

Bleckley County Elementary School

We Are GEORGIA Grown

May 14th – 18th, 2012

Feed My School For A Week



Feed My School For A Week

Farmers and Vendors



Alma Brightleaf Blueberry Farms—Blueberries

The fresh blueberries used during this week are currently being grown at *Alma Brightleaf Blueberry Farm* in Alma, Georgia. They have 70 acres of High- Density, High Bush Blueberries in different varieties. The photo below shows some of the tasty berries ready for harvest now.

Packer of Berries: Alma PAK

Contact Info: benswain@hotmail.com or 912-288-0356

Location: 199 Tobacco Lane Alma, GA 31510



Owners as pictured: Ben Swain, Jasper Allen, & Julian Rigby

Bland Farms—Vidalia Onions

The fresh onions used this week are from Bland Farms head-quartered in Glennville, Georgia.

Bland Farms is the world's largest year-round grower, packer, and shipper of sweet onions and is an industry-recognized name for Vidalia Sweet Onions. Bland Farms represents almost one-third of all Vidalia onions marketed.

Contact Info: info@blandfarms.com or call 1-800-VIDALIA

Location: 1126 Raymond D Bland Road Glennville, GA 30427



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Georgia Farm Bureau—Beef

The Georgia Farm Bureau Federation is Georgia's largest and strongest voluntary agricultural organization with more than 340,000 member families. It is an independent, non-governmental organization. The membership is mainly composed of farm families in rural communities and of people who want Georgia to be agriculturally successful, progressive, and prosperous.

The Bleckley County Farm Bureau, under the leadership of President Mike Lucas, has graciously donated a cow (raised in Bleckley County and processed in Tifton, GA for consumption) for this event. They have played an intrigal part in this event and without the support of the Bleckley County Farm Bureau members, *Feed My School For A Week* could not be possible.

For more information about becoming a member of the Bleckley County Farm Bureau please contact

Bleckley County Farm Bureau, 157 W. Dykes Street, Cochran, GA 31014 or visit www.gfb.org/

The Bleckley County Georgia Farm Bureau Board Members are as follows

Mike Lucas, President

Delton English, Vice President

Michael Williams, Secretary/Treasurer

Morris English, Board Member

Paul English, Board Member

Steve Yearty, Board Member

Chuck Williams, Board Member

Eddie Holloway, Board Member

Hughlon Davis, Board Member

Sharon Lucas, Women's Chair

Jonathon Fordham, Young Farmer Chair

A special thanks to all members and all that helped make this event possible!



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Butts Farm—Wheat

The wheat used during this week is currently being grown on Butts Farm here in Cochran, Georgia. You can ride by the field on Butts Road and see a beautiful field of wheat. This wheat has been harvested, cleaned, ground, and made into bread products for Bleckley County Elementary School. Yeast Rolls on Monday & Wednesday, Peanut Butter Cookies on Tuesday and Pumpkin Muffins on Thursday. This is true fresh Georgia Grown at its best!

Location: 149 Butts Road, Cochran, GA 31014

Contact Info: backtothebasics101.com

Contact Ginger for fresh, whole grain, ground flour



Pictured above is Johnny and Ginger Butts with their sons Cody and Kyle

Center of Agricultural Study & Excellence (C.A.S.E) - Grits

The mission of the C.A.S.E. Farm project is to provide a program of excellence in agricultural and environmental science that includes education and applied agricultural study of new and emerging crops, products, practices, and technologies. New information is transferred to targeted constituencies through educational programs. The project is an outdoor laboratory for education with the purpose of:

- Facilitating hands-on learning for students, farmers, and other interested parties.
- Furthering the body of knowledge regarding farm profitability of new and emerging crops, products, and technologies.
- Cultivating interest in agriculture to the general public.

The grits used in the menu on Thursday, May 17th are from corn grown on the 30 acre farm owned and operated by Irwin County High School. The students cultivated the corn and made stone ground grits from the produce.

