

## Kid's Corner: Word Scrambler (Answer Key)

1. harvest
2. cultivate
3. nutrition
4. food
5. Decatur
6. salad
7. food pyramid
8. production
9. preparation
10. friends
11. school
12. tasting
13. Georgia
14. seedling
15. lunch
16. perennials
17. annuals
18. kale
19. fresh
20. accomplishment



Do you like kale?  
(OR do you think you will?)

Yes ☺		No ☹	
Daniel	1	Faheem	1
Zach	1	Ansley	1
Clinton	1	Gavin	1
Michael	1	Katie	1
Cole	1		
Hannah	1		
Parker	1		
Isabelle	1		
Lily	1		
Samaria	1		
	16		4



Posters at College Heights - Early Childhood Learning Center advertising upcoming kale tests

## District-Wide Kale Tasting Underway

As this newsletter edition went to press, students throughout CSD harvested the kale they had carefully planted in their school gardens. Parent volunteers washed and chopped the kale, and school nutrition staff sauteed it with a bit of olive oil, garlic and salt. All students at each of our schools were offered tastes and asked to answer a couple of questions about the kale. Did they like it? Look for results in the next issue of the Farm to School Newsletter!

## Contributors

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### Purpose of newsletter:

To 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).

### Write to us:

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435 Oakview Road  
Decatur, GA 30030

### Website:

[www.oakhurstgarden.org](http://www.oakhurstgarden.org)  
[www.decaturfarmtoschool.org](http://www.decaturfarmtoschool.org)

## 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.



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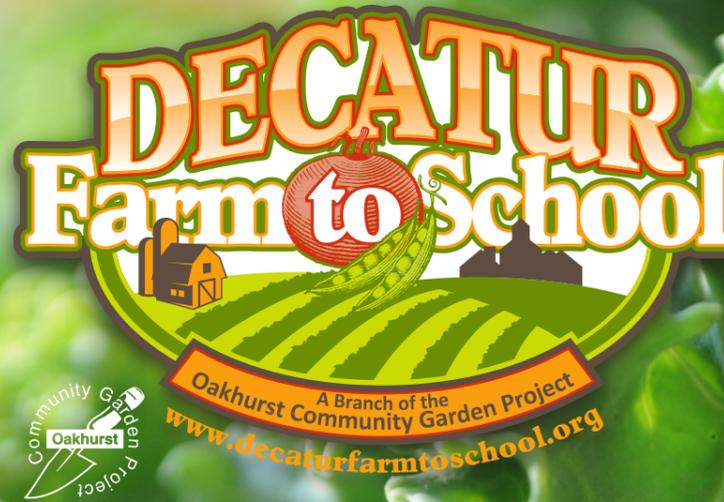


## Heard in the Halls

*"With the different people who come in and help us, we learn what can be planted, we learn that a garden needs care, and we learn that it's not very boring to do it."*

*"It's, like, the only thing I get now. We do it ourselves, which is an advantage." – Curry, 6th grade, praising the build-your-own-salad bars available at Renfroe. Curry is the student representative on Renfroe Middle School's garden committee*

*"The energy of Suzanne Kennedy, her staff and the parent community for integrating the College Heights garden into school activities has been amazing. And the kids share that energy: whether slapping bright paint on rain barrels, planting seedlings or just exploring for bugs in the garden beds, the kids' faces are lit up with wide-eyed wonder and joy in the garden." - Ellen Mathys, CHECLC PTA Garden Committee Chair*



APR/JUN NEWSLETTER

## Calling all teachers: Third Farm to School Teacher Workshop Series is being planned for Fall 2011!

Educators will participate in a three part series workshop, with two full days of instruction during regular school hours and one teacher showcase celebration held at the end of the semester highlighting and celebrating all the amazing work that was created by our newest graduates! The program includes an orientation to Farm to School; basic organic gardening instruction; 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.

Contact Myriam at [ocgp@oakhurstgarden.org](mailto:ocgp@oakhurstgarden.org) for more information.

