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Food and Nutrition Information Center

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Farm to School and School Gardening: A Resource List for Educators July 2010

This publication is a collection of resources on the topic of Farm to School and School Gardening for educators. It is comprised of information available on the World Wide Web, educational materials and contact information of related organizations.

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This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/farmtoschool.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Farm to School

A. Curricula and Educational Resources

4-H Growing Connections

University of Vermont Extension 4-H Program

Web site: <http://www.uvm.edu/extension/youth/?Page=growingdescription.html>

Description: 4-H Growing Connections is a garden-enhanced nutrition education curriculum for youth that includes planning and planting a garden, developing nutrition and cooking skills, building food security and hunger awareness, and enhancing food safety and preservation skills. 4-H Growing Connections is designed for youth age 5-18.

Ordering Information:

UVM Extension

11 University Way, Suite 4

Brattleboro, VT 05301-3669

Phone: 802-257-7967

Fax: 802-257-0112

Agriculture in the Classroom: National Resource Directory

Utah State University

Web site: <http://www.agclassroom.org/directory/index.cfm>

Description: This directory includes educational resources about agriculture including lessons plans, educational materials and resources for students ages pre-k through grade 12.

Chefs A' Field Season Three: Kids on the Farm

Warner Hanson Television

Web site: <http://chefsfield.com/season3/>

Description: Chefs A' Field offers a new batch of culinary adventures for all ages as America's chefs- and their kids- venture out to farms, fishing boats and ranches for a look at where food comes from. Together, the chefs and their children go in search of fresh ingredients for unique local specialties, interacting with farmers, fishermen, foragers and ranchers, in Chefs A' Field: Kids on the Farm. From shrimping in a Louisiana bayou to sampling heirloom tomatoes in Taos to cheese making in the rolling hills of southern Wisconsin, the chefs and their children explore the many faces and places of America's diverse food landscape.

Ordering Information:

Phone: 206-615-5448

Online ordering: <http://www.channel9store.com/prodinfo.asp?number=433004>



Cooks for Kids Season Three: Cooking Green Across America

National Food Service Management Institute, University of Mississippi

Full text: <http://www.nfsmi.org/ResourceOverview.aspx?ID=324>

Description: *Cooks for Kids: Cooking Green Across America*, takes a look at the foods served at schools from seed to table and back to dirt through composting. It shows the connection schools have with local farms to serve healthy meals in school cafeterias, how they are using the school garden to teach children about where food comes from and improve student nutrition, and look at ways schools are becoming more ecofriendly. Taking us into In the Cooks for Kids kitchen, Chef Marvin Woods shows us tasty ways to prepare healthier foods for school children. He also demonstrates easy classroom activities that reinforce healthy food concepts. *Cooking Green* also emphasizes seasonal, economical food production, using USDA Foods, whenever possible.

Farm Programs

LAUSD: Network for a Healthy California

Web site: http://www.healthylaund.net//other_programs/farm_programs.aspx

Video: http://www.healthylaund.net//other_programs/farm_school_video.aspx

Description: Farmers in the classroom, farmer's market stand information, and a video that takes you into the classroom to explore the school program are offered at this Web site.

Farm to School

Idaho State Department of Education

Web site: <http://www.sde.idaho.gov/site/cnp/nutritionResources/farmSchool.htm>

Description: This Web site is aimed at connecting schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting local small farmers. This Web site offers food of the month posters, brochures, booklet ideas, bulletin board ideas, and activity sheets for children in grades 1-6.

Farm to School Program

Community Alliance with Family Farmers

Web site: <http://www.caff.org/programs/farm2school.shtml#booklist>

Description: Reading list for children, resource list, overview and profile of CAFF's program. Also includes a Farm to School guide for food service directors/teachers and another for parents.

Fresh from the Farm

"Time" for Kids

Web site: http://www.timeforkids.com/TFK/class/pdfs/2008s/080425_bp_all.pdf

Description: This teacher's resource for guiding a "fresh from the farm" class day includes worksheets for children to complete and a lesson plan for teachers. It is suitable for children in grades 1-3.



Harvest of the Month Training Corner

Network for a Healthy California

Web site: <http://harvestofthemonth.com/TrainingCorner/index.asp>

Description: Harvest of the Month provides teacher resources that help link the cafeteria and the classroom. It includes training materials, activities for children, recipes, and “monthly elements,” including educator newsletters, family newsletters, menu slicks and press release templates. The overall goal is to provide knowledge and skill-based strategies that are standardized, cost-effective, replicable, and convenient.

