

Farm to School Teacher Workshops

Farm to School teacher workshops provide learning opportunities for educators allowing them to share experiences and develop new curriculum approaches. The 4-day program includes an orientation on what Farm to School is; basic organic gardening; guest presentations from farmers, chefs, and nutrition staff; lecture-discussion sessions, support materials, hands-on activities and field trips. Teachers visit an organic farm, Gaia Gardens, where they learn about farming and local food. After implementing their Farm to School based lesson plans in the classroom, the community comes together to celebrate the teachers' accomplishments in a final showcase.

Spring 2010 Teachers and Their Projects

- Cutia Blunt – Composting
- Celeste Tibbets – Farm to School Lettuce Commercials
- Julie Martin – Farm to School Lettuce Commercials
- Dianne Watson – Gardening with Students
- Lynn Sisler – Goats
- Courtney Hartnett – Bees
- Sandra Carter Sally – Food Web
- Rosalyn Clark – Healthy Food Choices and Farmers Markets
- Marca Tigner – Healthy Food Choices and Farmers Markets

Fall 2010 Teachers and Their Projects

- Mimi Guinn - Apples
- Brooke Nation - Apples
- Pam Maxson – Nutritional Similarities Between Animals and Humans
- Suzanne Jerol – Farm to School Book Week
- Mary McMahon - Growing Vegetables and Associated vocabulary
- Tabitha Wiedower - Soils, Composting/Recycling and Conservation of Resources
- Sara Joiner - Plant Parts Salad

Congratulations and thank you to the 2010 Farm to School teacher training graduates! Thank you also to Erin Croom from Georgia Organics, City Schools of Decatur, Gail Rothman from the Decatur Education Foundation, and Kaiser Permanente for their support of the workshops.

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Heard in the Halls

"This is the first time that we are planting the food and tasting it from our very own garden. Students are excited to see what they planted. They are also interested in trying it and talking about kale. They are sharing that they try it at home and like it!" - Brooke Nation, teacher, Clairemont Elementary

"I am hoping that the students will have a renewed excitement about what is going on in the garden. The children have been very excited about watching the kale seedlings grow that they planted with Myriam a few weeks ago. We skyped Myriam and had a virtual field trip to the Oakhurst Garden to check on their progress in the greenhouse. They really enjoyed that." - Sara Joiner, teacher, Clairemont Elementary

Thank You Partners

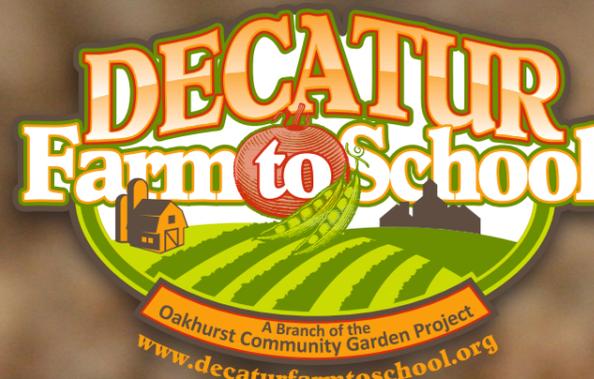
Thank you to the City Schools of Decatur for supporting Farm to School initiatives in their schools.



Thank you to Georgia Organics for their guidance and support in making a program like this possible.



Thank you to the Decatur Education Foundation for their help in kickstarting the program and making the first year a huge success.



JANUARY NEWSLETTER

Welcome to the First Issue of the Decatur Farm to School (DF2S) Newsletter!

The DF2S newsletter will keep parents, students, school personnel, community members, and other interested parties informed of the great Farm to School work being done in the City Schools of Decatur (CSD). A strong network of partners continue to pursue the DF2S vision to create a community-driven, sustainable school food system that provides fresh, local foods in schools; teaches children the skills and knowledge essential to food production, preparation, nutrition, and enjoyment; supports the local economy; and preserves natural resources. We welcome your feedback and any suggestions on future content.

