“Farm to Table: A Small District Approach to Partnerships in Nutrition”

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Affiliation or Financial Disclosure

• Scott Richardson:
  • Nothing to Disclose
So, Where in the World is Warren County?

615 Students K-12
131 Students 9-12
130 students 6-8
354 Students Pre-k – 5

Title I School District
100% CEP School Lunch

Major Industry: Timber
Rule #1.......Dream Big!
Phase I -2016
...Because Dreams Can Come True.
Rule # 2... Add a Group of Dedicated Students
Mix Together and Enjoy
Phase II Gardens-2017
Phase II Gardens-2017 and Tinker Gardens
Phase III Gardens and Orchard
Phase III Gardens and Orchard--2018-2019
Phase III Gardens and Orchard
Phase III Gardens and Orchard
Phase III Gardens and Orchard
Our Dream Began as a Partnership....
With One Goal in Mind….
Agricultural Education and Nutrition Education
What is Farm to Shool?

• Bringing local growers and products into the school cafeteria.

• Teaching proper nutrition, supporting agricultural education, and practicing local procurement to support the local economy while providing students with a quality curriculum and hands on (*project based*) learning.

• Engaging students through programs like FFA & 4-H to learn how to grow food, engineer better soil quality, control waste through composting, and be good stewards of the environment. Practicing sustainability.
What Does Farm to School Look Like?
Our FFA Officers and Advisor... The Backbone
You know that cabbage you just saw? It's now SLAW!
Agricultural Sustainability

• Production of long-term crops and livestock while having minimal effects on the environment.

• Conservation of water.

• Reducing or eliminating the use of fertilizers and pesticides.

• Promoting biodiversity in crops grown and the ecosystem.

Which means:

Promote healthy land use by reducing crop disease, promoting cover crops and crop rotation to ensure nutrients are put back into the soil, conserve water through the use of rain collection irrigation and drip tape irrigation, & decrease erosion through the use of wind brakes, green spaces, and natural landscape contouring.
Water Conservation
Water Conservation...cont.
Water Conservation…cont.
Water Conservation...cont.
Land and Soil Management
Land and Soil Management
Land and Soil Management

Plan your garden so that it has the least amount of impact to the natural environment.

This will:

1. Maintain soil composition by reducing erosion.

2. Prohibit sediment run-off and potentially hazardous bio-runoff to impact other parts of the garden.

3. Preserve and provide a natural habitat for animals and helper insects.
Land and Soil Management

Wind Berms

Barriers

Natural Boundaries
Land and Soil Management
Don’t Forget the Mulch!
Land and Soil Management
Composting

60% of waste stream is made up of organic waste.

Organic waste is the best type of soil amendment and creates sustainability.

Composting puts important organic matter back into the soil and allows for healthier plant growth.

Money saver. Reuse what we ordinarily throw away! Can an apple core help your bottom line?
Land and Soil Management
Composting

Ways to incorporate a Compost Program in Schools

Classroom worm castings project

Setting up an organic recycling program in the kitchen.

Setting up an organic recycling program in the lunchroom.
Eliminate Pesticides

Pesticides are not safe in a school garden……ever.

The use of pesticides can lead to poisoning of students through multiple means; direct ingestion, indirect ingestion through improper hand washing, eating a vegetable with residue on it, etc.

Most health departments will not let crops be fed to students if the crops were subjected to chemicals and some fertilizers.

Think sustainability, think naturally grown or organic!
Eliminate Pesticides

There are so many safe, organic methods of getting organic nutrients to a plant or guarding against pests.
Teaching Gardening and Nutrition Through CTAE Ag Standards

Soil Composition

- Water 25%
- Mineral 45%
- Air 25%
- Organic Matter 5%

ROOTS
- beetroot
- carrots
- celery, celeriac
- chard
- parsnips
- parsley
- spinach

4-YEAR PLOT ROTATION

- Remove any stones. If soil is heavy, add grit or sharp sand for better drainage. No compost, manure or lime.
- Add manure or compost in the spring. If soil is acidic, add lime at least 3 weeks before planting.
- Spread a thick layer of well-rotted compost or leaf mould over soil in autumn or winter (mulch).

BRASSICAS
- broccoli
- brussels sprouts
- cabbages
- cauliflowers
- kale, kohlrabi
- pak choi, radish
- swede, turnip

POTATOES & OTHER CROPS
- aubergines
- cucumbers
- courgettes, squash
- melons, pumpkins
- peppers, chillies
- tomatoes, salad
- sweetcorn

LEGUMES & ONIONS
- all kinds of beans
- peas, sugar snaps
- mangetout
- onions, shallots
- garlic
- leeks
Teaching Interdisciplinary Standards Through CTAE Ag Standards
Teaching Interdisciplinary Standards Through CTAE Ag Standards

Research with gardens

Food and gardening are perfect places to introduce students to the research process.

Is there value in having students conduct research…..YES!

Students are curious (most of them!) Scientists are too.

Conducting scientific research is asking and answering questions.
Teaching Interdisciplinary Standards Through CTAE Ag Standards

Research with gardens

What kinds of questions interesting to students could be asked and answered in a garden context to expose them to research?

Productivity based on:

Cultivars

Fertility  (Soil Composition and testing)

Planting factors

How would you design? (Landscape)

Taste based on similar categories (Taste Testing)
Teaching Interdisciplinary Standards Through CTAE Ag Standards
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What We Have Grown
And That’s Not All...
More of What We Have Grown
• 2018-2019 served 5,492 salads made with 75% produce from our school gardens.

• In partnerships with four local (Warren County Area) food producers, 4-H program, Farm Bureau, & local Soil and Water Conservation District

• Menu items with at least one ingredient out of the school garden approximately 3 times a week.

• Started a salad bar program using produce from the school gardens.

• Featured our locally grown produce items at two catering functions after school hours for local community groups.

• 2018-2019, served approximately 162,400 school meals where a locally grown/procured item was part of the menu.
Farm to Table in Warren County

It's all about our business partnerships
Probably the Most Important Partnership

The Media
Grants:

- Georgia Soil and Water Conservation—2015-16-$1,100, 2016-17, $1,000, 2017-18, &1600
  2018-19, $2200
- Whole Kids Foundation-$2,000
- GOSA Tiny Grant-$9,987
- Jr. League Grant- $1600
- Farm Bureau Grant, $500

Media:

- McDuffie Progress, 8 articles
- WJBF News Channel 6, 3 stories
- Smartbrief (National Magazine) April, 2017
- Monarch Magazine (Virginia) May, 2017
- Farm to School Network, March 2019
  [http://www.farmtoschool.org/Resources/Organics%20in%20Farm%20to%20School.pdf](http://www.farmtoschool.org/Resources/Organics%20in%20Farm%20to%20School.pdf)
Because in the End……
It is All About Them!
Credits and Resources

Becky Griffin
Community and School Garden Coordinator
Georgia Certified Beekeeper
Center for Urban Ag and
UGA Extension - NW District

Dr. David Knauft
Professor
Horticulture and ALEC Departments at UGA

School Garden Curriculum Resources
All disciplines k-12
http://extension.uga.edu/k12/school-gardens/curriculum/index.cfm
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