

The Garden Dirt

Fall 2011

News from Jefferson County Farm to School Coalition's school garden and compost programs



Quilcene students prepare a garden fresh kale salad.

WSDA FOOD SERVICE TRAINING & FARM TOUR

The efforts of Jefferson County Farm to School Coalition continue to bring progress! We are proud to announce, after much hard work, that the Washington State Dept. of Agriculture (WSDA) has selected our region to participate in a Food Service Training and Farm Tour on Oct. 19th.

At this training, nutrition directors from North Olympic School Districts and other institutions will come together with farmers to discuss farm-to-school supply chain development, look at seasonality and crop planning, and develop buyer-seller relationships. Food service directors will learn how to prepare a USDA approved school meal within budget using local foods harvested that day!

Building these connections will facilitate local sourcing and allow nutrition staff to feature more Washington produce in school meals. School nutrition staff will receive 6 Continuing Education Units certified by the Washington School Nutrition Association (WSNA). They will also come away with many tools and skills to help them incorporate more local foods into school meals.

Jefferson County Farm to School Coalition

Keeps School Gardens Growing

Fall means harvest time at the Grant Street and Quilcene school gardens, and thanks to Jefferson County Farm to School Coalition, (JCF2SC) students have plenty to harvest from the gardens this autumn.

This year the Quilcene and Grant Street school gardens will reach around 500 students. Thanks to JCF2SC, the garden crops and the garden curriculum, continue to thrive for these students. Also, 4 new garden beds have been created at Chimacum School. The support of JCF2SC has also made possible the hiring of a new Grant Street school garden coordinator and an Americorps member to serve at Quilcene and Grant Street gardens.

The support from JCF2SC, the Quilcene School District, the Food Co-op, community organizations, community members, and Grant Street 'Fund a Cause' will allow the school garden programs to run through November 2011. However, we need your continued support to keep our programs going and growing in 2012.

Please support our programs!

**Make checks payable to:
Community Wellness Project
P.O. Box 945
Port Townsend, WA 98368**

The School Garden Needs Your Help!

For two years the school garden and compost program was funded by Jefferson County Public Works Dept. who received a grant from the Dept. of Ecology. This grant cycle came to a close in December of 2010. We now seek other forms of program support, including: donations, grants, fundraising & volunteer involvement. The garden and compost program is now supported by *Jefferson County Farm to School Coalition* and our parent organization, *Community Wellness Project*, a 501 © 3 non-profit organization. To find out how you can help, and to learn more visit:

Jefferson County Farm to School Coalition

www.jcfarm2school.org



Grant St. Students Clean Garden Grown Wheat

Meet the garden Superfood: **KALE**

Kale is loaded with calcium, copper, potassium and vitamins A, C & B6. It is also a SUPERFOOD because of its abundance in phytochemicals, substances that have been associated with the prevention of cancer, diabetes, cardiovascular disease, and hypertension – four of the leading cause of death in Western countries. Phytochemicals are believed to help prevent cell damage, prevent cancer cell replication, and decrease cholesterol levels **Plus, it's yummy!** Ask your child if you can help them make this delicious kale salad for dinner tonight.

Raw Kale & Avocado Salad

Ingredients:

- 1 bunch kale (8-10 leaves)
- ½ ripe avocado, cubed
- 1 Tablespoon olive oil
- ½ lemon, juiced
- 3 green onions, chopped
- 2 Tablespoons raisins
- ½ teaspoon salt
- 2 Tablespoons balsamic vinegar (optional)

Directions:

- Rinse kale leaves, separate from stem & rip into small pieces
- Drizzle kale with olive oil & sprinkle with salt
- Soften kale by massaging with hands, let sit 5 minutes
- Add chopped avocado & gently mix together
- Add lemon juice, green onions, raisins & vinegar
- Mix together & enjoy!

Chimacum School Garden Expands

With the support of Jefferson County Farm to School Coalition, Chimacum teachers, parent volunteers, WSU Mater Gardeners and local businesses, Chimacum School now has 4 new garden beds for a school garden! Great team work!

Lessons from the Garden Fall 2011

Scrumptious Salad

In September students harvested veggies from the garden and learned about the nutritional value of each one. They created their own garden-fresh salad, practicing proper harvesting, washing, spinning and grating as well as safe food handling techniques.

At the end of class, our chefs and their teachers enjoyed the delicious fruits of their labor.

Salad never tasted so good!

Seed Study

Young garden students collected seeds from the Quilcene and Grant Street Gardens. They learned about storing seeds for future planting as well as preparing various seeds for eating.

After harvesting threshing and winnowing wheat they had grown, students ground wheat berries (seeds) using hand and bicycle powered grinders. The resulting whole wheat flour (which students learned includes the nutritious and fibrous bran and germ) was combined with other garden-grown bounty to create tasty snacks for the garden students to enjoy.

Many thanks to our parent volunteers and Dented Buoy Pizza for so generously donating time to help our students create these delicious & nutritious treats!