Kids Cook Farm-Fresh Food

California Department of Education

Web site: <http://www.sagecenter.org/projects/public-education-outreach/#project2>

Description: This curriculum contains activities, recipes, profiles of local farmers, and correlations to academic content standards. It is designed to promote the use and enjoyment of fresh, seasonal, produce through classroom tasting and cooking. Student learning is assessed using journaling. Tips to teachers are provided for each lesson.

Ordering Information:

Sustainable Agriculture Education (SAGE)

David Brower Center

2150 Allston Way, Suite 320

Berkeley, CA 94704-1381

Phone: 510-526-1793

Fax: 510-524-7153

E-mail: info@sagecenter.org

B. Training Materials

Eat Smart—Farm Fresh! A Guide to Buying and Serving Locally-Grown Produce in School Meals

USDA Food and Nutrition Service

Full text: http://www.fns.usda.gov/cnd/Guidance/Farm-to-School-Guidance_12-19-2005.pdf

Description: This handbook for school food service personnel focuses on procurement, types and examples of farm-to-school distribution models, how to find locally-grown food and farmers, menu planning considerations, and strategies for success. Please note procurement requirements have changed since this was put out in 2005.

Farm to School Program Information

Community Food Security Coalition

Web site: http://www.foodsecurity.org/farm_to_school.html

Description: This site describes how Farm to School Projects work, assistance available for these projects, organizing tools, case studies, publications and links, and possible funding sources for these programs.



Fresh from the Farm: Using Local Foods in the Afterschool and Summer Nutrition Programs

Food Research and Action Center

Full text: http://www.farmentoschool.org/files/publications_159.pdf

Description: This guide outlines strategies and approaches for accessing local products, such as working with an organization that is already using local produce, collaborating with the area food service director, or operating the Farm to School program independently.

Going Local: Paths to Success for Farm to School Programs

National Farm to School Program, Center for Food & Justice, Occidental College and Community Food Security Coalition

Full text: <http://departments.oxy.edu/uepi/cfj/publications/goinglocal.pdf>

Description: With case studies from California, Florida, Illinois, Massachusetts, Michigan, New Hampshire, North Carolina, and Oregon, this publication provides a snapshot of the diverse ways in which Farm to School is making a difference nationwide – from a local food-based curriculum in Chicago, to a focus on transportation and distribution in Massachusetts, to utilizing the Department of Defense produce buyers in Michigan, the report highlights strategies that can help Farm to School practitioners and advocates of healthy kids and farms build successful programs in their home communities.

Growing the Links between Farms and Schools

The Center for Rural Pennsylvania

Full text: http://www.farmentoschool.org/files/publications_189.pdf

Description: The guidebook, suitable for food service directors, teachers, administrators, school nurses, school health and wellness committees, farmers, and suppliers, recognizes that both schools and farmers need to work together to make farm to school programs work effectively and describes a number of different ways to make connections and to start and sustain a successful farm to school program.

Local Food Connections: From Farms to Schools

Iowa State University Extension

Full text: <http://www.extension.iastate.edu/Publications/PM1853A.pdf>

Description: This resource discusses the ways that local farmers are connecting to Iowa schools.

National Farm to School Program

UEPI Center for Food and Justice

Web site: <http://www.farmentoschool.org/>

Description: This resource highlights different state Farm to School programs, provides a free resource packet by request, sample policies, case studies, and related news.



Nourishing the Nation One Tray at a Time

National Farm to School Network and the Community Food Security Coalition

Full text: <http://www.foodsecurity.org/NourishingtheNation-OneTrayataTime.pdf>

Description: This publication of the Community Food Security Coalition is an educational resource for teachers and staff interested in the Farm to School program. Discusses the Child Nutrition Act and Farm to School, including history of the program, benefits, case studies, and advantages of the program.

Rethinking School Lunch Guide

Center for EcoLiteracy

Web site: <http://www.ecoliteracy.org/programs/rsl-guide.html>

Description: Experts and practitioners highlight goals and challenges, showcase success stories, and offer resources and examples of model policies.

Full text: <http://www.ecoliteracy.org/sites/default/files/uploads/rethinking-school-lunch.zip>

Small Farms / School Meals Initiative

USDA, Food and Nutrition Service

Full text: <http://www.fns.usda.gov/cnd/Lunch/Downloadable/small.pdf>

Description: A step-by-step guide on how to bring small farms and schools together.

