

FRESH from the Garden

More Videos

Here are a few new videos that just wrapped. Remember, you can check out the [STEM To-Go playlist](#) on our YouTube channel to find past videos. If you'd like to suggest a video topic, share your ideas with [Amy](#) or [Doug](#).

- [Planting & Thinning Kale](#)
- [Growing Microgreens](#)
- [Planting Fall Crops](#)
- [Planting Strawberries](#)



Virtual Lesson To-Go



As educators adapt to virtual learning environments, the development of ready-to-deliver virtual content has been a growing need. While many of our [lesson plans](#) might be adapted for at-home learning, this is our first Google Slides lesson designed for virtual delivery. Check it out, feel free to use it, and let us know what you think!

[All in the Family](#) is designed for 2nd grade students and covers standards related to evolution and genetics.



Celebrating Farm to School

October is Farm to School month. Perhaps you have heard the term “Farm to School,” but are not really sure what it refers to or if it’s even something that is happening at your school. There is a national network of programs that support the practice of sourcing local food for schools or preschools *and* providing agriculture, health and nutrition education opportunities. So, your cafeteria may receive seasonal produce from NC farms. In NC, the Department of Agriculture and Consumer Services



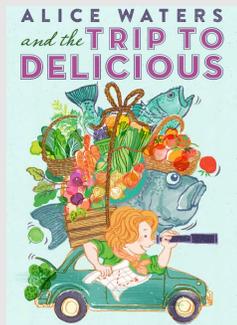
oversees these contracts. Educational efforts might include school gardens, farm field trips and cooking lessons. All together, Farm to School initiatives improve the health of children and communities while supporting local and regional farmers.

For the past five years, the Plants for Human Health Institute has supported the Farm to School effort in NC through the work Amy and Doug have done training teachers to utilize school gardens. Among the many benefits of school gardens, helping students to eat healthy and nutritious food addresses one of the initial reasons for the F2S movement, reducing childhood obesity. Children who grow food or are involved in the process of growing it are more likely to try foods than if they were offered it with no connection to the food.

According to the last Farm to School Census (2015), 62% of North Carolina school districts participated in farm to school activities compared to 42% of school districts nationwide. The top foods purchased locally (produced in NC) include: strawberries, apples, sweet potatoes and blueberries.

In 2015, there were at least 109 school gardens growing in North Carolina. Only four of those were in Cabarrus County Schools. Based on our work with Cabarrus County, we know that in 2020 there are 19 elementary schools and 3 middle schools with school gardens, not including 7 Kannapolis City Schools, most of which are located in Cabarrus County. That growth is tremendous!

A great way to celebrate Farm to School Month is with the picture book biography *Alice Waters and the Trip to Delicious*. A chef and founder of the Edible Schoolyard Project, Waters' passion for food education to support healthy choices for growing children is a fitting representation of the Farm to School mission.



Another fun and fitting celebration is participating in the NC Crunch.

On Wednesday, October 21, 2020 at noon, take a bite into a locally grown apple and be part of the

crunch heard 'cross the state.

Participants of all ages are invited to crunch! Learn more [here](#).



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Questions? Contact us!

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