

## **F2S Connections Team Meeting**

**Monday, March 12, 2007, 11:30-1:30, PCC, Seattle**

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Attendance: 24

### **1. Welcome & sign in** (Erin MacDougall, facilitator)

### **2. Group Introductions:**

1-Erin MacDougall, Public Health - Seattle and King County, Rebecca Sikes, Daniel Bagley ES, Bellevue – parent, Libby Petersen, Adams ES, Ballard – parent, Goldie Caughlan, PCC, Sylvia Kantor, WSU-KCE, Heidi Broekemeier, F2S intern, Ann Lanning, Sprit Ridge ES, Bellevue – parent, Ann McMonigle, Chinook Book, Alison Leber, Beecher’s Flagship , Carey Thornton, Orca School Garden, Tiana Colovos, Orca ES, Nutrition Committee – parent, Val Stewart, Austin Foundation, Mary Larson, Meadowdale MS, school garden – parent, Jacqueline Cramer, Seattle landscaper and school gardener, urban farmer, Devon Hayes, Antioch Center for Creative Change, Environment and Community Program; working on garden development, Janice Dilworth, Seattle Youth Garden Works, Lisa Taylor, Seattle Tilth Children’s Garden, Sue McGann, Marra Farm, Colin Anderson, WSU-KCE Food \$ense CHANGE Program; formerly of The Edible Schoolyard, Berkley, CA, Kenya Freddie, Orca ES, school garden, Chris Omer, WSU-KCE Food \$ense CHANGE Program, Gretchen Colonius, LWSD – parent, DeAnne Clune, Williamson Farms, Elise Hart, Laurelhurst ES, Nutrition Council chair - parent

### **3. Committee Reports**

Policy Committee: (Heidi) Erin MacDougall and Tim Crosby are working to plan a Policy Committee meeting in the upcoming months. They are interested in doing research and gathering insight into how to move forward with F2S policy in Washington. Contact Heidi, Erin or Tim if you are interested in participating.

Outreach Committee: (Alison Leber) The Outreach Committee has met three times. They are working on putting together a F2S ‘Toolkit’ with resources on how to start a program at your school and get more parents involved. They are working on connecting more with PTAs. Tim Crosby has a useful blog with F2S resources and information. Check it out:

<http://www.foodsystemfactoids.blogspot.com/>. It’s also posted on the [www.farmtoschoolwashington.org](http://www.farmtoschoolwashington.org) website under the Resources page.

Steering Committee: (Sylvia Kantor) The Steering Committee met Friday, March 9 at Beecher’s in Seattle to continue strategic planning. Seven areas/objectives that the group will focus on were confirmed; The Committee will continue to flush out steps to achieve these objectives:

Infrastructure

Nutrition & Farm Education

Policy

Cafeteria

School Garden

Farmer Viability

Public Awareness/Education

Sylvia attend the F2 Cafeteria and Food Policy Conference in Baltimore, MD March 15-19.

We are planning the May 7 F2S Connections Team meeting, and hoping to do a farm fieldtrip. The tentative plan is to visit two or three area farms. It may be a three hour meeting, to allow for time and transportation. Tentative time: 10:30-1:30.

**4: Connections Survey:** (Heidi) The F2S Steering Committee is doing an informal survey to assess ‘connections’ made from the F2S list serve and Team meetings. Please fill one out today and return it to Heidi.

**5: School Garden Panel Presentations:** (Scope of work, barriers, tips to overcome barriers, resources to share on how to get started)

Janice Dilworth: Seattle Youth Garden Works

Program founded and developed in 1995; Developed as a job-readiness training program; serve 14-22 year olds and work on organic gardening; produce is sold at area farmers’ markets; have served over 500 youths since 1995; hold three sessions a year with 10-20 youth each session; have a partnership with a UW garden and have also partnered with Marra Farm since 2000 to grow produce; have sold to U-District and Columbia City Farmers’ Markets; \$14,000 in earned income from sales; small staff of 4-5 year-around with other half of staff being Ameri-corps; focus is education and training; youth earn minimum wage and have opportunity to earn some of the profits; 30% African American, 21% White, 5% Latina/Latino, 2% other, and 36 % speak two or more languages; currently working to stabilize program delivery and looking at curriculum; during the summer program gets funds from City of Seattle to hire a teacher; this teacher will work half a day in classroom and half in garden; their focus will be organic gardening and science curriculum; during the year, staff delivers basic science curriculum and models appropriate, job readiness skills; Funding is often a challenge; Staffing is a challenge - Ameri-Corps members are a 10.5-month program, so don’t have them that long; Donations of seeds, basic tools and signage for booths are accepted; Have a pilot program this winter working on removing evasive plants and planting trees; Working on a cookbook project – students taught how to research recipes, and will develop a cookbook to be sold at markets

