

## **Develop and implement a written curriculum combining Family Nutrition Programs and Farm to School programs in Fayette County**

### **Project Summary**

The Farm to School Program and the Family Nutrition program have been conducting Harvest of the Month taste tests and gardening activities in the Fayette County Schools for about three years now. This project is an effort to combine or layer the programs in the hopes of creating a larger impact. While we were conducting the programs, there was no written documentation or guidance. The School Nutrition Director, Andy Pence, and the Health Educator, Noel Mitchell, are consistent from one school year to the next, while the AmeriCorps volunteers hired by Farm to School program vary from season to season. Having written guidance of what to do each month will enable AmeriCorps to step in and conduct the activities on their own, which will make it possible for us to expand the program to other schools.

### **Goals**

- Combine the gardening program with the Harvest of the Month program.
- Document what activities will be done each month.
- Expand from 9 classrooms to 15 by the end of the 24-25 school year.

### **Timetable**

Task	Who is Responsible	Due Date
Come up with a curriculum overview, pairing gardening activities with the Harvest of the Month. (See attached.)	Noel	Complete
Secure additional funding for the sustainability of the programs. (This covers any expenses involved in the Harvest of the Month taste tests.)	Andy	Complete
Hire AmeriCorp(s)	Andy	Complete
Develop a budget.	Noel	Jan 21 <sup>st</sup>
Write a page for each month, outlining the Harvest of the Month food to be taste tested, and a correlating gardening activity. (See sample attached.)	Noel	Jan 31 <sup>st</sup>
Develop survey questions.	Noel & Andy	March 3 <sup>rd</sup>

### Budget & Supply List

We currently are doing 9 classrooms each month, at three different schools. This budget includes an increase of 6 more classrooms at two additional schools, for a total of 15 classes.

#### February – Microgreens

- 16 Disposable aluminum 8x8 trays with clear plastic lid \$10.00 at Dollar Tree
- 3 8 qt. bags of potting soil for starting seeds \$18.00 at Walmart
- Sunflower Seeds, 6 lb. bag (enough for all the schools) \$10.00 at Rural King
- 3 boxes of 300 Zipper lock sandwich bags \$18.00 at Walmart
- 4 packages of 100 Small zipper lock bags for seeds \$12.00 at Walmart
- 8 packages of 2oz cups with lids \$32.00 at Walmart
- **TOTAL FOR FEBRUARY \$100.00**

#### March – Square foot gardening lesson

- Paper towels, full sized, 6 rolls \$17.00 at Walmart
- Spinach (\$2 x 15 packets) and radish (\$2 x 30) seeds \$90.00 at Walmart
- Glue sticks, box of 30 \$9.00 at Walmart
- **TOTAL FOR FEBRUARY \$116.00**

#### April – Plant Paper towels

- Potting soil, 6 2 cu. ft. bags \$45.00 at Walmart
- **TOTAL FOR APRIL \$45.00**

#### May – Kale

- Basil seeds (\$2.50 x 15 packages) \$37.50 at Walmart
- **TOTAL FOR MAY \$37.50**

**TOTAL BUDGET FOR REMAINDER OF 24-25 SCHOOL YEAR \$298.50**

### Evaluation

Survey questions will be sent to each classroom that received both taste tests and garden activities each month (currently 9 classrooms) at the end of the school year. The teachers will conduct the surveys with their students, documenting the answers indicated by a simple show of hands.

There will also be a few questions just for the teachers.

