

# 5 a Day Nutrition Curriculum: Food Production Field Trips



The University of California Cooperative Extension created this list to encourage classrooms to learn more about food production. This list was last updated 9/06; prices and information are subject to change. Please share your experiences or other field trip ideas with us at (858) 694-2862.

Bates Nut Farm  
15954 Woods Valley Road Valley Center 92082  
(760) 749-3333

Website: [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

Email: [info@batesnutfarm.biz](mailto:info@batesnutfarm.biz)

Schedule a 1-hour, hands-on educational tour, based on the Bates family history and role in the agricultural community. Learn about a variety of nuts, how they are grown, harvested, and their nutritional values. Tour through the roasting and packaging rooms, enjoy a snack, and feed the animals at the zoo farm. Cost: \$4.50 per person, minimum 15 people. In October schedule a Pumpkin Patch field trip for \$2.50 per person.

## California Agri-Tourism Database

[www.calagtour.org](http://www.calagtour.org)

This website provides a searchable index of agricultural tours available throughout the state. Be sure to visit this site when exploring potential field trip locations, as this site is constantly being updated. University of California Small Farm Center provides this service.

## Centennial Farm at the Orange County Fairgrounds

88 Fair Drive Costa Mesa, CA 92626  
(714) 708-1619

Website: [www.ocfair.com](http://www.ocfair.com)

The Centennial Farm is a 4-acre working farm in Orange County, about 1-½ hours north of San Diego. The Farm is home to fruit and vegetable gardens, livestock, and Millennium Barn. View milking demos, baby pigs, peacocks, llamas and honey bees while strolling through gardens of lush vegetation. Tours run M-F from late September through early June. Free parking. Tours begin promptly at 9 a.m. and 11 a.m. and last approximately 1½ hour.

The Academic program is a free education program tailored to 4<sup>th</sup> & 5<sup>th</sup> grade students providing a half-day educational experience comprising non-formal, interactive activities involving plant and animal science.

## Farmer's Markets

Go to the Farm Bureau's website at:

<http://www.sdfarmbureau.org/index.html> and follow the link to "Farmer's Market". Here you will find the calendar and locations of Farmer's Markets throughout the county as well as the contact information for the market managers. Contact the manager of your local Farmer's Market to set up a field trip. Ask the manager about current events with their market such as:

- What types of farmers attend your market?*
- What kinds of foods are for sale?*
- Can a special class tour be arranged?*
- Can the students taste some of the foods?*

## Farm Smart Field Trips

UC Desert Research & Extension Center  
1004 E. Holton Road El Centro, CA 92243  
Contact Nancy Caywood Roberston, coordinator  
(760) 356-3067

Bring your students (all ages welcome) to the farm for a fun-filled day of learning about natural and renewable resources including agriculture through hands-on participation, food tasting, a farm tour on hay wagons, and produce harvesting. All programs begin at 9:30 am and end at 1:00 pm. Cost is \$2 per student, no charge for teachers and volunteers.

## The Flower Fields in Carlsbad

Contact Joni Miringoff, Special Events Director  
(760) 930-9123 x118

Website: [www.theflowerfields.com](http://www.theflowerfields.com)

The Flower Fields Seed and Bulb Growing Program is designed for pre K – 5<sup>th</sup> grade students. Students learn about the growing process and have a unique, hands-on experience growing a ranunculus or sunflower. Various program options are available ranging from \$5-\$10 per student.

## The Green Machine

San Diego County Office of Education Outdoor Education Program  
(858) 292-3696

Website: [www.sdcoe.k12.ca.us/outdoored](http://www.sdcoe.k12.ca.us/outdoored)

The Green Machine comes to your school equipped with an interactive, in-the-class exploration program on a variety of topics including water, soil, pest management, and more, plus a comprehensive teacher packet with pre and post "Green Machine" activities. It is designed for K-4<sup>th</sup> grade students. There will be four separate 1-hour classes per day for four different groups of students. Cost: \$280 per trip

## Little Creek Acres Farm

13802 Little Creek Lane  
Valley Center, CA 92082  
Phone: (760) 749-9634

Website: [www.livinginharmony.org](http://www.livinginharmony.org)

Email: [info@livinginharmony.org](mailto:info@livinginharmony.org)

Schedule a hands-on activity tour of life on a small family farm. 2-½ hour experiential learning tour for youth groups of 5 to 90, ages 5 and up, scheduled March through November. The cost is \$15 per child; supervising adults are free on a 1:5 ratio.

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**Quail Botanical Gardens**  
230 Quail Gardens Drive  
Encinitas CA  
(760) 436-3036  
Website: [www.qbgardens.com](http://www.qbgardens.com)  
E-mail: [info@qbgardens.com](mailto:info@qbgardens.com)

Quail Botanical Gardens educates children and adults about plants and their importance in the natural environment by providing tours, nature walks, lectures, instructional programs and publications. Visit the website or call to schedule your event.

**Ramona High School FFA Agriculture Center**  
Kimberly Smith, FFA Advisor  
Ramona High School  
1401 Hanson Lane  
Ramona, CA 92065  
(760) 788-5041

This is an excellent opportunity for elementary students to learn about livestock and meat production, vegetable gardens, and a vineyard. Schedule your visit during the spring when the facilities have the most animals and lush gardens for you to visit.

**Seabreeze Organic Farm**  
**Stephenie Caughlin**  
858-481-0209  
Email: [info@seabreezed.com](mailto:info@seabreezed.com)  
Website: [www.seabreezed.com](http://www.seabreezed.com)

Schedule a visit out to the farm for a tour and a class designed for your specific interests. Topics include but are not limited to environmental, culinary, life sciences, sustainability, herbs, farming, gardening, animal husbandry, or micro-business. Classes are 1-½ hours. Minimum fee of \$150 or \$10 per adult, \$7.50 per child between 2-14 years old.

**Tierra Miguel Farm – Farmer for a Day**  
14910 Pauma Valley Drive  
Pauma Valley, CA 92061  
Phone: (760) 742-1151  
Website: [www.tierramiguelfarm.org](http://www.tierramiguelfarm.org)  
Email: [farmer@tierramiguel.org](mailto:farmer@tierramiguel.org)

Tierra Miguel is a working organic farm providing educational programs for students of all ages. The purpose of the program is to provide a fun and informative, "hands-on" experience of a working farm for students in Southern California. Program pricing ranges from \$5 - \$12.50 per person depending on length of program desired. Programs are available Tuesday – Saturday year-round.

**U-Pick Strawberries at Leslie Farms**  
Located on Cannon Road one block east of Interstate 5 in Carlsbad.  
(760) 431-5506

U-Pick Strawberries is open to the public during April, May, and June. Call for pricing and more information.