Dear Decatur Farm to School Friends,

Thanks to all of you that came out for the January DF2S Dine Out to enjoy a fabulous meal at one of the participating restaurants. This would not have happened without the generosity of our local restaurants Cakes & Ale, Iberian Pig, Farm Burger, Farmstead 303, Leon's, Brick Store Pub, Steinbeck's, Universal Joint, and Watershed. Thank you to our volunteers, especially to Kristin Allin for organizing the event.

Sincerely, Lucia Pawloski, DF2S Committee Chair

DF2S Merges with the Oakhurst Community Garden Project

Decatur Farm to School is now a branch of the Oakhurst Community Garden Project (OCGP), a 501(c)3. This collaboration allows Farm to School's programming, fundraising, and communication to be supported by systems already in place at the OCGP. OCGP and DF2S are natural partners in educating our students, teachers, and the larger community about gardening, food sources, nutrition and environmental stewardship.

System-Wide Taste Test

This May, the Decatur Farm to School initiative will host in partnership with the City Schools of Decatur, a system wide kale taste test. The experience is based upon the success of two pilot taste tests organized by the Oakhurst Community Garden Project (OCGP) at Oakhurst Elementary. In May and December 2010 the OE students taste tested produce from their very own garden: kale (May) and sweet potatoes (December).

The semi-annual taste tests are a way to combine both the learning aspect of planting and growing the vegetables, with the benefits gained from incorporating those same vegetables into student lunches.

Students planted the kale in March with the OCGP's Youth Program Manager, Myriam Van Dorp. In May, the kale will be harvested, washed and cut, and distributed to the schools to be prepared for tastings. The kale will not be part of the regular school lunch menu, but instead will be offered to all students as an optional sample. Then in the week following the taste test, cafeterias will add kale to the school lunch menu! In this manner, students are encouraged to continue eating the kale – and other fresh fruits and vegetables – rather than trying them only once.

In order to plant the kale, several schools have been preparing their school vegetable gardens. Joy Pope Alandete, a parent of a 1st grader at Winnona Park Elementary, has been working with volunteers, teachers, and students to prepare their beds for the kale. Conveniently, the entire WPE 1st grade is going through the In My Backyard expedition which ties nicely to the school plots. As part of their expedition the 1st graders sowed out the kale seeds at school and saw the seedlings growing through a Skype experience back at the OCGP greenhouse. The WPE volunteers are also building an accessible bed so that all students can participate in gardening activities. The 1st graders will make posters for the cafeteria promoting the upcoming taste test. Joy shares that the kale taste test "is a wonderful edible addition to the expedition for the 1st graders."



Left: Harper Hollins Right: Adam Tewell, Winnona Park Elementary

The Great American Salad Bar Project Funds Three New Salad Bars for the City Schools of Decatur

The City Schools of Decatur received funding from the Great American Salad Bar Project for three new salad bars valued at \$3,000 each. One of these salad bars was installed at Renfroe Middle School on March



Yifan Liang, Renfroe Middle School

22; the other two will soon follow at Decatur High School and Glennwood Academy. The middle and high schools introduced limited salad bars this fall, however the new equipment will allow these schools to offer full salad bars every day. Glennwood does not currently have a salad bar.

"The new salad bars are a perfect fit for our Farm to School efforts: we can use them to introduce a variety of fresh and local produce," says Allison Goodman, Director of School Nutrition. "Besides," she adds, "students really enjoy customizing their salads." Effie Mosley, kitchen manager at Renfroe Middle School, is excited about offering creative salads along with more typical salad bar toppings. On the first day with the new salad bar, she made her own corn and black bean salad with cumin and a touch of hot sauce.

The Great American Salad Bar Project, an initiative of TheLunchbox.org and Whole Foods Market, aims to put a healthy salad bar in every school across America so all school kids may have access to fresh fruits and vegetables, whole grains and healthy proteins, every school day. Many thanks to Whole Foods on Briarcliff for their support!