## 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.

## A Fruitful Garden at Renfroe Middle School

The RMS garden is primarily maintained by students engaged in Project R.E.A.L. (Recreation, Education, Athletics and Learning), an after-school program led by Barrett Tibbetts of the City of Decatur Child and Youth Services division. The Oakhurst Community Garden Project (OCGP) and Project R.E.A.L. assembled the beds in spring 2010. Project R.E.A.L. students plant and maintain the garden through the year with support from camps such as the all-female Green Team led by OCGP's Myriam Van Dorp. Barrett and RMS teacher Robyn Tibbetts have both observed that since DF2S efforts began, students are more likely to notice what they eat and comment on processed food versus fresh food.

In the upcoming months, DF2S and RMS garden stakeholders will work to increase RMS' faculty participation in the garden, by signing up two classrooms to adopt and maintain each bed. Robyn has been awarded a PTA grant for purchase of spring seeds and picnic tables, and she hopes that the tables will create an outdoor classroom space that naturally integrates the garden into more of the classroom experiences. Integration of Farm to School objectives into the already jam-packed middle school curriculum can be challenging, so DF2S and RMS are researching curriculum concepts. RMS teacher Robyn Tibbetts observed that for middle-school students, involvement in the garden "gives them something they enjoy and something they can be successful with," and, Robyn notes, success in one area leads to success in other areas of a young person's life.

There are currently three RMS faculty thoroughly involved with the RMS garden. In the upcoming months, DF2S and RMS garden stakeholders hope to increase RMS' faculty participation in the garden, by signing up two classrooms to adopt and maintain each bed. Robyn has been awarded a PTA grant for purchase of spring seeds and picnic tables, and she hopes that the tables will create an outdoor classroom space that naturally integrates the garden into more of the classroom experiences. At the middle school level, integration of Farm to School objectives into the curriculum can be challenging, so DF2S and RMS are researching curriculum concepts. RMS teacher Robyn Tibbetts observed that for middle-school students, involvement in the garden "gives them something they enjoy and something they can be successful with," and, Robyn notes, success in one area leads to success in other areas of a young person's life.



## DF2S Book Week

**The Project:** The first CSD K-3 Farm to School Book Week, held March 28 - April 1, was an incredible success! This special week was initiated and designed by Suzanne Jerol, the media specialist at Oakhurst Elementary School, as a result of participating in Decatur's Farm to School Teacher Workshops. The purpose of this week was to create a lateral focus at the schools on the DF2S initiative and to encourage community participation in the program. Garden related books were presented to each of the schools by DF2S members. These books were purchased by the Decatur Education Foundation through a gift left by Sally Wylde, the founding mother of the Oakhurst Garden.

**Great Books:** Media specialists from all schools selected books that exemplified Farm to School principles. These ranged from garden related, read-aloud books; cookbooks for various countries; to books on garden activities. An example of one of the books purchased for the K-3 schools is, *Up We Grow! A Year in the Life of a Small, Local Farm* written by Deborah Hodge. This beautiful book moves chronologically throughout the seasons and follows a small group of farmers as they plan, plant, and harvest their crops. The students love the rhythmic text and gorgeous photos.

**Mystery Readers:** Chefs, farmers, and restaurant owners visited K-3 classrooms during the CSD Farm to School Book Week as "mystery readers." They read books to the students and talked about healthy food alternatives and the importance of purchasing locally grown items.

## Kid's Corner: Word Scrambler

1. tesvhra \_\_\_\_\_
2. utltcivae \_\_\_\_\_
3. itnrtnoui \_\_\_\_\_
4. oofd \_\_\_\_\_
5. ueDtcr \_\_\_\_\_
6. aadls \_\_\_\_\_
7. yiddafmopor \_\_\_\_\_
8. outrcoipnd \_\_\_\_\_
9. ppornatarie \_\_\_\_\_
10. sfnerdi \_\_\_\_\_
11. chsool \_\_\_\_\_
12. ttingsa \_\_\_\_\_
13. iareoGg \_\_\_\_\_
14. ngdelesi \_\_\_\_\_
15. lcunh \_\_\_\_\_
16. ierpaslenn \_\_\_\_\_
17. Innusaa \_\_\_\_\_
18. elak \_\_\_\_\_
19. ehfsf \_\_\_\_\_
20. speommhtclani \_\_\_\_\_