### Curriculum Overview

MONTH	FOOD	TASTE TEST	GARDENING ACTIVITY
January	Sweet Potato	Sweet potato Tater Tots	Start sweet potatoes in water for slips.
February	Microgreens	Microgreens on cream cheese saltines	Plant microgreen trays in classrooms.
March	Infused water/Milk	Smoothie in a bag	Glue seeds in on paper towels for Square Foot Gardening (radish/spinach)
April	Radish	Sauteed radish	Plant paper towels. Harvest garlic.
May	Kale	Kale chips or kale smoothies	Harvest radish/spinach. Plant basil.
June	Strawberry	Strawberry Smores	Start strawberries in tp rolls. Plant Yum Yum peppers.
July	Basil	Easy Caprise	Harvest basil. Plant mini pumpkins.
August	Pepper	Mini snack sized peppers stuffed with cream cheese and Everything Bagel topping.	Harvest Yum Yum peppers.
September	Peach	4 food group parfaits	Plant carrots.
October	Pumpkin	Pumpkin dip and teddy grahams	Harvest mini pumpkins. Plant garlic.
November	Carrot	Multicolored carrots	Harvest carrots. Start food from scraps.
December	Popcorn	Popcorn with seasonings	Plant herb gardens.

# JANUARY

# SWEET POTATO

## Easy Baked Sweet Potato Tater Tots

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Ingredients	Instructions
For the tots: <ul style="list-style-type: none"><li>• 2 large sweet potatoes (scrubbed + washed)</li><li>• 1/4 tsp ground cinnamon</li><li>• 1 Tbsp sugar</li></ul>	1. Poke holes in the sweet potatoes with a fork and cook in the microwave for about 5-6 minutes. Let cool to touch.
For the coating: <ul style="list-style-type: none"><li>• 1 cup panko bread crumbs</li><li>• 1 Tbsp butter (melted)</li><li>• 1 Tbsp sugar</li><li>• 1/4 tsp sea salt</li><li>• 1 tsp ground cinnamon</li><li>• 2 tsp cornstarch</li></ul>	2. While sweet potatoes are cooking, prepare coating. Add all dry ingredients to a food processor and blend until incorporated. While mixing, stream in butter. 3. Peel sweet potatoes and add to a mixing bowl. Add cinnamon and mash – you're not looking for a puree, but rather a rough mash. If your sweet potatoes are already pretty sweet on their own, omit the sugar. Otherwise, add it in and mix. 4. Set in fridge to chill and preheat oven to 375 degrees F (190 C). 5. Spray a baking sheet with nonstick spray. Scoop out scant 1 Tbsp amounts of sweet potato puree and form them into a "tot" shape – an oblong circle. 6. Transfer to coating and use a spoon to gently toss to coat. Transfer to baking sheet and spritz the top with olive or canola oil to help them crisp up (optional). 7. Bake for 20 minutes, then gently flip. Bake for 20 minutes more then serve immediately. If you want them firmer, just bake them an additional 10-15 minutes. The longer you cook them the crispier they'll get!

## Start sweet potatoes in water for slips.

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### Supplies

- Sweet potatoes, at least one if you are just doing a demonstration, multiples if the students will be doing it themselves.
- Four wooden toothpicks for each sweet potato.
- Two clear plastic cups, big enough for the sweet potato to fit in. I used Solo type cups. You can also use glass jars, which are more stable, but could break if handled roughly in the classroom.

### Instructions

- Explain to the students that, unlike most vegetables, sweet potatoes are not started from seeds. They grow from "slips" that we grow from other sweet potatoes.
- Demonstrate for them how to start slips.
  - Turn the potato long way (perpendicular to the floor), and poke the four toothpicks into the sweet potato in a circle going around the circumference.
  - Place the sweet potato into the cup/jar so that the toothpicks hold it up with the top of the sweet potato rising out of the cup/jar.
  - Fill the cup/jar almost full with water, making sure that the top of the sweet potato is out of the water, while the bottom of the sweet potato is under the water.
  - Place the cup/jar on a sunny window sill.
- Explain that the bottom of the sweet potato will start to grow roots, then the top of the sweet potato will start to grow vines. These vines are the slips from which we will grow more sweet potatoes.
- As the roots and slips start to grow, make sure to change out the water once or twice a week to keep it fresh.
- When the slips are 3-4 inches long, break them off and place them in another cup/jar of water with the tops out of the water and the bottoms under the water so they can grow roots.
- When the slips have roots they are ready to plant!