

## FRESH from the Garden

### Blue Ribbon Harvest

Our inaugural Sweet Potato Competition had some great entries, but above all, we hope everyone enjoyed growing, harvesting, tasting and learning about sweet potatoes. (Side note: They worked great as a summer cover crop to suppress weeds; mark the calendar for May planting.)

Ultimately, the PHHI contest pitted two local schools in a neck-and-neck competition. A.T. Allen Elementary and G.W. Carver Elementary submitted the winning entries as follows:

**Longest:**

1st place - A.T. Allen (13 3/4")

2nd place - G.W. Carver (13")

**Biggest (by weight):**

1st place - A.T. Allen (1662.8 g)

2nd place - G.W. Carver (1193.39 g)

**Most Unusual:**

1st place - A.T. Allen

2nd place - G.W. Carver

**Best Mascot:**

1st place - G.W. Carver

2nd place - A.T. Allen

*Pictured above are A.T. Allen's 1st place winner for longest sweet potato and G.W. Carver's 2nd place entry in the biggest (by weight) category.*



## Winter Garden Ideas

Are you looking for a way to keep garden interest up during the cold winter months? Plant microgreens! Microgreens are the shoots and first leaves of many salad greens and edible flowers. They are fast (seed to harvest in 1-2 weeks) and easy to grow. They pack up to 5 times more nutrients into their tiny leaves than their mature leaf counterparts. No fertilizer or organic pesticides are needed. The harvest tool of choice is a clean pair of scissors. Even a small flat will yield enough harvest for a class tasting. For a great beginner how-to guide about microgreens check out this [webpage](#).



### Plant

Planting outdoors is over for this season. However, planting indoors at this time of year will keep students interested in growing and learning. A quick and easy option is microgreens (see above), or for a more advanced system, try hydroponics. Hydroponics is a method of growing plants without soil. Nutrients are supplied through the water.

From systems that use inexpensive (even free) repurposed supplies, to commercially available tower gardens, there is a system that can work for you. Tower gardens require a substantial financial investment. If you'd like to try it out, you can

### Harvest

November should be a banner month for harvesting since many crops were planted a little later than normal due to the late heat we endured this year. What will you do with your harvest? Tastings? Car rider line Farmers Market? Whatever you choose to do, be sure to have a plan before it is time to harvest.

Some of the favorite tasting ideas we have heard from teachers are: kale chips, massaged kale salad, fruit smoothies with kale and or spinach added for nutrient density, tossed salad, kohlrabi-apple slaw and others. We recently enjoyed a tasting of

### Maintenance

Get your season extenders in the "ready" position for the cold days and nights that are coming. Remember, using sand bags or other weighted objects to hold the frost blanket in place will prevent it from getting blown off or torn when wind pulls at the blanket.

Take time to organize the tool shed so that you are not afraid to re-enter it in February when it is time to plant again.

Assess whether your garden beds will need soil added before spring planting. Have students calculate the amount of soil that will be needed (hint: use cubic feet or cubic yards).

request to borrow one from the PHHI STEM program. Let us know if you are interested.

sweet potato muffins and sweet potato chips at Patriots Elementary School. Both were delicious.



## Funding Opportunity

The 501(c)(3) nonprofit, [SeedMoney](#), is offering 255 grants on a sliding scale (\$50 to \$700) this fall to food garden projects (school gardens, community gardens,

food bank gardens, etc) across the country. They expect around 400 applicants which means that the chances of winning a grant are about 60%.



These are "crowdgrants" which means that participating projects win Seed Money grants by mobilizing their crowd to make small donations via online fundraising pages that SeedMoney helps set up. The average amount raised per project historically has been roughly \$800 ( grant + crowdfunds raised), but projects have raised as much as \$15,000. For many school and community garden projects, running a SeedMoney campaign is the only fundraising they need to do for the whole year.

The deadline to apply is 11:59 pm EDT on November 12, but SeedMoney encourages early applications to beat the rush. To learn more and apply, visit [seedmoney.org/apply](https://seedmoney.org/apply).

**Find more School Garden Resources on our website:**

[Lesson Plans](#)

[Professional Development](#)

[Recipes](#)

[Newsletter Archive](#)

**Questions? Contact us!**

**Amy Bowman • [asbowman@ncsu.edu](mailto:asbowman@ncsu.edu)**

**Doug Vernon • [dpvernon@ncsu.edu](mailto:dpvernon@ncsu.edu)**

**Subscribe to FRESH from the Garden!**

[View FRESH from the Garden in a web browser](#)