Recipe from the school nutrition department

This salad was featured on the March menu using locally-grown carrots. Not your typical coleslaw, this salad is much lighter and more flavorful.



Cabbage and Carrot Salad

Adapted from How to Cook Everything by Mark Bittman
Makes 8 servings • Time: 30 minutes

- 2 tablespoons Dijon mustard, or to taste
- 2 tablespoons red wine vinegar, or freshly squeezed lemon or lime juice
- 1 small clove garlic, minced
- 1/4 cup oil (canola, peanut, or extra virgin olive oil)
- 6 cups Napa, Savoy, green and/or red cabbage, cored and shredded
- 2 -3 carrots, peeled and grated
- 1/3 cup chopped scallions
- Salt and freshly ground black pepper, to taste
- 1/4 cup chopped fresh parsley or cilantro leaves (optional)

To make the dressing, whisk together the mustard, garlic, and vinegar (or lemon or lime juice) in a small bowl. Add the oil a little at a time while whisking. Combine the cabbage, carrots and scallions, and toss with the dressing. Sprinkle with salt and pepper, and refrigerate until ready to serve. Just before serving, toss with parsley or cilantro (if using).

City Schools of Decatur's Kitchen Staff Joins the Farm to School Movement

Since 2009, CSD's kitchen staff has participated in four professional learning days focusing on knife skills, recipe development, and introduction to new equipment in order to support Farm to School changes in the cafeteria.

Three of the workshops were hosted at Cook's Warehouse with the fourth class being held in the Decatur High School's kitchen. That way the professional chefs could offer tips on working efficiently in CSD's kitchens.

The CSD kitchen staff training is a joint project of RAO Design Studio; The Cook's Warehouse; Georgia Organics, and the Atlanta Chapter of Les Dames d'Escoffier International. Groceries were donated by Whole Foods and Destiny Organics. Participating chefs generously donated their time.

The partners plan to continue this training program in the 2011-2012 school year. Bon appétit!



Volunteer Spotlight

I love volunteering for DF2S because of the connections the program makes. Children in our schools are connected to the natural world and the food they eat, farmers are connected to the local community, healthy eating is connected to learning, local businesses are connected to the school system, and residents of Decatur have become more connected as they learn about and support the vision of DF2S. -Mary Anona Stoops



Ways You Can Support the Decatur Farm to School Initiative.

Purchase a Decatur Farm to School T-Shirt. Available at the Oakhurst Community Garden Project
Price: \$20 long-sleeved shirts, \$15 short-sleeved adult and youth tees, \$10 infant tees
Sizes: Infant, Youth, Ladies, and Standard in a variety of sizes ranging from S-XXXL

Have your child buy hot lunch at school! Did you know that YTD, the City Schools of Decatur now spends 33 % more on fresh fruits and vegetables than one year ago? And that a big effort is being made to source these ingredients locally? Way to go CSD Nutrition Department!

Membership Support the Oakhurst Community Garden Project (OCGP) with your membership starting at \$35 for individuals and \$50 for families. By becoming a member, you directly support the work of Farm to School programming in schools. For example, right now OCGP's Youth Program Manager, Myriam Van Dorp is working with all seven City of Decatur schools organizing a system wide planting of kale which will ultimately be served as a sample in May. Your membership supports this kind of work. Also, as a member, you receive discounts to OCGP's classes, special member only invites, and discounts to most events organized by OCGP.

Schedule a Field Trip Bring your class to the OCGP for a hands-on Farm to School field trip. Worms? Chickens? Flowers? Vegetables? Pond? So much to explore and it's all at the Oakhurst Garden. Contact Myriam Van Dorp at ocgp@bellsouth.net, (404) 371-1920 to schedule your field trip today.



Kid's Corner: Word Search

- ACHIEVEMENT
- AGRICULTURE
- AWARENESS
- BEANS
- CAFETERIA
- CHEF
- COMMUNITY
- COMPOST
- CULINARY
- EDIBLE
- ENVIRONMENT
- FARM
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- VOLUNTEERS
- WORMS

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