown agriculture magazine for kids is published by the Fresno Grizzlies Community Fund, 1800 Tulare Street, Fresno, CA 93721. Farm Grown is distributed to schools throughout the Central Valley of CA that participate in the Wild About Reading program courtesy of the Fresno Grizzlies Community Fund and their partners. If you would like to purchase additional copies of this Farm Grown magazine you may do so in the Grizzlies Team Store at Chukchansi Park.

Every effort is made to ensure the accuracy of the content published in Farm Grown; however the publishers assume no responsibility for losses sustained, allegedly resulting from completing the activities or following recommendations in this magazine. Consult your local authorities.

The Fresno Grizzlies Community Fund has not tested any of the products or activities advertised in this publication, nor has it verified any of the statements made. The organization does not warrant, expressly or implicitly, the fitness of any product or activity, advertisement or the suitability of any advice or statements contained herein.

COLORING PAGE

Identify the fruits and vegetables that Smarty is juggling.

- ① A _ _ L _ ② _ _ R _ O _ ③ B R _ _ _ _ _ I _
 ④ W _ _ _ _ L _ _ ⑤ _ _ T _ T _



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Seat Belts Save Lives! Buckle Up!

REMEMBER Wear your seat belt low and snug across your hips and snug across your shoulder. Buckle up on every trip!

SECRET MESSAGE Discover the message using the secret code.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
♣	☺	⚡	♥	⚙	←	→	↑	↓	↖	↗	↙	↘	↔	↕	▲	▼	△	▽	◀	▶	◁	▷	◀	▶	◀	▶

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Visit www.fs4jk.org for more fun activities about farm safety.

What should you do if your clothes catch on fire?

- ☐ Run to the nearest window
- ☐ Stop, drop, and roll
- ☐ Stop, breathe deeply, and then run
- ☐ Run to the bathroom sink for water

Answer: Stop, drop and roll



FARM GROWN • 2013 SEASON

Secret Message: Click it don't risk it — Always wear your seat belt in the car



CONNECT THE DOTS

Connect the dots to see who is having tons of summer fun.



Mom and Dad! It's never too soon to start a savings program for your child and teach them about saving. Open an account and we will give your child a special gift. Stop by any EECU branch for details.



1-800-538-EECU / myEECU.org



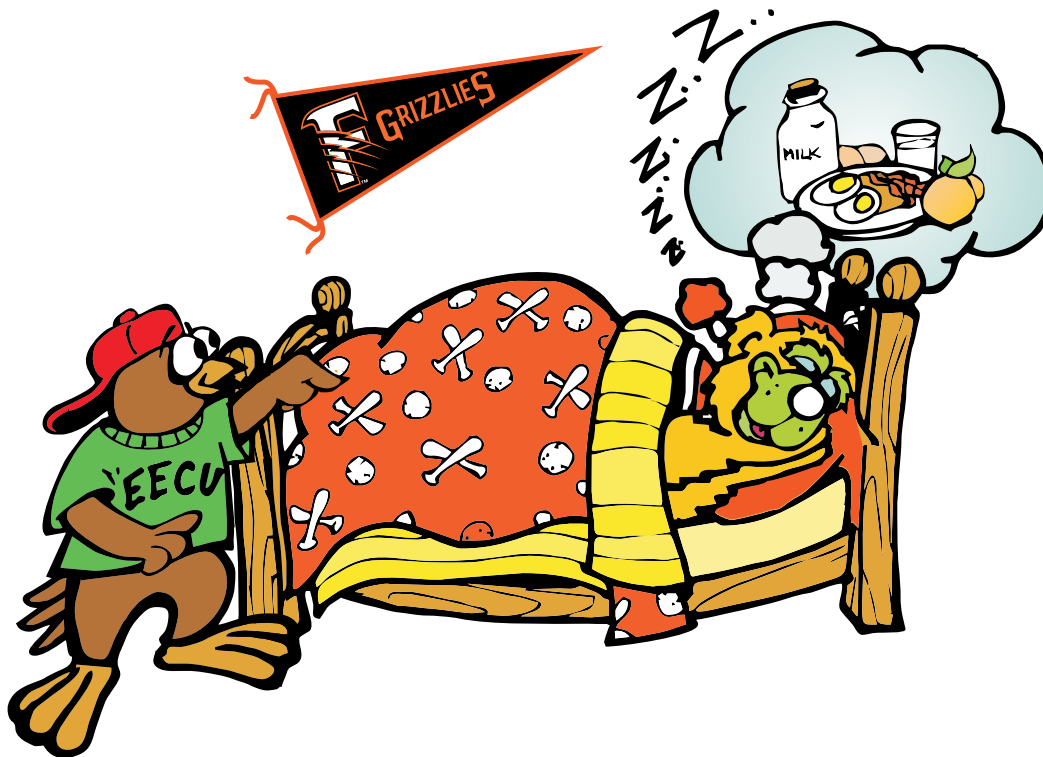
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Membership is open to school employees, students, members of school organizations, and their families.

PARKER

Goes to the Farm

Story by Sandy Creighton
Illustrated by John Acosta



Today is a very special day for Parker and his best friend, Eddie the Owl. They are going to visit one of the many farms we have in the Central Valley. But Parker is still fast asleep.

Parker can smell good things cooking and wonders if he's dreaming. Eddie nudges him awake. "Come on Parker we're going on a trip."

Parker stretches his arms, yawns and says, "I'm starving. What's for breakfast?" The two friends go into the kitchen to see.

"Eggs, Fruit, and Milk...MMM my favorite," says Parker.

"Did you know all that delicious food came from right here in the Central Valley?" asks Eddie.

"Of course! We got it at the grocery store!" answers Parker.

"NO PARKER; the eggs, milk, and fruit all come from farms; just like the ones we are going to visit today," says Eddie.





Parker and Eddie's first stop is the Fun E-Farm near Clovis where they are greeted by Freckles, the dog. Freckles leads the way to the chicken coop where they see all different colors of chickens sitting on their nests! Mother chickens are called hens. There are brown ones, red ones, black, white, and speckled hens.

Eddie says, "Did you know that a hen usually lays only one egg each day Parker?"