Lisa Taylor, Seattle Tilth Children’s Garden

Next year is the 30<sup>th</sup> Anniversary of Tilth; is a non-profit with a mission to educate the public about organic farming; they provide a Natural Lawn and Garden Hotline for Seattle: (206) 633-0224; Lisa is a trained classroom teacher with 22 years of teaching experience; left the regular classroom because it was “too inside,” and has been with Seattle Tilth for 12 years, and working since 1998 in Children’s Garden; Lisa distributed brochures on the Children’s Garden that lists all school and community programs; we are not a school garden, but work with children and adults; located at Good Shepard Center in Wallingford; run spring and fall Earth Steward Tours; Tour season is very busy, but there are dates still available (flyer distributed); Children’s Garden is for kids preschool through 5<sup>th</sup> graders; the kids do all the work in spring to get garden ready for planting; we work to match the needs of garden to ability of the child; we work 10 am – 1pm in the garden, sometimes do three to four rotations during the day; during the summer we have programs -Earth Steward Tours; Monday-Friday; lots of programs from 2-5; Monday morning program for parents and kids is a new program starting in April; fee is \$4.50 per child; parents

and chaperone are free; we do 80-85 tours in spring and about 30 tours in the fall; Other programs: Science education to 2<sup>nd</sup> grade; Soil in the Box program; Seattle Public Utility has funded this in about 50 classrooms; have a new fourth grade unit that addresses the bigger picture, called Waste not Want Not;” in-school program at a private ES who wanted a garden: 3, 4, and 5 year olds do the work; pilot to see if we could start a garden program; currently in the third year and our involvement is starting to phase out; (is a one acre plot, bi-lingual school with seven pre-school aged students; work twice per month to maintain this garden and have great collaboration with a teacher; also working on a Thurgood Marshal ES garden project; changing and expanding; very high impact on kids; kids are very excited; are super stars in the school; How we work with kids? We use lots of volunteers; have only two staff; developed training program for 60-70 volunteers every year; it’s a hands-on opportunity for volunteers who get to jump right in; we serve as “mentors and a safety net;”

March 20<sup>th</sup> Workshop at Tilth: “Let’s Get Growing” – Full, but have a second workshop May 1 at Thurgood Marshal ES that is still open for registration; This workshops is fo volunteers, teachers and parents, to learn techniques to use with children; co-sponsored with Seattle Public Schools; this workshop is an opportunity for that community to reach out to other communities; 3:30-5; info on web site.

Colin Anderson, WSU-KCE Food \$ense CHANGE Program & formerly The Edible Schoolyard, Berkley, CA

Colin has a Masters in Teaching, has been involved as a volunteer and then as a teacher at Edible Schoolyard (Alice Waters inspired) staff for two years; the Edible Schoolyard is unique because it’s a non-profit working on sight at a school; partnership between school and non-profit; a \$400,000 budget; public middle school with unique challenges; 4 total staff; two Ameri-corps volunteers; kitchen and garden have two staff; every student participates in one-acre garden and in the kitchen; work with vegetables, apples, herbs, flowers; learn sustainable agriculture through science classes on a rotation schedule; 6<sup>th</sup> grade works a bit more with garden, as its learning standards better align with this work; spend a good part of first year in the garden and then later in the kitchen cooking; an experimental way of working with the garden; How can it improve? Add more and different curriculum; Currently, activities are dictated by the garden itself; 4 staff take a group to do a job – working with compost, at the greenhouse, harvesting, washing, bundling, weighing; work all done by students; have 10-12 80-90 minute classes per week; Garden is in public spot light, so keeping up appearance is important, even in winter; we had Prince Charles visit a few years ago;

Kids meet in the middle at beginning of the class, and kids decide what job they will do; they visit the tool shed and maybe the chicken coup; they do a 45-minute job and then come back to do a reflection about the work; all vegetarian food prepared; emphasis is on values of sharing and cooperating during work;

Challenges: Measuring and evaluating; the things that people care about are things you can’t always measure; especially not on a standardized test; haven’t had to worry about assessment a lot yet, but will likely have to; Challenge will be assessment with the WASL: difficult to assess sharing and cooperating and learning about the importance of where seeds come from; etc; the more important things are the values that the kids practiced and learned and the interaction they get with the outdoors; journaling is encouraged;

Funding: funding for nutrition programs now seems to be more available;

