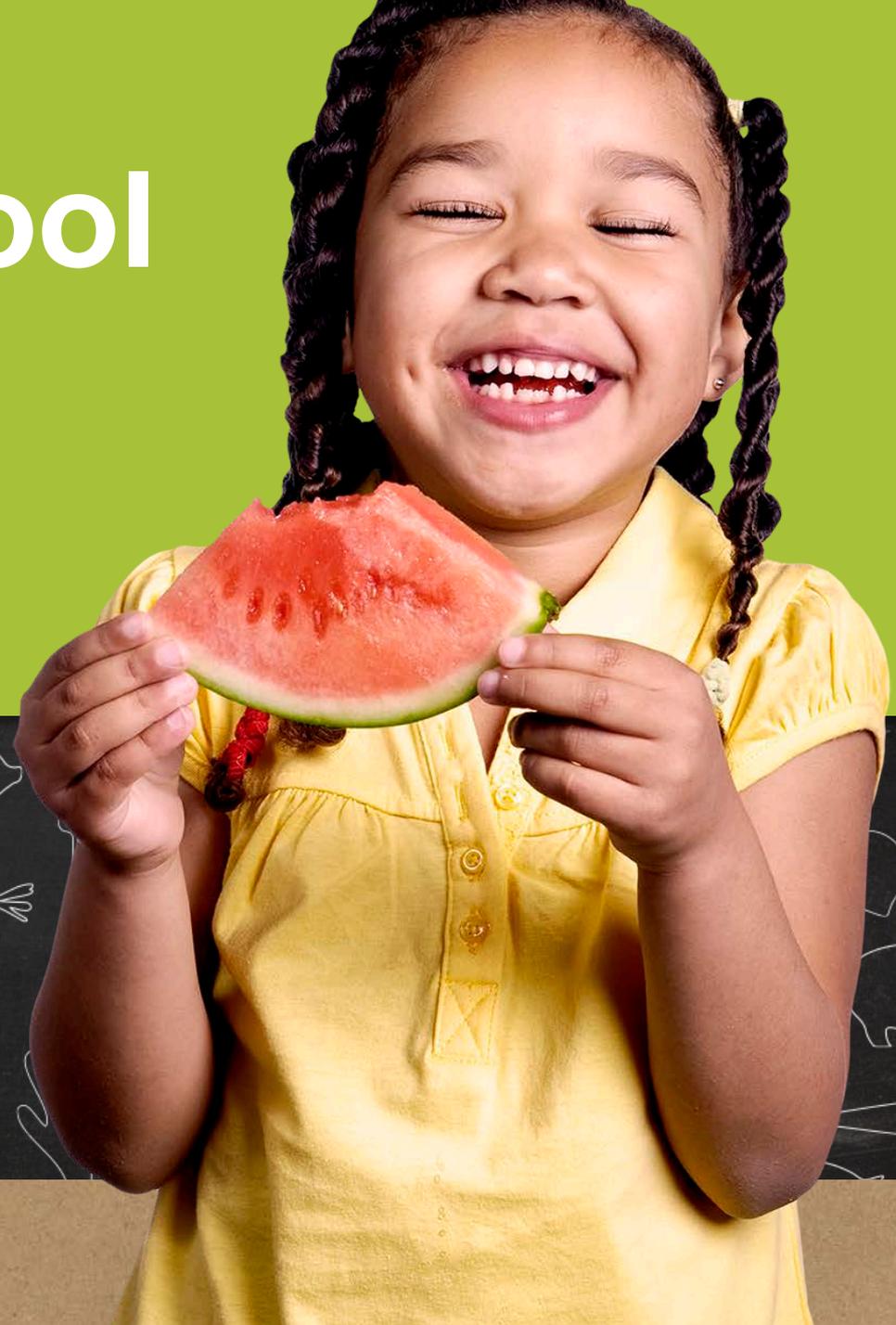


# Farm to School Curriculum

*April 7, 2016*



**Welcome**



# Today's Speakers



**Bob Gorman**

*MPRO Farm to School Lead  
USDA FNS*



**Brittany Wager**

*Growing Minds Program Coordinator  
ASAP (Appalachian Sustainable Agriculture Project)*

# Housekeeping

- To make a comment or ask a question use the *chat* function.
- **This webinar will be recorded.** Both a PDF of the slides and a link to the recording will be available on the Office of Community Food System's website:  
<http://www.fns.usda.gov/farmtoschool/webinars>
- A copy of today's presentation and any referenced handouts has been emailed to you and can be found in the "reminder email" that was sent to you just before the start of the webinar.
- Please complete the evaluation after the webinar.