Location: Irwin County High School, 149 Chieftain Circle, Ocilla, Georgia 31774. For more information Email wpaulk@irwin.k12.ga.us or itucker@irwin.k12.ga.us. Call - Wesley: 229 424-3446



Feed My School For A Week

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Dickey Farms—Peaches

The peaches served every day this week are from Dickey Farms in Musella, Georgia. Dickey Farms is home to Georgia's oldest, continuously operating peach packinghouse. The Dickey family has been growing peaches for 115 years. Dickey Farms sets the standard for food safety. In 2003, Dickey Farms successfully completed the requirements of the Georgia GAP Food Safety Program, using a strict inventory control that enables them to trace their peaches from the store where it was purchased back to the field where it was picked. They are committed to providing all of their customers with a high quality, safe product.

Contact Information: 1-800-PEACH-GA

Location: 3440 Old Highway 341 North, Musella, Georgia
31066



Georgia Egg Commission

The Georgia Egg Commission was begun on July 1, 1961 through a Legislative Act initiated by Georgia's egg producers. The legislation mandated that funding for the program be derived from a producer-paid assessment for the purpose of promotion, education, and research. Learn more about our members, advisors, and staff.



We are pleased to provide you with recipes and educational materials which are free for the asking, even in quantity. A speaker's bureau is also available to your school, organization, or business at no charge. Industry facts will be presented, the egg nutritional value will be discussed, and if you like we can demonstrate the ease and versatility of preparing Georgia eggs.



Check Out the Eggsaminer on line—a quarterly publication of the Georgia Egg Commission

Contact Information: 770-932-4622, goodeggs@bellsouth.net, www.georgiaeggs.org

Location: P.O. Box 2929 Suwanee, Georgia 30024



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Golden Peanut Company By Southern States—Peanuts



Southern States Cooperative is a agricultural supply cooperative owned by more than 300,000 farmers in the United States. Southern States Cooperative supplies small, medium & large commercial farmers with livestock & animal feed, pasture seed, vegetable seed, farm fertilizers, farm supplies, bulk fuel and crop services, including information & products to grow better crops. They also supply homeowners with information & products for their lawn, garden, hobby farm and home. As of 2008 there were over 1,200 retail locations in 23 states east of the Mississippi. Southern States Cooperative also maintains a website that enables them to ship products via e-commerce across the United States.

Please visit www.southernstates.com for more information.

Location: 118 N. Dohl Street, Cochran, Georgia 478-934-2919, Ashley T. Bryan Sr., Manager

Ochlockonee Ridge Farms—Strawberries

A portion of the strawberries that are being served this week is from Ochlockonee Ridge Farms. Ochlockonee Ridge Farms is a family farm in Colquitt County, Georgia, located in Southwest Georgia between Moultrie and Funston. Crops currently produced on the farm include strawberries, tomatoes, cotton, peanuts as well as a herd of quality beef cattle. Our mission is to provide quality farm products and educational tours for South Georgians as well as our friends from up North traveling to and from Florida and Alabama. Ochlockonee Ridge Farms is owned and operated by Scott and Virginia Hart and family.

Contact Information: info2@ORidgeFarms.com, 229-941-5971

Location: 1069 Rossman Dairy Road Moultrie, GA 31768



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Perdue Farms—Chicken

In the very early years of the company, Arthur Perdue crossbred the best available stock to provide farmers with better quality chicks. Frank Perdue made marketing history by successfully branding chicken with his name and upped the ante by developing his own breed of meatier chicken.

Now, Perdue is the first poultry company with USDA Process Verified Programs for fresh, all-natural chicken. At Perdue, the family and farm tradition is always in their hearts, but the innovative spirit drives them to stay ahead of the competitors.

Perdue Was at the Forefront:

- Establishing a product-testing lab to make sure the quality of the products consistently exceed the high standards of the PERDUE® brand.
- Developing innovative packaging, including leak-resistant packaging; modified atmosphere packing to ensure freshness; microwaveable trays and individually wrapped portions for added convenience; and tray-less packaging for fresh chicken that reduces landfill waste.
- Providing nutritional labeling on packaging before it was required.
- Offering consumers a money-back guarantee of satisfaction and a toll-free help line.
- Successfully implementing a comprehensive “farm-to-fork” food safety program.



Contact Information: www.perdue.com/

Sanfilippo & Son—Peanut Butter

Not All Nuts Are Created Equal...that’s the idea behind the Sanfilippo & Son Company and their selection of the best quality peanuts for Fisher Peanut Butter. Corporate offices are located at 1703 N. Randall Rd, Elgin IL 60123-7820 but John B. Sanfilippo & Sons has another location in Bainbridge, Georgia. The peanut butter used in the Peanut Butter Cookies on Tuesday and also in the Peanut Butter & Jelly Sandwich served Friday was made in Bainbridge, Georgia from Georgia Peanuts. Thanks to Ernie Purcell for his help to provide peanut butter made in Georgia for this week.