Another challenge is the relationship with the teachers; teachers at the beginning have left; new teachers not as invested in program; every year the relationship between teachers and garden staff gets weaker; children journal about the garden: something you noticed, you learned? If you were a garden superhero, what would you be? Every student would share; keep it basic or make it a game;

Colin is excited to be back in Seattle; looking to continue to do this work here

#### Kenya Fredie, Orca ES in Columbia City:

The garden is a “headache and heartache” all at the same time; 276 children this year in K-5; one hour lessons Sept-June; seasonal changes; garden grows each year; native plant project started this year with 25 different garden species; this year focus is nutrition;

Annual fundraiser is May 12, and is part of kids’ lesson; they learn about garden economics as they prepare for annual plant sale; \$6,000 raised last year; funded and organized with help from PTA and parent volunteers; Ameri-corps person hired each year; Harvest Festival in October; kids harvest and have big feast; Solar panels have been in the garden since the beginning of the garden in the early 90s; kids don’t get to learn much about them, but do learn that it’s part of conservation; energy we get we sell back to City; have two Worm Bins in the garden; Each classroom has their own raised bed; great because kids are responsible for that plot; Used to have a salad bar at the school and would bring greens right into the cafeteria; salad bar is not in place now because there were labor issues that stopped it; Curriculum is age-appropriate and didn’t exist before; there was a real push when I started for developing new curriculum; it was funded by science grant originally; but there’s much more here than just science - nutrition, health; etc; and everything’s organic;

Donations come from grants – The National Garden Association is a good one; donations are usually solicited at and around the plant sale; come in the form of compost, pots, raffle items; have a budget through the PTA, and my position is funded through the PTA;

Seeds are collected; “It has been a labor of love for me. You can really have fun with kids.”

Some frustrations when dealing with administration and parents sometimes, seeing those kids happy and learning, that’s what it’s all about. Curriculum is available; will be sent electronically.

#### Sue McGann: Garden project at Marra Farm

Located in South Park between Boeing Field and Safeco; Sue works for FPA Solid Ground (formerly known as Fremont Public Association) and the Lettuce Link program; as part of this program have Marra Farm; Children’s garden with Concorde ES students; from March – June work in garden plots for one hour; this one hour is not enough; program started with one classroom; it’s been very successful, and now have three fulltime staff during the week, two days of after school programs; the summer is completely booked with day programs; all done by volunteers through Bastyr University; Sue works on curriculum and directing program;

Curriculum developed by staff and volunteers; and is not carved into stone;

During the school year – one hour a week; with classes divided into three groups; with 20 minute lessons; each group gets to do three things 1-Gardening (student plots, food bank plots, and shared plots); 2-Nutrition (cooking and eating); 3-Completely ‘organic’ activity (Changes each year – help build a shed; learn creek biology; running and physical activities and things that address ‘nature deficit disorder;’ tours around the farm, checking out the leaf, compost, or manure pile; these things address that kids are disconnected from nature;

“Hungry Planet” is a good introducing kids to food in other cultures;

Challenges: WASL test; we have no children for three weeks during test in April as they are preparing for the test; at the end of the year we have Salad Bar Day where a salad bar is set up in the school; this is not allowed any more because union labor issue; kids now make the salad at the farm; How to break through bureaucracy? Kids once brought their school lunch trays with them because the principle was afraid they wouldn't get enough to eat from the salad bar; Sue distributed seeds and literature about Marra Farm; Work is done by volunteers; parents, university students, and former teachers; Difficult getting public school kids because lack of funding for transportation; Kids' garden: after school year ended, they had to harvest gardens for summer gardens because their was limited space for more beds; This was the second year Salmon Bay ES (a 'progressive,' public school in Ballard) had an active teacher; they came to the farm on a metro bus and spent the whole day working, including the trip there and back;

#### Chris Omer, WSU-KCE Food \$ense CHANGE Program

Working with kindergarteners; 11 schools; 9 educators; one is Ameri-Corps volunteer; K-3; constantly changing curriculum; funded by USDA grant for nutrition education; Challenges: Trying to make things in garden relate to nutrition; in the fall, time is short; have light racks designed with PVC pipe that creates foundation so can do planting inside; work in groups of 4-5 students with recycle milk jugs; kids involved in planting and caring for garden; kids see plants in classroom; kids develop relationship with plants by having them right in the classroom; transplant to home garden or outdoor school garden; Some school gardens are converted; some are raised beds; some just have plastic containers; as schools are in transition; try to get kids outside as much as possible; Have worked with a Calcium garden – lesson based around plants that are all calcium rich; Limitations: teacher involvement; trying to get teachers motivated to have them check out the garden on their own time; teachers to take on part of garden as their own; they are busy and it's difficult to incorporate it into their own time; Short growing season; Who will take care of gardens during summer time? Trying to bring community into that part of the program;