# SNA Continuing Education Units & Professional Standards



## Setting goals and Establishing an Evaluation Baseline

Dear Ellen

Our records indicate you registered for this meeting but were unable to attend. It is possible you attended and are receiving this message in error because you joined a colleague on the same computer or you opened the webinar link more than once. No worries!

Attached as downloadable files you'll find a copy of the presentation and handouts.

- All webinars in this series are being recorded and will be added to our website as soon as possible.
- Find the evaluation toolkit from Spark Policy here: [Evaluation Toolkit](#)
- Join us for the next webinar in our series!

**Finding and Buying Local Foods: February 4,**

### Details

Date: Thu, Jan 28, 2016  
Time: 02:00 PM EST  
Duration: 45 minutes  
Host: **Carren Quizon**

### Downloadable Files

[Setting Goals and Evaluation...](#)  
[FTS Eval Goals&Benchmarks ...](#)  
[FTS Eval Goals&Benchmarks ...](#)

### Presenter Information

**Bob Gorman**



If you are listening to a recording of this webinar and would like a SNA CEU, please email [FarmtoSchool@FNS.USDA.Gov](mailto:FarmtoSchool@FNS.USDA.Gov)

# Farm to School Census



I JUST VOTED IN USDA'S  
**"ONE IN A MELON"**  
CONTEST.

DO YOU KNOW A SCHOOL DISTRICT  
WITH A GREAT FARM TO SCHOOL  
PROGRAM?



Cast your vote too!  
*Contest closes April 15th*



**USDA** The United States Department of Agriculture  
Food and Nutrition Service

<https://farmtoschoolcensus.fns.usda.gov>



THE  
**FARM to SCHOOL**  
PROGRAM

# Moberly, Missouri



# Cortez, Colorado





# Curriculum Integration

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Brittany Wager  
Program Coordinator  
Growing Minds

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[growing-minds.org](http://growing-minds.org)



**Brittany Wager**  
**ASAP Farm to School Program**  
**Coordinator**

**SE Regional Lead**  
**NFSN**

**[brittany@asapconnections.org](mailto:brittany@asapconnections.org)**

# F2S: Education first!



# What are the educational components of Farm to School?



Classroom Cooking



Farm Field Trips



School Gardens



# Classroom Cooking



Connections to math, science, language arts, social studies:

- Measurement, scaling a recipe up or down, adding and subtracting fractions.
- State change, parts of a plant, chemical reactions.
- Literature connections, sensory poems.
- Connecting to local history, other cultures.



# Sample Activities: Apple Tasting



Visit an orchard with heirloom apple varieties and pick two or more different types.

Have students taste the apples and pick a favorite.

Have students write a persuasive essay, put together an apple cookbook, or do a research paper on the history of apples in North Carolina.

# Sample Activities: Garden Plot Crackers

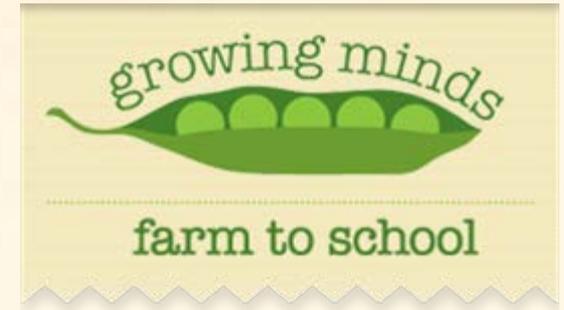


After the cooking experience, guide students in writing and/or illustrating the steps of making a garden plot cracker.

Looking at the list of the recipe ingredients written on the board, can the kindergartners spot their letters of the week? Can first and second grade students sound out the number of syllables in each of the ingredient words?



# Farm Field Trips

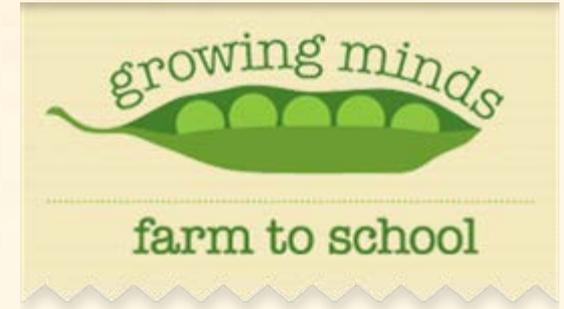


**Connections to math, science, language arts, social studies:**

- Estimate sizes on the farm, chart temperatures of things, harvest and weigh vegetables.
- Take soil samples, collect seeds, identify pollinators.
- Literature connections, sensory poems.
- Discuss traditional harvesting rituals and folklore, trace histories of plants, discuss food routes.



