

# TEACHING THE NEXT GENERATION: THE GARDEN AS YOUR CLASSROOM



# GROUP AGREEMENTS

1. **Accept and expect non-closure**
2. **Respect yourself, each other, and the space**
3. **Step up/ Step Back: the idea of actively participating AND actively listening**
4. **Practice both/and thinking**
5. **Speak with I statements: share *your* truth**

# FARM TO SCHOOL

- Farm to school programs exist all over the world!
- At the national level, USDA supports farm to school; additionally, a number of national non-profits support farm to school programs in the 50 states, D.C., U.S. Territories, and Native Communities
- In Iowa, farm to school is supported by a number of state organizations including Iowa Department of Agriculture & Land Stewardship (IDALS, through USDA), Iowa State Extension: Local Foods Team, FoodCorps, and the Iowa Association for the Education of Young Children
- ICCSD Chapter started in Fall of 2010 as a program of Field to Family



NATIONAL  
FARM to SCHOOL  
NETWORK



IOWA STATE UNIVERSITY  
Extension and Outreach  
Local Foods Program



iaaeyc Iowa Association for the  
Education of Young Children





TOGETHER, WE GROW HEALTHY COMMUNITIES!

SCHOOL GARDEN ARE SUCCESSFUL WHEN WE WORK TOGETHER.



IOWA STATE UNIVERSITY  
Extension and Outreach  
Local Foods Program

**iaaeyc** Iowa Association for the  
Education of Young Children



# OUR STORY

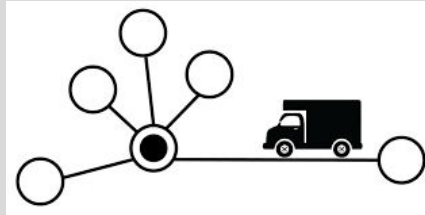
- Field to Family works to create a more local, healthy and sustainable regional food system. We envision a region where people eat with the seasons, where farmers make a living, and our ecosystem is diverse, abundant, and healthy.
- [www.fieldtofamily.org](http://www.fieldtofamily.org)



Farm to School



Farm Stand



Food Hub



Local Food Finder/  
Certified Local



Local Food Festival

# FARM TO SCHOOL WITH FIELD TO FAMILY



Field to Family 's Farm to School Program cultivates a district-wide culture of wellness through supporting three main pillars:

- 1) local foods in school lunch
- 2) hands-on learning in school gardens and
- 3) increasing food, agriculture, and nutrition education programs in schools.





# FARMER FAIR AT YOUR SCHOOL

- In-school field trip, bringing the farm to the school
- Farmers and food/nutrition educators visit elementary schools;
- Students participate – rotate through 4-6 hands-on learning activities;
- As of 2018, Farm to School held 16 Farmer Fairs held at 14 elementary schools.



# FARMER FAIR

“I learned that 90% of our food is from some other places.”  
- 3<sup>rd</sup> grade student at Longfellow Elementary

What Foods Do You Like?

	<b>Sweet Potatoes</b> Organic Greens Kalona, Iowa	 
<input type="checkbox"/>	<input type="checkbox"/>	
	<b>Butternut Squash</b> Friendly Farm Iowa City, Iowa	 
<input type="checkbox"/>	<input type="checkbox"/>	
	<b>Carrots</b> Grinnell Heritage Farm Grinnell, Iowa	 
<input type="checkbox"/>	<input type="checkbox"/>	
	<b>Turnips</b> Salt Fork Farm Solon, Iowa	 
<input type="checkbox"/>	<input type="checkbox"/>	

It's fun to try new foods!  
Which one is your favorite?