Just then a hen flies off her nest and begins squawking. "Look Eddie, she was sitting on a BROWN egg! I thought all eggs were WHITE?" Freckles just grins at both of them in that cute doggy way.

"Different types of chickens lay different colored eggs," Eddie explains. "It depends on the variety of chicken. This brown egg came from a Rhode Island Red. That White Leghorn over there is known for laying white eggs."

"Oh," says Parker, "so that means that the color of the chicken determines the color of the eggs? Does that mean speckled chickens lay polka-dot eggs? I want to see one!"

Eddie laughs, "No silly, they lay brown eggs, too! The color of the chicken doesn't necessarily determine the color of the egg — it's the variety or breed of chicken that does."

But Parker knows that all eggs, no matter the outside color, look the same inside and taste the same too! He loves eggs hard-boiled, scrambled, poached, fried, over-easy, sunny-side up and sometimes even an omelet! Every day Parker eats one egg for breakfast.

Eggs are known as the "perfect protein" and help kids grow strong muscles. "Look at my big muscles," says Parker, "they are perfect for hitting homeruns!"



Next stop is an orchard in Reedley, where Farmer Dale grows peaches, plums, and nectarines. There Parker and Eddie see many rows of trees, acres and acres loaded with bright colored fruit.

"I love summer," says Farmer Dale, "because I can enjoy a fresh ripe peach," as he picks one from the nearest tree.

"I love summer, too," says Parker, "because it is baseball season!" Farmer Dale takes a bite and says, "Don't you just love it when the juice runs down your chin?" Parker replies, "I love to play catch! But I will try one of those."

"Good idea Parker. Peaches are loaded with natural sugars that will give you energy to run and play. "This peach is called a Babcock," Farmer Dale explains. "It is one of the sweetest varieties and is white inside instead of yellow."

"There is that word again — variety!" hoots Eddie.

Parker pipes up, "In baseball we have varieties of pitches. There is the fast ball, the curve ball, the slider, a knuckle ball, and, oh yes, one of my favorites, the change-up!"

"Exactly," says Farmer Dale, "this variety over here has a thicker skin so we can ship it further away."



"Like to Madera?" asks Parker.

"Nope, even further," chuckles Farmer Dale. "That box will be sent all the way around the world to be enjoyed by people in China."

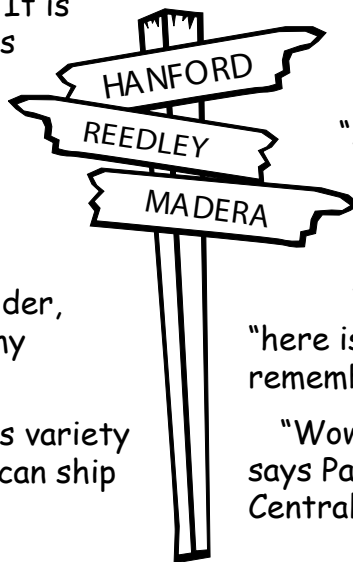
"Don't they grow peaches in China?" Parker asks. "Why would they want a peach from sunny California?"

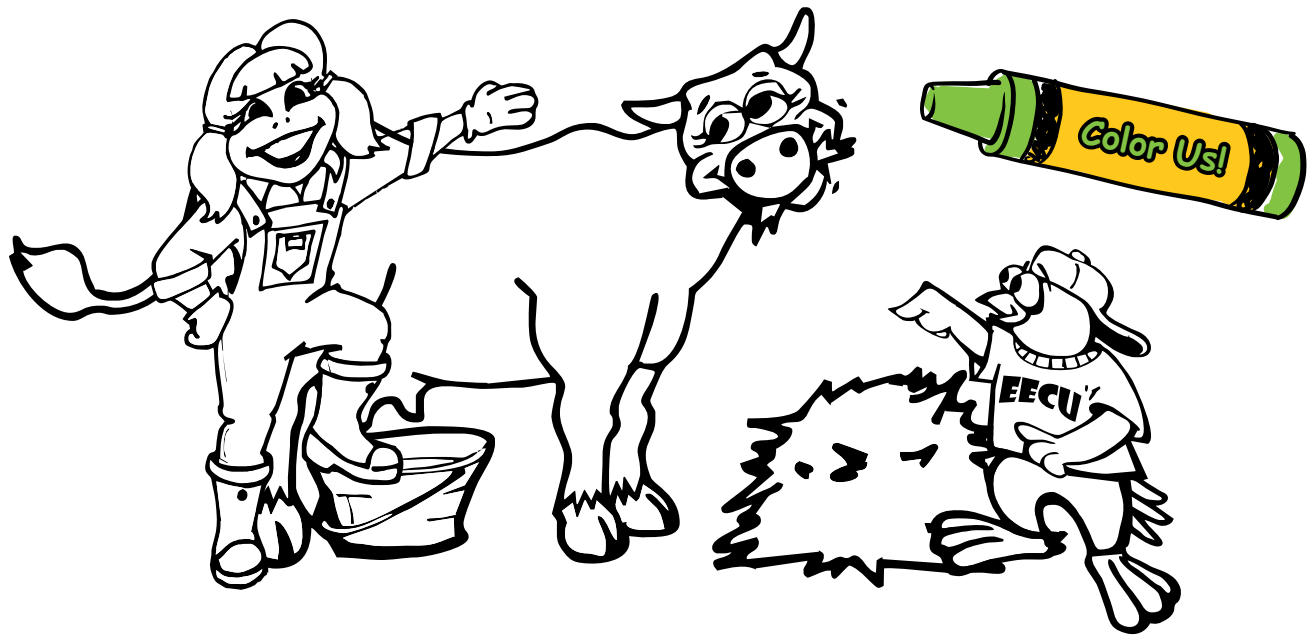
"Well, yes, they grow peaches in China, but they don't produce enough for the demand. There are more than 1.3 billion people that live there," explains Farmer Dale.

"Aw," says Parker. "I get it — that is a lot of peaches, especially because I would want to eat more than one and I'll bet they would, too!"

"Before you go," says Farmer Dale, "here is a baseball cap for you to wear and remember visiting our farm."

"Wow! I think I will call him "Cappy", says Parker, "and look it reminds me to eat Central Valley "FARM GROWN"!"