#### **Questions:**

1-How can we get middle school kids involved? Currently lots of ES and HS more active and MS not as represented; low income communities are served with grants; private school some; PTAs may need to get involved; really good reason to get MS kids involved because the level of MS kid work is much higher than ES; MS students are more challenging; higher turnover with MS teachers; MS kids can be better tour guides or can teach/train ES kids in service learning; having principal and teacher on board; suggestion of having a garden club rather than as part of the curriculum; MS often have the space, which is often a challenge other places./

2-Is the trend for teachers attending workshops going up? Yes, seems to be more popular each year; bringing down divisions between teachers and gardens; afford the time to integrate into curriculum; if you coordinate your curriculum with the teacher; teachers trained to teach in an inside environment; need to have teachers understand that getting kids used to being outside is important

### 3-Are there any videos on school garden work?

Check out a Farmers' Almanac segment; KC TV segment on Seattle Tilth's Children's Garden; Organic gardening lesson plan curriculum is a challenge (Lisa Taylor); Seattle Tilth Children's Garden keeps lots of notes for activities 'on a fly' in a binder to refer to

### 4-Are there any suggestions of where to get school garden supplies at a discount?

Home Depot – may need a principal letter and should request well in advance; the Zoo gives out free compost (zoo doo); Johnnies and other seed companies give out seeds and may give small discounts to school gardens; farm supply places are usually less expensive; America the Beautiful Fund provides seeds; The National Garden Association has grants available;

### 5-Other resources?

- Life Lab, "Getting Started," resource book (see Lisa Taylor)
- "Digging Deeper" another garden activity book (see Lisa Taylor)
- 'The Maritime Northwest Garden Center' book (see Lisa Taylor)
- Chez Panisse Foundation: [www.chezpanissefoundation.org](http://www.chezpanissefoundation.org)
- The Edible Schoolyard, [www.edibleschoolyard.org](http://www.edibleschoolyard.org)
- Puget Sound School Gardens Collective web site: [www.pugetsoundschoolgardens.org](http://www.pugetsoundschoolgardens.org)
- Orca school garden website has their monthly curriculums posted: [http://www.orcaatcolumbia.org/artman/publish/orca\\_garden.shtml](http://www.orcaatcolumbia.org/artman/publish/orca_garden.shtml)

## **6: Updates**

Erin MacDougall: There are lots of Farm Bill updates being distributed on F2S list serve; they are good to take a look at to help identify and promote policy on F2S issues; They will be hearing about the Kellogg Grant (Food and Fitness) that was submitted this week; Also have submitted, along with Sylvia Kantor, a 'F2 Cafeteria readiness' grant proposal for KC schools; will keep you posted on its progress.

Sylvia Kantor: Check out the new domain for F2S: [www.farmtoschoolwashington.org](http://www.farmtoschoolwashington.org) that will direct you to the F2S website at WSU; March 24<sup>th</sup> is Small Farm Expo in Enumclaw – there will be lots of kid activities and the opportunity to connect with farm dealers

Ann Lanning: Planning a F2S workshop for the WA State PTA Convention in May; she is looking for input and ideas; would like share meaningful success stories, examples of F2S work being done and resources; Said there is a real disconnect with some parents on nutrition issues at schools; Please contact her if you would like to contribute or be involved: [annlanning@hotmail.com](mailto:annlanning@hotmail.com).

Alison Leber: Renewing call for volunteers for Beecher's Flagship nutrition curriculum program; Lessons are being given to 5<sup>th</sup> grade classes in Bellevue with the goal of having students understand how to read labels and understand food additives.

Tiana Colovos: There will be a part-time, paid, garden coordinator position opening with Orca ES; job description is in planning stages; will be PTA funded.

Val Stewart: Is planning tour of Islandwood Garden Classroom on Bainbridge Island; looking at a Wednesday in April; A video will soon be available about Islandwood students, the garden store and the children's garden.

Devon Hayes: Is a graduate student at Antioch and is looking for a research project; please contact her if you have ideas.

**Action Items:**

- 1-Post Beecher's Flagship program link on F2S web site - Sylvia
- 2-Post KC TV link of Seattle Tilth's Children's Garden – Sylvia
- 3-Planning for May 7 F2S Connections Team farm fieldtrip – Heidi
- 4-Next meeting: Monday, April 16, WSU-KC Office, Renton – Ann Lanning and Chef in the Classroom projects (Facilitator: Goldie Caughlan)