- Students rotate through activities such as:
  - Education from Local Farmers
  - Building a Composting System
  - Food Miles + Seed starting
  - Sampling Local Foods
- Kids rated food on scorecard and shared results with parents
- Recipes sent home with students



# SCHOOL GARDENS COME IN ALL FORMS

**Examples of leadership:** Before & After School Program, Garden Club, Parents (PTO), Teachers, Community Partners, School Food Service

**Types of school gardens:** Pollinator Gardens \* Container Gardening \* Fruits, Vegetables & Herbs \* Indoor Gardens \* Water Gardens \* Theme gardens \* Green Roofs \* Sensory Gardens \* Growing for Art \* Horticultural Therapy \* Flower Gardens \*

**School Garden Ideas:** Space for seating, work stations, paths, job board, tool inventory, storage, On-site composting, Youth led Cooking classes/ sharing food, Signage, Greenhouses



# WHY SCHOOL GARDENS?



- According to National Research, garden based learning delivers. Schools using outdoor garden classrooms see a 12 to 15 percent increase in standardized test score pass rates. (REAL Garden Program)
- 3<sup>rd</sup>-5<sup>th</sup> grade students who participated in their school garden scored significantly higher on science achievement tests compared to students that did not experience garden-based learning. (Klemmer et al. 2005)

# FOR VEGGIE GARDENS: WHAT TO GROW?

Consider growing food that is :

- in line with the school schedule
- is easy or relatively easy to prepare
- requires minimal attention
- culturally relevant to your school community.



## Ideas:

Lettuce/  
Greens  
Radishes  
Tomatoes  
Peppers  
Kale  
Chard  
Zucchini  
Potatoes  
Pumpkins  
Sunflowers

# FARM TO EARLY CARE AND EDUCATION



## **Program Goals:**

- 1). Increased access to healthy food and physical activity
- 2). Professional development to increase capacity for supporting healthy physical and cognitive development.
- 3). A scalable, replicable model that can be used for statewide programming



# RESOURCE: INVITE A FARM TO SCHOOL FARM STAND TO YOUR SCHOOL OR EVENT

- Provides free fresh produce to take home
- Free food samples featuring produce on farm stand
- Includes food and nutrition education for youth
- Perfect for after school or special events at the school
- Contact Michelle at [director@fieldtofamily.org](mailto:director@fieldtofamily.org) for more information



# RESOURCE: COMPOST AND MULCH

- McDonald's at Mormon Trek and 1<sup>st</sup> Ave. locations offer free used coffee grounds for compost for school gardens. Taking reservations at their booth.
- Starbucks sets aside used coffee grounds for free pick-up at their locations
- Quality Care offers mulch for school gardeners.

**GOOD NEIGHBOR ♡ GOOD GROUNDS**

**COFFEE GROUNDS RECYCLING PROGRAM**

RESponsible COFFEE SOURCING ♡ HELPS REDUCE WASTE IN LANDFILLS

ADD OUR USED GROUNDS TO YOUR GARDEN

**FREE!**  
USED COFFEE GROUNDS

100% RAINFOREST ALLIANCE CERTIFIED™ ESPRESSO

GROUNDS FOR OUR COMMUNITY

McDonald's® serves a lot of coffee. We would love to find a new life for our used grounds in your garden, instead of a landfill. Used coffee grounds can help to add nutrients to your garden or compost.

For more information on McCafé sustainability and sourcing, scan the QR Code or go to [aboutmcdonalds.com/coffee](http://aboutmcdonalds.com/coffee)

DO NOT DRINK. Not for consumption.

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# RESOURCE: ICCSD GUIDELINES FOR VEGETABLE GARDENS

Starting garden design of 500 Sq Ft or less. Reserve additional contiguous 500 Sq Ft for future expansion. Garden perimeter enclosed within a defined space to allow for easy weed trimming.

New and expanding gardens require the following approval:

- Local principal
- Grounds Manager (Ben Grimm 319-688-1020)
- Assistant Director of Facilities Management/Director of Facilities Management

Weed/grass growth maintained and not dominated by weeds

Grounds department will follow the “Neglected Grounds procedure”. Steps outlined in handout.



Lucas Garden: Good Example of a defined space with a low maintenance garden perimeter.