"There is one more stop on today's field trip. We are headed to Hanford to visit a dairy farm." What in the world might Parker and Eddie find there?

The first thing they see is a big barn. Inside the barn are lots and lots of brown cows. Parker is surprised, "I thought all cows were black and white!"

"Those brown cows are called Jerseys", says a voice, as a little girl steps out from behind a haystack.

"Who are you?," Parker and Eddie say together at the same time.

"My name is Winnie, and I live on this dairy farm."

Eddie says, "I'll bet you know a lot about milk and cows."

"Sure do! The black and white ones are a different breed called Holsteins," Winnie declares. "The first thing you should know is that brown cows do NOT give chocolate milk!" Parker had been wondering about that and was glad he hadn't asked. Winnie explains, "All milk is white and you can add different flavors to it like chocolate and strawberry. But my favorite is fresh and

plain, just like it comes straight from the cow. I'll bet you didn't know that yogurt, cheese, butter, and ice cream are all made from milk!"

Eddie yells, "Ice Cream!"

Parker replies, "Just like we get during the seventh inning stretch at the baseball game!"

Eddie says, "Cheese is one of my favorite snacks."

Winnie says, "And anything made with milk is good for you. It has vitamin D and calcium that makes your bones strong."

"I can't wait to get back to school," says Parker, "and tell all my friends there about how amazing agriculture is. I learned that eggs make my muscles big, milk makes my bones strong and fresh summer fruit gives me energy and is delicious to eat!"

"I'm so thankful for farmers and ranchers," says Eddie.

"Me too," says Parker. "I am so happy I feel like singing and dancing. Would you like to join me?"



PARKER SONG

We Gotta Eat!

(to the 80's song tune "We got the Beat")

VERSE 1

See Grizzlies' Parker walking down the street...
Wondering, wondering what he's gonna eat...

He doesn't know to say yes or no
Cause he's hungry all the time

Cause he likes to eat — he likes to eat — he likes to eat
YEA Parker likes to eat!

Dance

VERSE 2

Healthy eating keeps us all alive...
Now's the time to take all this in stride...
School kids everywhere showing us their pride...

Cause kids gotta eat — kids gotta eat — kids gotta eat
YEA kids gotta eat!

Dance

VERSE 3

Fruit and veggies really make me dance...
Nuts and raisins put me in a trance...

Just give them all, just give them all a chance
That's when we really shine

Cause we gotta eat — we gotta eat — we gotta eat!
YEA! WE DO!

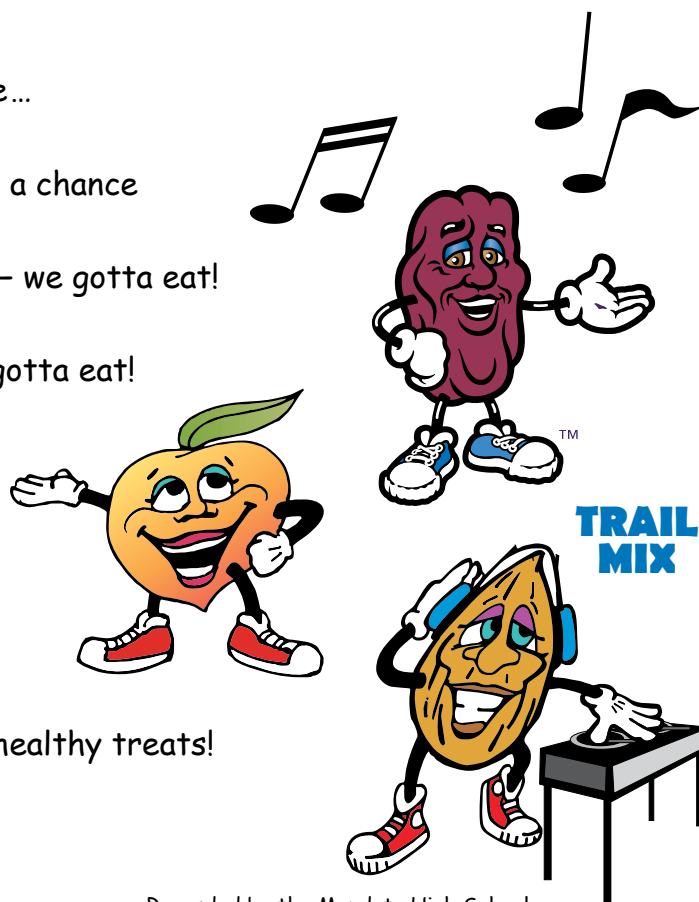
We gotta eat — we gotta eat — we gotta eat!

Everybody get on your feet!
We gotta eat.
We know you can stomp to the beat!
We gotta eat.

Jump in and get down
Round and round and round — WOO!

We gotta eat — we gotta eat!
Let's THANK a Valley Farmer for our healthy treats!
Cause we gotta eat — WOO!

THANK YOU FARMERS!



**TRAIL
MIX**

Recorded by the Mendota High School
Students Music Department, Mendota, CA



My Farm Trip...

Hi Kids!

Thanks for reading my third story, "Parker Goes to the Farm." Agriculture is very important to our community and is responsible for all the wonderful food we get to eat every day. Just outside our cities, farmers and ranchers grow all kinds of different crops and raise a variety of animals. Next time you are hungry, think about enjoying a healthy snack and take a moment to appreciate the abundance that can be found in our backyard.

Reading is one of my favorite hobbies and I encourage all of you to continue reading. Check out www.fresnogrizzlies.com for a list of my favorite books. Some of them are even about baseball! You can learn so much about a lot of different things when you read.

Be on the lookout for more Parker stories in the future. Next time you are at the ball park come and see me and say hello.