Contact Information: 1251 Colquitt Hwy, Bainbridge, GA 39817, (229) 246-6887



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Sparkman's Cream Valley—Drinkable Yogurt

Since 1967, our family-owned, all natural dairy has been committed to quality. Our all-jersey cows are treated with care, and we don't use artificial hormones. Sparkman's Cream Valley offers a superior line of local sustainable dairy products available at the farm or through many Georgia retail locations including Albany, Sylvester, Moultrie, Thomasville, Tifton and the Atlanta area as well as various out of state locations.

"You can taste the difference in our products! In fact, some folks have called the taste of our dairy products "heavenly". We appreciate the compliment! To an answer to those who wonder how we do it...well, here is our secret: we still maintain artificial hormone free, all-jersey cows so the initial dairy product is one of the highest quality—resulting in superior tasting milk, butter-milk, yogurt, butter and ice cream. "

"That's it. Nothing fancy...just outrageously delicious dairy that will leave you asking for more."

Contact information: <http://www.sparkmanscreamvalley.com/>

Location: 1263 Rossman Dairy Road Moultrie, Georgia 31768

Drinkable Yogurt served on Wednesday, May 16th in Strawberry, Peach & Mango flavors.



Tabgon Farms—Romaine Salad

Tabgon Farms LLC Hydroponics is a modern way of farming. Greenhouse grown "soilless" plant cultures are grown safe and pesticide free. This healthy, locally grown Romaine Lettuce is a wonderful source of Lutein.

Contact Information:

<http://www.localharvest.org/tabgon-farms-llc-M48960?ul>

Location: 292 Vernon Road, Cochran, Georgia 31014

Romaine Salad Cups served daily during this special event are made from lettuce grown at Tabgon Farms.



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Thompson Farms Smokehouse—Sausage Link



Continuing the tradition of a family owned farm, and fulfilling a life long dream, Andrew Thompson along with Raymond Thompson opened Thompson Farms Smokehouse. They provide their customers with an all natural pork product that has a superior flavor. Their meat is healthier than similar products offered in large markets and retail stores. They meticulously select the breeding stock to insure this quality.

Contact Information: Thompson Farms Smokehouse, 2538 Dixie Road, Dixie, GA 31629, Tel: 229-263-9074, Toll-Free: 866-463-9218. The Smokehouse is open for shopping or picking up orders Monday—Friday, 8:00 am until 5:00pm.

Tom Sawyer Farms—Strawberries & Blackberries

Tom Sawyer Farms is located in Bleckley County. A pick-your-own farm or purchase already picked products, Tom Sawyer Farms is family friendly and easy to locate.



Products offered are blackberries, onions, peaches and strawberries.

Location: 952 Empire-Chester Hwy, Cochran, Georgia 478-934-7584

Call for days open and availability of crops, April 1st—August 1st.

Locate them on the **Farm Bureau** web page at

<http://www.gfb.org/commodities/cfm/directory/CertifiedFarmMarketSearch.asp>



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Vesterfield Farms—Carrots

Vesterfield Farms is a local farm operated by Tim & Kaye Smith. They sell their products at the Bleckley County Farmers Market and the Mullberry Street Farmers Market in Macon. "Our vegetables are naturally grown with a commitment to high quality, great taste, and nutritional value. We farm in a sustainable and natural way so you can feel confident that you are feeding your family incredibly nutritious food that is pesticide and herbicide free. We grow and sell to others only what we eat ourselves." (Tim & Kaye Smith)



Location: 1144 John Broome Road,

Cochran, Georgia 31014

Contact Info: 478-298-0274

Web Address: www.localharvest.org

Email: vffarm@huges.net



Wendell Roberson Farms—Turnip Greens

Wendell Roberson Farms is located in Tifton, Georgia and employees approximately 25 people. The turnip greens served at lunch on Monday, May 14th were grown and harvested in Tifton. Currently the greens are sold at various locations across Georgia.

