

## FRESH from the Garden

### New Videos!

#### Bolting Kale

Lettuce and kale are some of the first plants in the garden to succumb to the heat of summer. They don't wilt and die right away; the plants transition from vegetative mode to reproductive mode, in an effort to ensure their species survival. While the plant in the ground may be reaching the end of its lifespan, it will use its remaining energy to flower and set seed so that a future generation will be established. Amy tells us more about this process, called "bolting," as she shows us the kale in her garden and how it's been transformed.



#### Planting Sweet Potatoes

Sowing seeds or digging a hole to bury the rootball of a transplant are the most common means of starting a garden crop, but there are some plants, like sweet potatoes, where a cutting is essentially directly rooted in the ground. These cuttings are called slips and the time to plant is late May to early June. In this video, Doug gives a quick tutorial on how to plant sweet potato slips.



## Harvests during closure benefit community

Several of the school garden teams in the Kannapolis City School System have been able to properly practice social distancing to provide fresh produce to their community. Though students missed out on the daily care and harvest of spring crops, school

staff were able to water, weed and harvest on a rotational basis to keep the gardens going.

Even more impressive is that they managed to distribute bags of lettuce, radishes, herbs, kale, strawberries, cabbage and kohlrabi to families of the school and community who were picking up lunches and paper packets from the schools. The produce was

set out in boxes or bags for individuals to pick-up from the car-rider-style lunch lines. Jenn Brazee, at Woodrow Wilson Elementary, says that Chinese cabbage and kohlrabi are crops that many students and their families are trying for the first time.



enjoying the strawberries, just from home.

STEM teacher Meredith Katz tells us that students would have normally harvested during the school day, learned about food safety and the importance of washing their produce before tasting their harvest in class, or taking some home with them. In addition to tastings, Brazee was also looking forward to selling some extra herbs and vegetables for funding to further support the garden at Woodrow Wilson. At Jackson Park Elementary, the students would have normally made herb butter and enjoyed strawberries at school, but this year, they're still

In mid-May, school nurse Abraya Johnson invited Doug Vernon to assist her with a Facebook Live segment at G.W. Carver Elementary School in Kannapolis. Abraya prepared food in her mobile kitchen (talk about fresh!) and Doug did a garden tour, all while practicing appropriate social distancing. Check out their great work [here](#). When Abraya cleaned the beds of all spring crops in preparation for sweet potatoes, she harvested 30 lbs of produce, delivering it to Cooperative Christian Ministry. Well done, GWC!



## Resources from Around the Web

**From FoodCorps:**

[Resources to Support Remote Education](#)

[Video Lessons by FoodCorps Service Members](#)

100+ videos demonstrating food and garden education lessons

### [FoodCorps Recording Videos FAQ](#)

Support for developing videos to offer remote garden learning during COVID, including links to two webinars: "Lights, Camera, Action: Tips and Tricks for Recording Videos" and "Tips for Editing and Sharing Videos"

**From The Edible Schoolyard Project:**

### [A Library of Strawberry: Activities and Lesson Plans](#)

**From EarthEasy:**

### [School Gardens: Can They Make Our Children Smarter?](#)

**From Research Triangle Nanotechnology Network:**

### [Sciencing with Abby](#)

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**Questions? Contact us!**

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