Bellies, Paws & Fur,

*MM
PARKER*



Incorporation Questions & Story Application

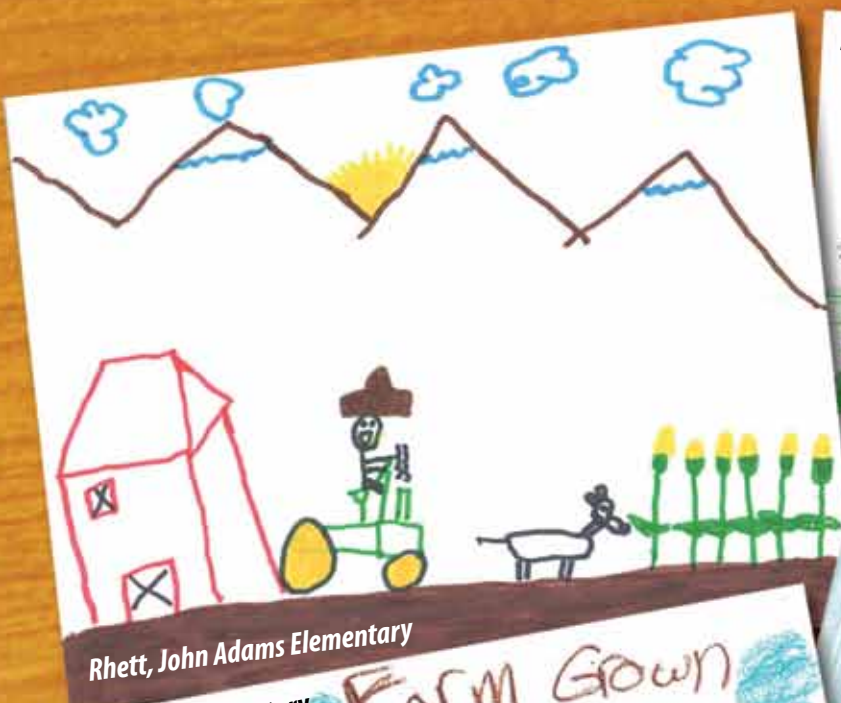
- ❶ If there are 7 billion people in the world how many chickens would it take to feed them each one egg a day?
- ❷ How would you define breeds and varieties and are they the same thing?
- ❸ Can you name some breeds and varieties mentioned in the story?
- ❹ One acre equals 43,650 square feet (208.71 feet wide by 208.71 feet long). A baseball infield is 90 feet by 90 feet. How many square feet is the infield? And, about how many infields would it take to equal 1 acre — 2, $4\frac{1}{2}$, or 10?
- ❺ Name three things you may find grown on a farm in the Central Valley?
- ❻ Does chocolate milk come from brown cows?
- ❼ What is your favorite healthy snack?
- ❽ Which country is the number 1 destination for fresh California Peaches?
- ❾ Identify four things that are made with milk.
- ❿ When you eat eggs, fruit and milk what are some of the nutritional benefits for your body?

Answers Found at: www.centralvalleyfarmgrown.com

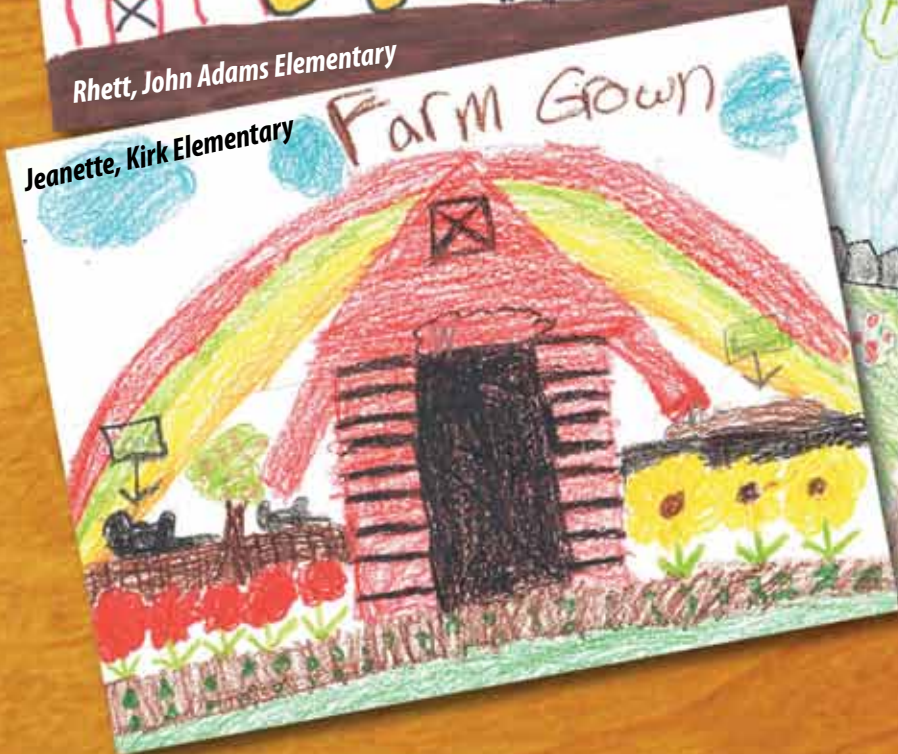


Drawing Contest WINNERS

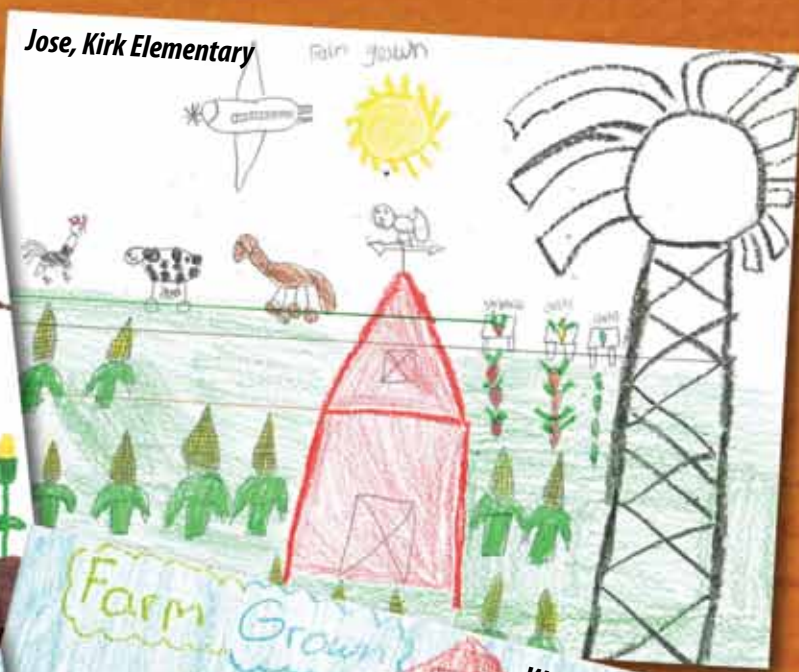
In August of 2012, the Grizzlies asked local Central Valley students to submit drawings showing what "Farm Grown" meant to them. Although a tough choice, the four winning drawings are shown below. Winners had their pictures posted on the Grizzlies' Facebook page, and they also received entry into Parker's Prospects for the 2013 baseball season!