Location: 35 Hickory Spring Church Road, Tifton, Georgia 31793

Contact Info: 229-382-6678



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Williams Farms—Corn and Squash

Williams Farm is a Centennial Farm located in Cochran, Georgia. Beau and Eli Williams are the 5th generation on Williams Farm and they have helped to



grow and harvest the corn and squash we are eating at BCES this week. Larry Williams and Michael Williams are currently the owners of Williams Farms and after school Beau and Eli can be found helping their father and grandfather around the fields. 4th graders will have the opportunity to tour this farm on Tuesday, May 15th. Thanks to Williams Farm for all you have done to make this week successful.



Georgia Poultry Federation

The purpose of the Georgia Poultry Federation is to protect and improve the competitive position of the poultry industry in Georgia, the nation's leading poultry producing state. The Federation works on behalf of growers at the farm level, the poultry companies which produce chicken products, and the allied companies that support the industry.

The Georgia Poultry Federation is a non-profit trade association which represents the poultry industry in Georgia, the nation's leading broiler producing state. The Federation was founded in 1951, and since that time has represented the interests of the entire poultry industry at the state and federal level on legislative and regulatory matters.

Our work includes support for growers who produce the chicken and eggs at the farm level and the poultry companies which process and sell the many wholesome poultry products throughout the world. A special thanks goes to Mr. Mike Giles, President of the Georgia Poultry Federation for his help in securing the chicken and eggs used on this weeks special menu.

Contact Information: Georgia Poultry Federation, P.O. Box 763, Gainesville, GA 30503 770-532-0473

<http://www.gapf.org/>



Feed My School For A Week Farmers and Vendors



BCES 3rd Grade—Potatoes and Cabbage for Cole Slaw

The 3rd grade students at Bleckley County Elementary School have been busy this school term during their Science classes. A school garden can be seen between the wings of the buildings of the 3rd and 4th grade hallways. Both Mrs. Tanya Rogers and Mrs. Christy Jones are the Master Gardeners for the 3rd grade garden



and can be seen working in the garden area each day along with their students. Pole Beans, Cabbage, Cucumbers (both bush and climbing varieties) are currently green and lush in the garden. This week the students at BCES are enjoying cabbage and potatoes from the school garden.

Thank You 3rd Graders

And

Mrs. Rogers and Mrs. Jones!

Bleckley County Extension Agent

Mr. Bryan McElvany

Mr. McElvany is a new face in Bleckley County but he has been hard at work with the 3rd Grade students as they grow and harvest the garden mentioned above. Mr. McElvany is the new County Extension Coordinator and has been a behind the scenes participant in the *Feed My School For A Week* planning and harvesting of *Georgia Grown Products*. Not only has he worked with a local farmer to provide the wheat straw for the garden plants but he has been seen spraying the garden plants for cabbage moths. The latest wildlife visitor to the garden has been a small rabbit (eating the tops of the pole beans) so Mr. McElvany helped set up a temporary orange fence to keep out wildlife visitors.

A special and huge THANK YOU goes to Mr. Brian McElvany for all the help toward making the Feed My School For A Week event possible.

We appreciate you!



Monday, May 14

Breakfast
Breakfast Bar



1-Georgia Grown Lunch

Oven Baked Chicken Breast

*From Sam Dykes Farm, Cochran
Donated by Perdue Farms*

Squash Casserole

From Williams Farm, Cochran

Turnip Greens

From Wendell Roberson Farms, Tifton

Romaine Salad Cup

From Tabgon Farms, Cochran

Whole Grain Yeast Roll

Wheat From Butts Farm, Cochran

Blueberries

From Alma Brightleaf Blueberry Farms, Alma

Strawberries

*From Tom Sawyer Farms, Cochran
&
Ochlockonee Ridge Farms, Moultrie*

Peaches

From Dickey Farms, Musella

Blackberries

From Tom Sawyer Farms, Cochran

3-Salad Plate

4-Royal Grab Bag

Tuesday, May 15

Breakfast
Breakfast Bar



1-Georgia Grown Lunch

Hamburger

From Bleckley County Farm Bureau

Ranch Potatoes

From BCES 3rd Grade

Creamy Cole Slaw

From BCES 3rd Grade

**Lettuce/Tomato
Vidalia Onion Slice**

From Bland Farms, Glennville

Romaine Salad Cup

From Tabgon Farms, Cochran

Blueberries

From Alma Brightleaf Blueberry Farms, Alma

Strawberries

*From Tom Sawyer Farms, Cochran
&
Ochlockonee Ridge Farms, Moultrie*

Peaches

From Dickey Farms, Musella

Blackberries

From Tom Sawyer Farms, Cochran

**Peanut Butter Cookie with
Roasted Peanuts**

*Peanut Butter From Sanfilippo & Son,
Bainbridge
Peanuts From Golden Peanut Company By
Southern States, Cochran*