# RESOURCE: FARM TO EARLY CARE AND EDUCATION



[iowafarm2ece.com](http://iowafarm2ece.com)

## IOWA FARM TO EARLY CARE & EDUCATION

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# Resources: Information from [Past School Garden Workshops](#)

- 2011 School Garden Forum
- 2012 Growing School Gardens Workshop
- 2013- Teacher Training Workshop
- 2014 School Garden Discussion
- 2016 Teaching the Next Generation: The Garden as Your Classroom at Kirkwood Community College
- 2017 The Garden As Your Classroom, City of Iowa City Robert A Lee Recreation Center



# Garden Curriculum Resource Guide

- **School Garden Wizard**

**Website:** <http://schoolgardenwizard.org>

This website has everything you need to start a garden. How to plan for success, create the garden, learn in the garden and keep it going. Plus it was given great reviews by Iowa City teachers!

- **California School Garden Network**

**Website:** <http://www.csgn.org/curriculum>

Great website that lets you search for online lessons, literature, and storybooks. Also check out their *Gardens for Learning: Linking Gardens To School Curriculum* document and tips for teaching outdoors.

- **The Edible Schoolyard Project**

**Website:** <http://edibleschoolyard.org/resources-tools>

Search for resources and tools by season, grades, subject, places of learning and content type.

- **School Garden and Nutrition Curriculum** (Denver Urban Gardens)

**Website:** <http://dug.org/school-garden-curriculum>

Activities and lessons for different seasons.

- **Integrating Horticulture into the Elementary Classroom**

**Website:** <http://www.hort.vt.edu/HORT6004/network/lessonplans.html>

Office of Environmental Horticulture, Virginia Tech

# Garden Curriculum Resource Guide

- **Life Lab Science Program**

**Website:** [www.lifelab.org/for-educators](http://www.lifelab.org/for-educators)

Offers a variety of curriculums such as 1<sup>st</sup>- 4<sup>th</sup> grade science units, garden scavenger hunts, plus blogs and videos with a variety of lessons and activities.

- **Center for Ecoliteracy**

**Website:** <http://www.ecoliteracy.org/teach/strategies>

Focuses on a broad idea of a sustainable curriculum. Provides materials that can be used in the classroom and cafeteria.

- **Growing in the Garden Curriculum**

**Website:** <http://www.extension.iastate.edu/4h/CLL>

Curriculum for Pre K- 3<sup>rd</sup> graded. Iowa State University Extension, Connecting Learning and Living

- **The Center for Environmental Education**

**Website:** <http://www.cceonline.org/greenGuide/curriculum/curriculumLibrary.aspx>

A database for different environmental curriculums that cover topics in science, math, art, social studies and language arts for K-12 students.

- **General Resources Getting a Garden Started, Lesson Plans, Grant information**

**Website:** <https://www.kidsgardening.org/lesson-plans/>

Provides steps on how to start and maintain a youth garden, along with useful tools and resources.

# Garden Curriculum Resource Guide

- **Garden ABCs**  
**Website:** <https://www.gardenabcs.com/> This website connects to different online curriculums, along with recommendations for books, a how-to-guide, grants, fundraising ideas, and much more.
- **Rethinking School Lunch Guide**  
**Website:** <http://www.ecoliteracy.org/downloads/rethinking-school-lunch-guide> The guide is a downloadable pdf that explains the rationale for reforming school food and explores the ten pathways that constitute this planning framework.
- **Farm Based Education Association**  
**Website:** <http://www.farmbasededucation.org/>  
A network for farm-based educators
- **Grow To Learn**  
**Website:** <http://growtolearn.org/>  
A New York City initiative for school gardens that provides an interactive and engaging website full of fun resources and ideas.
- **Toward a Sustainable Agriculture**  
**Website:** <http://www.cias.wisc.edu/curriculum/index.htm>  
A curriculum for high schools that addresses the social, environmental and economic impacts of agriculture.



# UPCOMING EVENTS & HOW TO TO GET MORE INVOLVED

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- December 10th 5-7pm at Matthew 25 // School Garden Winter Workshop
- January 26, 2018 // Save the date! Field to Family 's Local Foods Roundtable
- Spring Farmer Fairs and the 2019 School Garden Workshop
- Participate in today's follow-up survey. Let's organize!
- Email Lynn Heuss from ISU Local Foods Team ([leheuss@iastate.edu](mailto:leheuss@iastate.edu)) and ask to be added to the Farm to School Listserv
- Emilly Molly at [Molly@fieldtofamily.org](mailto:Molly@fieldtofamily.org)