Rhett, John Adams Elementary



Jeanette, Kirk Elementary



Jose, Kirk Elementary



Wendy, Kirk Elementary

CALIFORNIA'S WATER SUPPLY

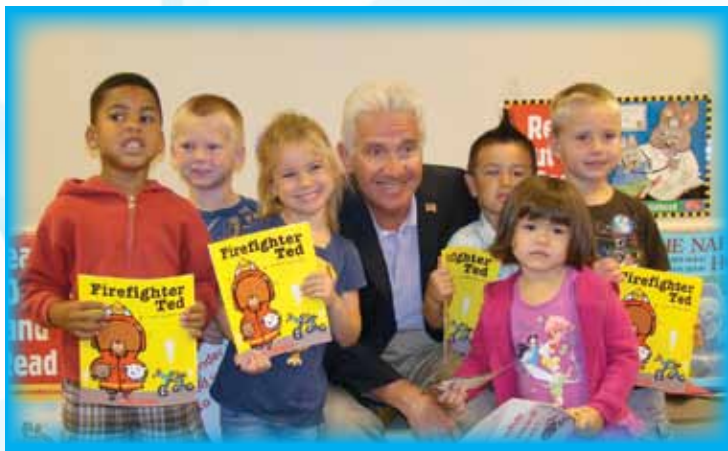


The majority of the water in California comes from rain and snow. The amount of water that comes from rain and snow can range from less than 1 inch in Death Valley to as much as 100 inches along the northern coast. The majority of the water is used and needed to irrigate farmland in the Central Valley and by large cities to the south. Each year the state of California consumes 2 million more acre-feet of ground water than it receives from rain and snow. The majority of the rain and snow occur between November and March. Everyone can do their part to conserve water. Here's a look at some things that you can do to help.

1. Repair leaky faucets throughout the house. Always turn off your taps tightly so they don't drip. Even a small drip can waste tons of water.
2. Turn off the water while brushing your teeth or washing your hands.
3. Check outside hoses, faucets and sprinklers for leaks.
4. Keep a pitcher of water in the refrigerator; instead of running the tap for a cold glass of water.
5. When working in the kitchen, don't run the water continuously while thawing food, hand washing dishes or while washing fruits and veggies; use a partially filled sink instead with a quick rinse afterward.

Did you know that a tap leaking one drop of water per second wastes more than 6 gallons of water a day! That's 2,377 gallons of water a year!

• Source: Water tips provided by EcoKids. • For more info on water in California: <http://www.learnaboutag.org/factsheets/pdf/AgriculturalWater.pdf>



As a third-generation family farmer, I know first-hand that agriculture is the heart of this Valley and the impact the crops grown here have on our economy and our nation. From the healthy food that goes on families' kitchen tables to the Grizzlies that go on to become San Francisco Giants or play throughout the league, what we grow and develop in this Valley reaches far beyond Fresno County. The Farm Grown program helps pass our rich agricultural heritage onto the next generation and build a brighter future for the San Joaquin Valley. The Grizzlies working with the community are helping our young people reach their full potential. These partnerships have given rise to the Wild about Reading Program, scholarships for students pursuing degrees in agriculture, and initiatives to promote healthier eating habits in our schools, among many others. This is our Valley and we are Farm Grown.

Jim Costa, U.S. Congressman
Representing the 20th District of California



Some of America's most productive land is in California's Central Valley. Due to the weather and soil nearly any kind of fruit or vegetable can grow in the Central Valley. Unfortunately there is one big problem – there isn't enough water. The problem was solved years ago by building a huge irrigation system, stretching for more than a thousand miles. This irrigation system captures water from other places and brings it to farms and cities in the Central Valley. For years, this system provided enough water that farmers could grow plenty of food. That changed around 20 years ago, when the government began cutting the amount of water that the irrigation system delivers to the Central Valley. Over the years, less and less water became available. For many years, the Central Valley was the best place in America for agriculture. That's changing now because of the government-imposed drought. It's not too late to save our farms, but to do it we'll need to get more water.

Devin Nunes, U.S. Congressman
Representing the 21st District of California



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California Grows...



Top 3 Commodities

Specialty crops are bold

Fresno Almonds, Poultry, Raisin Grapes

Kern Almonds, Table Grapes, Pistachios

Kings Milk, Cotton, Processing Tomatoes

Madera Almonds, Pistachios, Milk

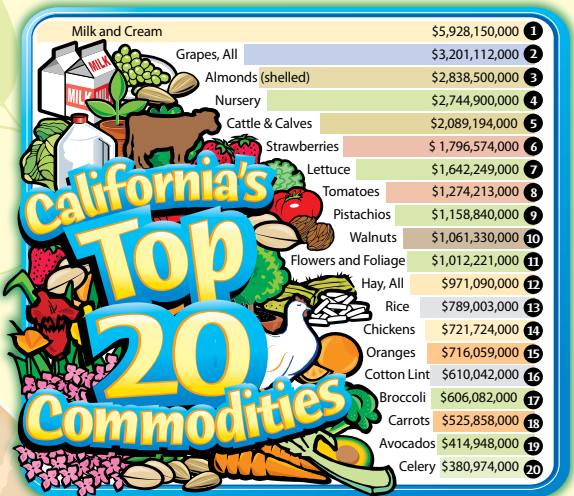
Merced Milk, Almonds, Broiler Chickens

San Joaquin Milk, Winegrapes, Walnuts

Stanislaus Milk, Almonds, Chickens

Tulare Milk, Navel Oranges, Cattle & Calves

California is the leading agricultural state in the nation producing more than 400 commodities, with a value of more than \$37 billion. Many of the crops grown are fruits and tree nuts, vegetables, herbs and spices, flowers, and horticulture crops—all of which are recognized as specialty crops by the United States Department of Agriculture (USDA). Specialty crops make up a majority of the commodities grown in California—\$23 billion worth! You can say that California is pretty special!