3-Salad Plate

4-Royal Grab Bag

Wednesday, May 16

Breakfast
Breakfast Bar



1-Georgia Grown Lunch

Spaghetti & Meat Sauce

Beef From Bleckley County Farm Bureau

Romaine Salad

From Tabgon Farms, Cochran

Corn on the Cob

From Williams Farms, Cochran

Steamed Carrots

From Vesterfield Farms, Cochran

Romaine Salad Cup

From Tabgon Farms, Cochran

Whole Grain Yeast Roll

From Butts Farm, Cochran

Blueberries

From Alma Brightleaf Blueberry Farms, Alma

Strawberries

*From Tom Sawyer Farms, Cochran
&
Ochlockonee Ridge Farms, Moultrie*

Peaches

From Dickey Farms, Musella

Blackberries

From Tom Sawyer Farms, Cochran

Drinkable Yogurt

From Sparkman's Cream Valley, Moultrie

3-Salad Plate

4-Royal Grab Bag

Thursday, May 17

Breakfast
Breakfast Bar



1-Georgia Grown Lunch

Breakfast For Lunch

Scrambled Fresh Eggs

From Georgia Egg Commission

Stone Ground Grits

*From Center of Agricultural Study and
Excellence (C.A.S.E), Irwin County*

Sausage Link

From Thompson Farms Smokehouse, Dixie

Whole Grain Pumpkin Muffin

From Butts Farms, Cochran

Blueberries

From Alma Brightleaf Blueberry Farms, Alma

Strawberries

*From Tom Sawyer Farms, Cochran
&
Ochlockonee Ridge Farms, Moultrie*

Peaches

From Dickey Farms, Musella

Blackberries

From Tom Sawyer Farms, Cochran

Apple Juice

3-Salad Plate

4-Royal Grab Bag

Friday, May 18

Breakfast
Breakfast Bar



1-Georgia Grown Lunch

Fried Chicken Leg

*From Sam Dykes Farm, Cochran
Donated by Perdue Farms*

Peanut Butter & Jelly Sandwich

Peanut Butter from Sanfilippo & Son, Bainbridge

Gold Fish

Carrots & Ranch Dip

From Vesterfield Farms, Cochran

Blueberries

From Alma Brightleaf Blueberry Farms, Alma

Strawberries

*From Tom Sawyer Farms, Cochran
&
Ochlockonee Ridge Farms, Moultrie*

Peaches

From Dickey Farms, Musella

Blackberries

From Tom Sawyer Farms, Cochran

Chocolate Chip Cookie

4-Royal Grab Bag

BCES

Royal Grab Bag: Popcorn Chicken, Gold Fish, Choice of Fruits & Veggies, Dessert

"This institution is an equal opportunity provider."



***Feed My School For A
Week
May 14th—18th
2012***



Georgia Grown Items On The May 14th—18th Menu

***Special Thanks To All Of Our Farmers & Vendors For Making This
Week Possible***

Alma Brightleaf Blueberry Farms—Alma, Georgia

Bland Farms—Glennville, Georgia

Bleckley County Georgia Farm Bureau

Butts Farm—Cochran, Georgia

Center of Agricultural Study & Excellence (C.A.S.E.) - Irwin County High School

Dickey Farms—Musella, Georgia

Georgia Egg Commission

Golden Peanut Company By Southern States—Cochran, Georgia

Ochlockonee Ridge Farms—Moultrie, Georgia

Perdue Farms—Perry, Georgia

Sanfilippo & Son—Bainbridge, Georgia

Sparkman's Cream Valley—Moultrie, Georgia

Tabgon Farms—Cochran, Georgia

Thompson Farms Smokehouse—Dixie, Georgia

Tom Sawyer Farms—Cochran, Georgia

Vesterfield Farms—Cochran, Georgia

Wendell Roberson Farms—Tifton, Georgia

Williams Farm—Cochran, Georgia

We Could Not Have Done This Without You!