# School Gardens



Connections to math, science, language arts, social studies:

- Measurement, calculating area and volume.
- Measure and chart temperature, identify plant parts, find pests and pollinators, observe changes due to weather.
- Literature connections, sensory poems.
- Plant heirloom varieties of seeds. How did they get their names?



# Sample Activities



Observe spinach seed

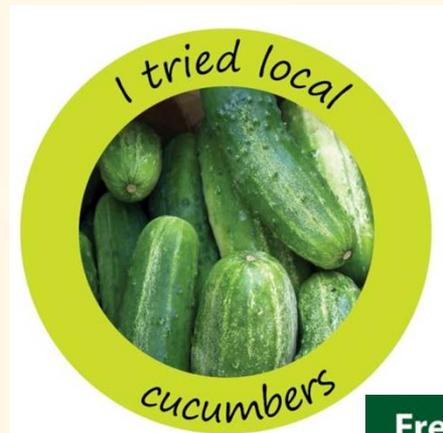
Date and Time	Notes	Drawing
day 4		no sprouts yet
Day 8		1 cube high
day 18		4 cubes high
day 24		6 cubes high
day 28		8 cubes high
day 38		10 cubes high
		12 cubes high

© 1998 Kean-Pike Foundation and National Gardening Association



I think the seed  
will grow into  
a carrot

# Building the connection between home and school



## Fresh Tomato Salsa

### Ingredients

- 1 green pepper
- 2 pounds ripe local tomatoes
- 1 medium onion
- 1 bunch cilantro
- 1 jalapeno pepper or other hot pepper (optional)
- 1 clove garlic (optional)
- salt and pepper to taste



### Directions

Remove seeds from green and jalapeno peppers. Chop the green pepper, jalapeno, and onion and place in a large bowl. Dice the tomatoes, removing the stem and hard center and add to green pepper mixture. Finely chop cilantro and garlic. Mix all ingredients in your large bowl. Add salt and pepper to taste.

Find more recipes at [www.growing-minds.org](http://www.growing-minds.org)

# Resources



A screenshot of the Growing Minds website's lesson plans page. The browser address bar shows "growing-minds.org/lesson-plans-landing-page/". The page has a green and white color scheme. At the top, there is a search bar, social media icons for Facebook and Twitter, and a button for "An ASAP Program". Below this is a navigation menu with "Our Work", "Resources", and "About" links, and a prominent orange "DONATE" button. The main content area is titled "LESSON PLANS" and features a large image of a child's drawing of a garden. To the right of the image is a "Subscribe Now" section with a form for an email address and a list of newsletter options: "Farm to School Monthly", "Southeast Farm to School Bimonthly", "From Here Weekly", and "ASAP Connections".

growing-minds.org

A graphic for the "THIS WEEK IN THE GARDEN" newsletter. It features a green header with the title in white. Below the header, there is a "growing minds farm to school program" logo. The main content is organized into several sections: "APPALACHIAN SUSTAINABLE AGRICULTURE PROJECT" with the text "Second Week of April" and "Get Local @ School Product of the Month - Greens"; "What's Growing?" with a photo of strawberries and a text box about growing strawberries in May; "Activities" with a text box about growing watermelon plants; "Farm to School Book of the Week" with a photo of a bee and the title "Brilliant Bees" by Linda Clever; and a small section for "Brilliant Bees" with a photo of a bee and text about visiting a world of honeybees.

# Resources



Ag in the Classroom – [agclassroom.org](http://agclassroom.org)

Edible Schoolyard – [edibleschoolyard.org](http://edibleschoolyard.org)

USDA Team Nutrition – [fns.usda.gov/tn/Resources/dig\\_in.html](http://fns.usda.gov/tn/Resources/dig_in.html)

Your local Cooperative Extension office

# 3 things you must do! (and 1 you shouldn't...)

1. Make farm to school a theme in your classroom, use it as a way to teach.
2. Look for opportunities to create positive experiences with healthy food but try to not use the “h” word.
3. Model the behavior you want to see in your students – try new foods, talk about your experiences trying new foods.

*Don't be afraid to fail, especially in the garden, because with farm to school even gardens that do not grow are an opportunity for education!*





**Questions?**

**Brittany Wager**

*[brittany@asapconnections.org](mailto:brittany@asapconnections.org)*

[growing-minds.org](http://growing-minds.org)

# Upcoming Webinar: Program Sustainability

April 28<sup>st</sup>, 2:00 EST