Activity

Which of California's top 20 commodities are specialty crops? Circle those that are specialty crops. What is their combined value? What percent of the top 20 are specialty crops?



CALIFORNIA FOUNDATION FOR AGRICULTURE IN THE CLASSROOM

Visit www.LearnAboutAg.org to request your free copy of **What's Growin' On?**—a 16-page educational supplement.

Standards: Mathematics – Grade 5: Number Sense 1.1, 1.2; Grade 6: Number Sense: 2.1, 2.3; Grade 7: Mathematical Reasoning 2.1

Reprinted from California Foundation for Agriculture in the Classroom

Transportation, energy, and the environment



Second Look...
See if you can find the 7
differences in these
two pictures



Congratulations to Mary T. Funk, a teacher at Burrel Union Elementary School from Riverdale in Fresno County, who was honored as the "Solar Teacher of the Year" at a San Francisco Giants Game in July. The project was the result of five students dream to create an outdoor classroom.

PG&E's Solar Schools Program offers opportunities for solar education at schools throughout the company's Northern and Central California service territory. Currently, 125 schools have 1-kilowatt solar systems thanks to the program. The program, which includes curriculum development and teacher training, has benefited more than 3,000 teachers and nearly 200,000 students.

The Energenius Educational materials on energy, energy efficiency, and the environment are available without charge to educators within the PG&E service territory. Visit our website to preview and order these units.
www.pge.com/energenius

If you were to create an outdoor classroom what would it look like?

"PG&E" refers to Pacific Gas and Electric Company, a subsidiary of PG&E Corporation. ©2009 Pacific Gas and Electric Company. All rights reserved.

ANSWERS: 1. Logo on Wheel Barrel. 2. Letter "P" on boys black sweatshirt. 3. Red Nike Logo on boys black sneaker. 4. Water sprinkler. 5. Girls rubber wristband on right wrist. 6. Logo on boys blue shirt (left side of photo). 7. Missing right leg sneaker from girl in back.

CALIFORNIA RAISINS



California Raisin Rice Doodles are...

Sweet & delicious! • Fun to make! • Fun to eat!
Perfect for after-school snacking!

Check out Kid friendly recipes @ www.LoveYourRaisins.com

WORD SEARCH

J	S	D	I	G	N	I	F	Y	O	Z	A	M	H
A	E	L	B	A	D	R	R	F	F	A	F	O	E
G	R	Y	T	I	L	A	U	Q	A	Z	M	S	O
T	R	A	T	O	R	A	I	I	V	E	E	A	P
A	I	A	I	D	E	R	T	Q	L	T	E	Y	R
I	M	P	P	S	E	R	E	E	A	T	A	T	C
N	O	P	H	E	I	G	S	T	E	D	U	I	H
R	S	T	A	R	S	N	S	D	I	R	T	R	E
O	R	G	E	K	N	D	S	O	P	S	P	U	S
F	O	N	H	E	E	E	F	R	E	A	B	C	R
I	A	I	S	T	H	F	V	I	A	B	L	E	E
L	R	S	I	S	A	I	L	B	O	U	T	S	W
A	I	N	E	R	A	R	H	T	L	A	E	H	O
C	U	O	A	W	A	A	T	H	O	L	I	C	R
V	E	H	N	E	S	U	N	S	H	I	N	E	G

Search across, down, backward, forward, and diagonally for the words hidden below.
HINT: The hidden words appear in bold print.

1. Sun-dried California **Raisins** are made from fresh grapes and sunshine and provide concentrated energy.
2. Raisins, also called dried vine fruits, are one of the **earliest** foods known to man.
3. Today, 35% of the world's raisins are grown in the **United States**. Almost 99.5% of American-grown raisins are produced in California's San Joaquin Valley.
4. Located southeast of San Francisco, the San Joaquin Valley is home to nearly 3,000 raisin **growers**, with an average farm size of 65 acres.
5. When choosing raisins, be sure to look for the **California** identity.
6. California's raisin industry sets the standard for **quality**.
7. California Raisins are a **fruit**. Raisins are naturally sweet with no added sugar - just 100% real fruit.
8. As the fresh grapes are dried by the California **sunshine**, they turn into dark brown raisins.
9. California Raisins are made from green natural seedless **grapes** that are thin-skinned, sun-dried, sweet and tasty!
10. The California Raisin **website** is at www.LoveYourRaisins.com



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Phone:(559) 248-0287 | Fax:(559) 224-7016 | Web Site: www.LoveYourRaisins.com | Email: Info@raisins.org

Magic Milk

EXPERIMENT

If you add food coloring to milk, not a whole lot happens, but it only takes one simple ingredient to turn the milk into a swirling color wheel. Here is what you do.

Materials needed

- 2% or whole milk
- food coloring
- dishwashing liquid
- cotton swab
- plate

Magic Milk Instructions

1. Pour enough milk onto a plate to cover the bottom.
2. Drop food coloring onto the milk.
3. Dip a cotton swab in dishwashing detergent liquid.
4. Touch the coated swab to the milk in the center of the plate.
5. Don't stir the milk; it isn't necessary. The colors will swirl on their own as soon as the detergent contacts the liquid.

How It Works



Milk consists of a lot of different types of molecules, including fat, protein, sugars, vitamins, and minerals. If you had just touched a clean cotton swab to the milk (try it!), not much would have happened. The cotton is absorbent, so you would have created a current in the milk, but you wouldn't have seen anything especially dramatic happen.

When you introduce detergent to the milk, several things happen at once. The detergent lowers the surface tension of the liquid so that the food coloring is free to flow throughout the milk. The detergent reacts with the protein in the milk, altering the shape of those molecules and setting them in motion. The reaction between the detergent and the fat forms micelles, which is how detergent helps to lift grease off of dirty dishes. As the micelles form, the pigments in the food coloring get pushed around. Eventually equilibrium is reached, but the swirling of the colors continues for quite a while before stopping.