## Fresh From the Farm: Georgia Grown Summer Squash

May's produce of the month is summer squash from Hopkins Farm in Cairo, Georgia. Cairo is in Grady County, about four and a half hours south of Atlanta, just north of the Florida border. This 200 acre piece of land has been farmed by the Hopkins family for over 100 years. When Carroll Hopkins' son returns from college this year to join the family business, he'll be the fifth generation to farm this land. Hopkins Farm turns out produce year-round, growing 30 crops in addition to squash, including cabbage, greens, peppers, eggplant, corn, peanuts, and cotton. We're happy to support Hopkins Farm and Georgia farmers!

### Marinated Squash Salad

Featured on the May CSD Lunch Menu  
Source: Linda Waters, former School Nutrition Director

- 5 medium yellow squash, thinly sliced
  - ½ c sliced green onions
  - ½ c chopped green peppers
  - ½ c sliced celery
- Combine vegetables in a medium bowl. Mix together the remaining ingredients, and pour over vegetables. Refrigerate overnight, preferably for 2 days.
- 2 T red wine vinegar
  - ¾ c sugar
  - 1 t salt
  - ½ t pepper
  - 1/3 c oil
  - 2/3 c cider vinegar
  - 1 clove garlic, crushed

Yield: 6 servings



Earth Day Art by Dorothy Owen

## Decatur F2S Presents Case Study at Georgia Organics Conference

Georgia Organics held its conference in Savannah in March, and when they went looking for a cutting edge case study for the farm to school track, they chose Decatur! DF2S panelists Allison Goodman (School Nutrition Director), Lucia Pawloski (DF2S committee chair), Myriam Van Dorp (Oakhurst Community Garden Project's Youth Programs Manager), and Mary Moore (owner and founder of Cooks Warehouse) spoke to a room packed with teachers, school administrators, parents, community advocates and others interested in bringing "farm to school" to their communities across the state. Our panel shared our successes and the importance of partnerships with schools, parents, and community. They encouraged others to take small steps like introducing one locally grown vegetable each month, allowing students taste the food they have grown, or teaching cafeteria staff the skills needed to work with fresh fruits and vegetables. They returned to Decatur with new resources and connections to continue the work we've begun.



Lucia Pawloski, Allison Goodman, Mary Moore, and Myriam Van Dorp

### Farm to School Day at the Georgia Capitol

On March 30th, resolutions passed in the State House and Senate recognizing farm to school programs and their benefits. Legislators were then invited to a special lunch featuring recipes used by Georgia schools districts to incorporate fresh, locally grown food in the cafeteria, and Decatur's own tomato pie was served! This pizza-like dish topped with fresh tomato slices was highlighted on our menu in September.

Chef Linton Hopkins serves Decatur's Tomato Pie at F2S Day at the Capitol



## Volunteer Spotlight

I have two young sons who eat 5 or more meals a week in the school cafeteria. Decatur Farm to School coordinates the talents and interests of people from throughout the community - the CSD nutrition staff, students, teachers, chefs, farmers, gardeners, parents, business owners - to ensure that each child in the City



Schools of Decatur has access to fresh, healthful meals during school and an opportunity to learn and appreciate where food comes from. Not only does DF2S make me feel that much better each morning when I drop my kids at school, but it also fosters cooperation among members of the Decatur community. - **Michael Leavey**

## 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.

**Volunteer** Decatur Farm to School needs a Tweeter! Decatur Farm to School is actively seeking a volunteer to be responsible for weekly tweets from the Decatur Farm to School Twitter account. Volunteers should be familiar with Twitter and have access to a computer/ internet access/Twitter site to perform in this position. Volunteers will be provided with basic instructions and ideas for regular tweets. Please contact us through [www.decaturfarmtoschool.org](http://www.decaturfarmtoschool.org) if you are interested.

**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](mailto:ocgp@bellsouth.net), (404) 371-1920 to schedule your field trip today.