



[f Friend on Facebook](#)

[Forward to a Friend](#)

Downeast Farm to School is a program of Healthy Acadia in partnership with Washington County: One Community.



Post Thanksgiving Greetings to All. We hope that you are all enjoying the fall season and will enjoy our late fall newsletter.

Machias Valley News Observer will be printing several articles over the next few months on school gardens. Keep your eye out for them!

Contents (click on a title below to go directly to the article):

- [Maine Harvest Lunch Results](#)
- [Bean Burrito Recipe](#)
- [School Garden Updates](#)
- [Mulching Song](#)
- [Apple Project](#)
- [Maine Ag in the Classroom's READ ME program: Deadline Dec 1](#)
- [New Staff at Healthy Acadia](#)
- [Kids Gardening Grant Opportunity: Deadline Dec 3](#)

Foundation and Grant Support

[The Bingham Program](#)

[C.F. Adams Charitable Trust](#)

[The Jane B. Cook 1983 Charitable Trust](#)

[John and Polly Guth](#)

[Maine Coast Heritage Trust](#)

[Maine Community Foundation](#)

[USDA Sustainable Agriculture, Research & Education](#)

Maine Harvest Lunch Results

Despite the new USDA meal pattern changes that have many food service staff's heads spinning, many cooks still set aside time to participate in Maine Harvest Lunch this fall. After a strong growing season in the northeast, we had many local produce options being served up from After the Rain, Salty Dog, Tide Mill, Kilby Ridge, Crow's

Other Support

[Coast of Maine Compost](#)

[Machias Savings Bank](#)

[Fedco Seed](#)

[Johnny's Selected Seeds](#)

Local Business Donations

[Calais Press](#)

*Thank you
one and all!*



Interested In Upcoming Events?

Contact [Regina Grabrovac](#) in

Brook Farm and numerous local garden surplus donations, resulting in over \$1500 in local purchases. Thank you all for your support of Farm to School! **Harvest Lunch lessons** were taught to over 700 students at Bay Ridge, Jonesboro, Jonesport, Princeton and Rose M Gaffney Elementary Schools. **Harvest meals** were served to more than 1500 students at Princeton, Pembroke, Milbridge, DW Merritt, Harrington, Cherryfield and Jonesport Elementary Schools and Narraguagus High School in Washington County. Rose M Gaffney and Bay Ridge Schools are hosting December harvest meals.

Bean Burrito Recipe

USDA's new meal pattern for K-12 requires that a half cup of beans and legumes be served on a weekly basis. Cheap to purchase, high in protein and fiber with low fat - what a winner! Beef tacos are a favorite on many school menus. Now is a great time to incorporate beans in with the beef taco or burrito. Try half beef and half pinto beans as an excellent way to begin the transition to either a full bean burrito or a bean/beef mix on a regular basis. Click on this [recipe link](#) to see the USDA's version. Bean burritos are a favorite in our homes with some salsa.

FoodCorps School Garden Updates



Taylor Weiss, FoodCorps Service Member, has spent much of her fall at Jonesboro, Jonesport, Beals and Rose M Gaffney Schools, harvesting summer crops and preparing gardens for winter with the planting of garlic

Washington County or [Katie Freedman](#) in Hancock County if your school is interested in participating in Farm to School Events!

Downeast Farm to School Coordinators

Regina Grabrovac
Washington County Farm to School Coordinator
wcfarmtoschool@gmail.com

Katie Freedman
Food, Farm and Nutrition Coordinator
katie@healthyacadia.org

Nikki Fox
Prevention Associate and Farm to School Coordinator
nikki@healthyacadia.org

Downeast Farm to School is a program of Healthy Acadia, in partnership with Washington County: One Community.



Healthy Acadia's Mission



and rye cover crops.

Donated [Coast of Maine Compost](#) was also applied to many of the gardens. The garlic will lay dormant under mulch through the winter months and then begin growing early in the spring. It is typically harvested during the summer months of July and August. Cover crops are used to supplement the soil providing organic matter and in some cases additional nutrients. Early in the spring the crop is turned back into the garden. Winter rye, barley, buckwheat, and clovers are all examples of cover crops used in the northeast. Taylor's next projects include in- and after-school cooking classes or taste testing events and garden-based food system lessons. If you are interested in ideas on how to incorporate garden-based education into your classroom, contact [Taylor](#) for suggestions.

Apple Project

Did you know that in the mid 1800's there were at least 80 commercial apple orchards in Ellsworth and that Washington County apples were an export crop to northeastern cities? This fall, Healthy Acadia's Downeast Farm to School Program once again provided school children throughout Hancock and Washington Counties with the opportunity to press apple cider and learn the fascinating history of this enigmatic and important fruit.

In Washington County, the Apple Project began the season with attendance at the Perry Harvest Fair with the cider press and a display of over 30 heritage and newer varieties of apples donated by pomologist John Bunker of Palermo and Jon Antil of Northfield. Despite an extremely poor crop year, our program was still able to offer cider pressing at eight schools serving nearly 500 students including Bay Ridge, Beatrice Rafferty, Rose M Gaffney (RMG), Edmunds, Harrington, Milbridge, Jonesboro and Machias Valley Christian Schools. RMG organized a full

We empower people and organizations to build healthier communities.

Our Vision

Downeast Acadia is home to diverse, vibrant communities where healthful resources are available and people work together for the common good.

Healthy Acadia and Washington County: One Communities are Healthy Maine Partnerships.