Glossary of terms

Molecules: the smallest physical unit of an element or compound, consisting of one or more like atoms in an element and two or more different atoms in a compound.

Micelles: an electrically charged particle formed by an aggregate of molecules and occurring in certain colloidal electrolyte solutions, as those of soaps and detergents.

Pigment: a dry insoluble substance, usually pulverized, which when suspended in a liquid vehicle becomes a paint, ink, etc.

Equilibrium: a state of rest or balance due to the equal action of opposing forces.

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Source: <http://chemistry.about.com/od/chemistryhowtoguide/a/magicmilk.htm>

Wow That Cow! & Magic Milk CCS 6-8 ELA
CCS Reading Standards for Literacy in Science and Technical Subjects 6-12

Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks. By the end of grade 8, read and comprehend science/technical texts in the grades 6-8 text complexity band independently and proficiently.

Analyze the author's purpose in providing an explanation, describing a procedure, or discussing an experiment in a text.

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Bank of America

a Tasty Little Nut

Throughout history, almonds have been enjoyed not only for their delicate flavor, **versatility** and great crunch, but also their **legendary** nutritional properties. For example:

Almonds are a nutritionally dense and filling snack: A 1-ounce, 160-calorie serving of almonds, or about a handful, is an excellent source of vitamin E and magnesium, and a good source of fiber and phosphorous. Almonds also have unsaturated fat (13g), saturated fat (1g), protein (6g), potassium (200mg), calcium (75mg), iron (1mg) and fiber (3.5g). All of these things may help provide that “full” feeling everyone wants after a meal or snack.

On the back of most food packages, you will find a **nutrition label**. This label not only shows the **ingredients** for that food, but also explains the amount of product typically eaten in one sitting (sometimes referred to as a **serving size**).

VOCABULARY

versatility: having or capable of many uses

legendary: celebrated or described in legend

nutrition label: tells you how many nutrients are in that amount of food

ingredient: a substance that forms part of a mixture

serving size: the amount of product typically eaten in one sitting

ACTIVITY

Fill in the sentences with information from above about the benefits you will receive when eating almonds. List three other reasons almonds are so great.

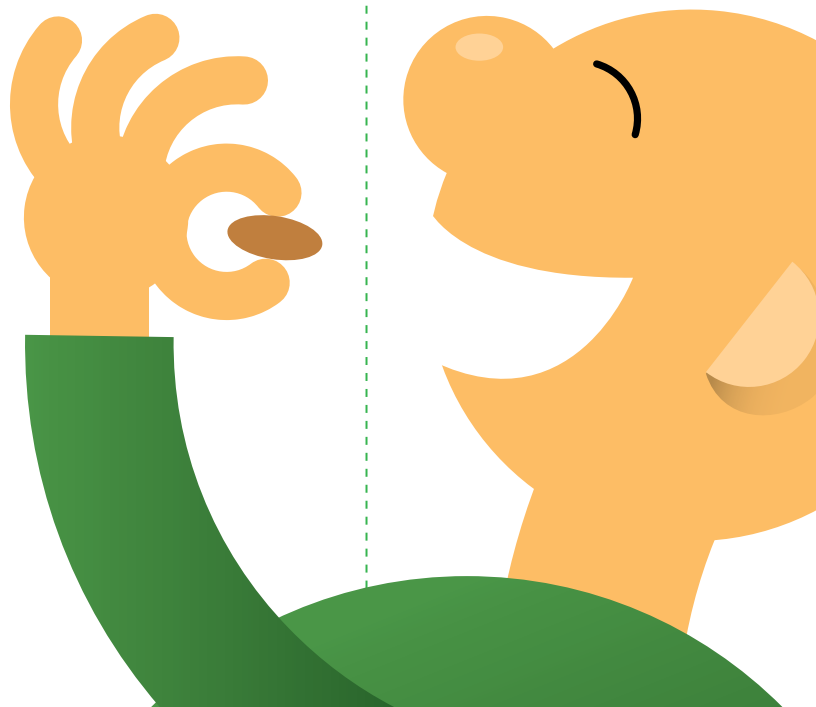
Almonds are _____ dense.

Almonds are an excellent source of Vitamin _____ and _____.

Almonds have
 _____ grams (g) of protein,
 _____ milligrams (mg) of potassium,
 _____ milligrams (mg) of calcium, and
 _____ milligrams (mg) of iron.

Three reasons California Almonds are so great:

1. _____
2. _____
3. _____





Just like doctors help keep you healthy and treat you when you're sick, a Plant Doctor® helps farmers keep their plants healthy and treat the plants when they are sick. And, like your doctor, they can also write prescriptions. Human doctors are called physicians while a Plant Doctor® is called a Pest Control Advisor.

A Plant Doctor® carefully examines plants for unwanted pests or diseases, weeds and nutrition so that when it comes time to harvest the fruits and vegetables, farmers have an abundant and safe crop.

Unwanted pests include aphids. Aphids are to plants like mosquitos are to humans. Aphids suck nutrients out of the plant just like mosquitos suck blood out of us.

Other pests eat fruits and vegetables and can destroy crops. Three examples are the corn earworm that eats sweet corn, the cabbage looper that feeds on cabbage and the tomato hornworm which can quickly destroy a tomato crop.

Good pests exist that help farmers by eating harmful insects in the field. Good pests can also help pollinate flowers, like bees. Examples of good pests are the bee, mantise, lacewing, lady bugs and spiders.

In order for a Plant Doctor® to prescribe what's best for a crop they must first determine whether good bugs or bad bugs are present. Pheromone traps are used to trap harmful bugs. A pheromone is a special kind of chemical used by bugs to communicate and attract themselves to one another.

Another method is to use a net to capture both good and bad bugs in the field to see if there are enough good bugs to control the bad bugs.

After the Plant Doctor® has carefully monitored the population of good and bad bugs, he or she may decide it is necessary to apply pesticides to the plant to provide protection. Pesticides are mixed with water and sprayed onto the plants leaf. This is typically done when all other methods to control bad bugs have failed.

In addition to watching out for bugs, a Plant Doctor® is also concerned about weeds. Weeds compete with fruit and vegetable crops for sunlight, nutrients, water and space. If weeds are not controlled, they can destroy the crop.