Healthy Maine Partnerships is a collaborative effort among 27 local coalitions, the Maine DHHS (Maine CDC and Office of Substance Abuse) and DOE, supported primarily by the Fund for a Healthy Maine with federal grants from the US CDC, SAMHSA, and DOE.

Apple Fest with 5 stations, including vermicomposting/soil testing, apple tree culture (pests/disease), apple pressing, delicious taste testing with heritage varieties and lastly, baking apple pies. Yum! Several gallons of cider and 10 apple pies were shared with the participating grades the following day. Beautiful Downeast Food Heritage Collaborative 2x3 foot historical images were displayed and used as part of the lesson activities at many of the Washington County events. Many thanks to volunteers Lisa Athearn, Paul Holm, 8th grade Rose M Gaffney students, Oona Molyneaux and Hailey Bell for assisting at events this fall.

In Hancock County, our staff and volunteers visited Mount Desert Elementary School to press cider that was then served as part of Maine Harvest Lunch. At Blue Hill Consolidated School and Miles Lane School in Bucksport students got to taste Snow, Macintosh, Macoun, and Empire apples, all of which share a common lineage and an interesting history. In addition to in-school programming, Healthy Acadia also partnered with The Woodlawn Museum and UMaine Cooperative Extension to organize the first ever "Field Days at Woodlawn." Over three hundred students from Ellsworth Elementary and Middle School (5th, 6th, and 8th grades), Surry, Brooksville, and Penobscot schools enjoyed touring the Black House, playing historic games such as croquet, identifying historic "mystery" objects, getting their hands dirty learning about soils and composting in the community gardens, and of course pressing cider. Special thanks to our wonderful volunteers who helped with the apples: Todd Little-Siebold, Mollie Bedick, Nikki Fox, and Alex Fouliard.

Maine Ag in the Classroom's READ ME program registration: Deadline Dec 1

Read "ME" Agriculture has been a very successful

program since 2008, reaching over 50,000 Maine students. We are pleased to announce its return during Ag Week 2013 (March 18-22). Volunteers will read and give books about agriculture to Pre Kindergarten through 4th Grade Classrooms across the state. They will tell the students about their farms, programs or connections to agriculture and leave lessons and information for the teachers to use, all supplied by MAITC. Funding for this project is a direct result of the Maine agricultural specialty license plate, grants from USDA and a collaboration this year with The Maine Dairy Promotion Board and Dairy Nutrition Council to develop the book "Dairy Farming for ME".

To sign up, contact [MAITC](#) directly or in Washington County you may contact [Regina Grabrovac](#).

New part-time FTS Staff at Healthy Acadia

This month Healthy Acadia welcomed Nikki Fox to our team as Prevention Associate. Along with public health prevention work, Nikki will be supporting Katie Freedman on the Downeast Farm to School Program in Hancock County. She will be working to support the development of gardens in public schools, deepen existing connections school gardens are making in the classrooms, and offer food systems education, apple cider pressing, and Maine Harvest Lunch activities.

As a graduate of College of the Atlantic, Nikki is passionate about supporting the local food movement and educating children on the importance of eating fresh, locally grown food. Her combined interest in agriculture and education began during an internship at



the Manhattan Country School Farm in Roxbury, NY, where inner city children are immersed in rural farm life. Nikki has managed farmstands for Beech Hill Farm, Freedom Farm, and her own small homestead, Moon Dog Farm. Nikki lives in North Orland, with her husband Tom and two daughters. You can reach Nikki at nikki@healthyacadia.org or 288-5331.

Mulching Song

If you are looking for ways to keep the younger kids entertained while you are mulching your garden here is one idea from Dana Stevens 2011/12 FC Service Member (Sung to the tune of the *Farmer in the Dell*)

"We mulch over the soil; we mulch over the soil; hi ho the mulching-o, we mulch over the soil"

"It holds in the rain; it holds in the rain; hi ho the rainy-o, it holds in the rain"

"The plants grow big and tall; the plants grow big and tall; hi ho the growing-o, the plants grow big and tall"

"The weeds are kept real small; the weeds are kept real small; hi ho the weeding-o, the weeds are kept real small"

"The kids eat the plants; the kids eat the plants; hi ho the munching-o, the kids eat the plants"

"The worms eat the mulch; the worms eat the mulch; hi ho the wormy-os, the worms eat the mulch"

Speaking - "Oh no! All the mulch is gone, now what do we do!" -- Repeat song until children are exhausted ;-)

Kids Gardening Grant Opportunity: **Deadline Dec 3**

NGA is delighted to announce that The Home Depot Garden Club continues to sponsor Youth Garden Grants (YGG). In the past six years, The Home Depot Garden Club has contributed over \$400,000 to support school garden programs. In its 30-year history, Youth Garden Grants have supported more than 1.3 million youngsters through gardening programs. Thanks to the generosity of The Home Depot Garden Club, five winners will receive

gift cards valued at \$1,000, and 95 winners will receive \$500 gift cards, to purchase gardening materials and supplies from their local Home Depot store specific to the needs of their program. To learn more, click the title above to link to the website.

*Please forward this e-newsletter to anyone
you feel may be interested.
Have a wonderful December and Holiday
Vacation.*

~ Regina, Katie and Nikki

[follow on Twitter](#) | [friend on Facebook](#) | [forward to a friend](#)

Copyright © 2012 Downeast Farm to School, All rights reserved.



[unsubscribe from this list](#) | [update subscription preferences](#)