Just like you get sick with a cold or the flu, plants can also get sick. Microscopic bugs can cause plant disease and molds. A Plant Doctor® can prescribe medicine to keep fruits and vegetables safe. For example, peaches can get an illness called brownrot. To protect peach trees from brownrot, a Plant Doctor® would prescribe a fungicide.

Nutrition is another area that a Plant Doctor® works in. Just like you take your vitamins – so must plants. A Plant Doctor® evaluates the soil that fruits and vegetables grow in to make sure there are enough nutrients to help the plant grow. Additional nutrients can be provided through fertilizers. The plant receives the nutrition from the fertilizer by taking them up through its roots.

Match Column A with the matching term in Column B

Column A	Column B
Can damage or even destroy crops.	Bees
Plants need these to stay healthy and productive.	Disease
Compete against plants.	Nutrients
Bacteria, viruses, fungi and other things that kill your crop.	Aphids
A good pest that helps pollinate flowers.	Insects
Sucks nutrients out of the plant just like mosquitos suck blood	Pest Control Advisor
Treats and prescribes human patients who are sick	Plant Doctor®
Treats plants when they are sick	Fertilizers
Another name for a plant doctor	Weeds
Plants take these up through its roots	Physician

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Bayer CropScience



The Fresno Fuego are a part of the Premier Development League and play all their home games at Chukchansi Park in Downtown Fresno. Many Fuego star athletes, including athletes from the Central Valley, go on to sign with pro teams after developing their skills in Fresno. The Fuego even won the Southwest Division title in 2011 after going undefeated during the regular season. The exciting 2013 Fuego campaign will start in the spring.

Think you have what it takes to find these soccer words?

Try out the Fuego Word Search below and see if you can put all the words into the back of the net!

W Y P T N R T G J H O Y O S O C C E R R
E R T A W U R T Y E K Q R H E R W Y M E
B N M B B S T L F D S F D F O O F R G D
D R I B B L E M W W E R R O D S J F G C
P O P K K O D S E D S F D F T S F R G A
K J F G A I S E F G A E R S U Y A F G R
O N S K U T Z A C H B E B E K I C K O D
B N U B B R H J W W E R R F T G J F G H
I E R T E W T R T Y P K Q O R T E U W Y
W Y Y N O O G G H H A S O C D C P C I U
O I R S O P E L S L S H S K J G H D F U
P O P K S C D G F D S F D F O R F R G D
C J F G A I S E F G A E R S U Y G O A L

1. Soccer
2. Kick
3. Goal
4. Pass
5. Shoot
6. Cross
7. Nutmeg
8. Dribble
9. Red Card
10. Corner




















FRESNO GRIZZLIES 2013 SEASON SCHEDULE



PACIFIC COAST LEAGUE

-  **ALB - Albuquerque Isotopes**
Los Angeles Dodgers Affiliate
-  **COL - Colorado Springs Sky Sox**
Colorado Rockies Affiliate
-  **IOW - Iowa Cubs**
Chicago Cubs Affiliate
-  **LAS - Las Vegas 51s**
New York Mets Affiliate
-  **MEM - Memphis Redbirds**
St. Louis Cardinals Affiliate
-  **NAS - Nashville Sounds**
Milwaukee Brewers Affiliate
-  **NO - New Orleans Zephyrs**
Florida Marlins Affiliate
-  **OKC - Oklahoma City RedHawks**
Houston Astros Affiliate
-  **OMA - Omaha Storm Chasers**
Kansas City Royals Affiliate
-  **REN - Reno Aces**
Arizona Diamondbacks Affiliate
-  **RR - Round Rock Express**
Texas Rangers Affiliate
-  **SAC - Sacramento River Cats**
Oakland Athletics Affiliate
-  **SL - Salt Lake Bees**
Los Angeles Angels Affiliate
-  **TAC - Tacoma Rainiers**
Seattle Mariners Affiliate
-  **TUC - Tucson Padres**
San Diego Padres Affiliate

HOME **AWAY** *Schedule subject to change.*

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 TAC	5 TAC	6 TAC
7 TAC	8 LAS	9 LAS	10 LAS	11 LAS	12 TUC	13 TUC
14 TUC	15 TUC	16 TAC	17 TAC	18 TAC	19 TAC	20 TUC
21 TUC	22 TUC	23 TUC	24	25 REN	26 REN	27 REN
28 REN	29 SAC	30 SAC				

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 SAC	2 SAC	3 COL	4 COL
5 COL	6 COL	7 NAS	8 NAS	9 NAS	10 NAS	11 MEM
12 MEM	13 MEM	14 MEM	15	16 NO	17 NO	18 NO
19 NO	20 OKC	21 OKC	22 OKC	23 OKC	24 COL	25 COL
26 COL	27 COL	28 TUC	29 TUC	30 TUC	31 TUC	

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1 LAS
2 LAS	3 LAS	4 LAS	5	6 SL	7 SL	8 SL
9 SL	10 TUC	11 TUC	12 TUC	13 TUC	14 SL	15 SL
16 SL	17 SL	18 REN	19 REN	20 REN	21 REN	22 TAC
23 TAC	24 TAC	25 TAC	26	27 SL	28 SL	29 SL

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 LAS	2 LAS	3 LAS	4 SAC	5 SAC	6 SAC
7 SAC	8 REN	9 REN	10 REN	11 SAC	12 SAC	13 SAC
14 SAC	15	16	17	18 TAC	19 TAC	20 TAC
21 TAC	22	23 SL	24 SL	25 SL	26 COL	27 COL
28 COL	29 COL	30 RR	31 RR			

AUGUST/SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1 RR	2 RR	3 ALB
4 ALB	5 ALB	6 ALB	7	8 IOW	9 IOW	10 IOW
11 IOW	12 OMA	13 OMA	14 OMA	15 OMA	16 REN	17 REN
18 REN	19 REN	20 REN	21 LAS	22 LAS	23 LAS	24 LAS
25 LAS	26 SAC	27 SAC	28 SAC	29 SAC	30 COL	31 COL



ALAN AUTRY
hosts Farm Forum Fridays
at the CRU Club in 2013

2013 SEASON PRESENTED BY



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