II. School Gardening

A. Curricula and Educational Resources

California School Garden Network Curriculum

California School Garden Network

Full text: <http://www.csgn.org/page.php?id=22>

Description: This curriculum provides over one hundred garden-based lessons to create, expand, and sustain garden-based learning experiences. It offers ideas and resources for every level of garden-based learning from sprouting seeds to understanding the food system.

CHANGE Curriculum

King County Extension, Washington State University

Full text: <http://king.wsu.edu/nutrition/CHANGEpdfs.htm>

Description: The CHANGE curriculum consists of 40 lessons, taught in 10 lesson units. There are two units for primary (1-3) grades and two units for intermediate (4-5) grades, with information on cooking and gardening in the classroom.



Down-To-Earth

Robert D. Williamson and Ellen P. Smoak
Greensboro, NC: The Program, 2002, 141 pp.

Website: <http://www.n4hccs.org/>

Description: Down-to-Earth is a self-contained, gardening-oriented science curriculum. Children use the scientific method to explore solutions to problems involving the growth of food and fiber crops. Children work their way through a variety of gardening-related activities and learn to think critically, analyze information, communicate, and formulate ideas as they experience the joy of gardening. This curriculum leads educators from the planning and developing the garden through the lessons. This material is suitable for grades 6-8.

Ordering Information:

National 4-H Supply Service
C/O: Wachovia Bank, P.O. Box 75013
Baltimore, MD 21275-5013
Phone: 301-961-2934
Fax: 301-961-2937.
E-mail: 4hstuff@fourhcouncil.edu
Web site: <http://www.4-hmall.org/detail.aspx?ID=735803>

A Garden in Every School

Nutrition Services Division, California Department of Education

Web site: <http://www.cde.ca.gov/Ls/nu/he/garden.asp>

Description: This publication is a resource booklet about garden-enhanced nutrition education. The "Garden in Every School" initiative creates opportunities for schools to provide dynamic environments that support student mastery of educational standards.

Gardening for Wildlife

National Wildlife Federation, Schoolyard Habitat

Full text: <http://www.nwf.org/schoolyard/howtoguide.cfm>

Description: The National Wildlife Federation's Schoolyard Habitat program uses a curriculum to explain in depth about creating a schoolyard habitat and the process required for the task. The second part of the curriculum focuses on creating a schoolyard garden. The curriculum walks through the steps to creating a successful and sustainable wildlife garden, provides information on teaching in an outdoor classroom, and offers resources to help create and maintain the garden.



Growing Food

Pamela A. Koch , Angela Calabrese Barton, Isobel R. Contento

New York: Teachers College, Columbia University; South Burlington, VT: National Gardening Association, 2007, 256 pp.

Web site: <http://www.tc.columbia.edu/LIFE/>

Description: In *Growing Food*, teachers and students embark on an adventure learning science through the study of the food production system. Students learn about the cycling of matter in nature, flow of energy, and food systems. Students engage in hands-on investigations of photosynthesis, food webs, agriculture, and also explore and analyze their personal food choices through scientific reasoning. They apply what they have learned through discussions and debates about personal decisions related to food systems, health, and the environment.

Ordering Information:

Gardening with Kids, National Gardening Association

1100 Dorset Street

South Burlington, Vermont 05403

Phone: 800-538-7476

Fax: 802-864-6889

E-mail: customerservice@garden.org

Web site: <http://www.gardeningwithkids.org/11-3300.html>

B. Training Materials

Grants for School and Youth Gardens

National Gardening Association

Web site: <http://www.kidsgardening.com/grants.asp>

Description: The National Gardening Association has compiled a list of available grants for school gardens.

School Gardens

Texas A&M University, Texas Agricultural Extension Service

Web site: <http://aggie-horticulture.tamu.edu/kindergarden/child/school/sgintro.htm>

Description: This Web site includes links to various topics on school gardens, including: steps to build a school garden, ideas and curricula, nutritional benefits, and school garden resources.

Smart by Nature: Schooling for Sustainability

Center for Ecoliteracy

Web site: <http://www.ecoliteracy.org/publications/smart-by-nature-book.html>

Description: *Smart by Nature: Schooling for Sustainability* portrays the growing sustainability movement in K-12 education, showcasing stories of public, independent, and charter schools across the country. This 216-page book describes strategies for greening the campus and the curriculum, conducting environmental audits, rethinking school food, and transforming schools into models of sustainable community.



C. Books

Creating Outdoor Classrooms: Schoolyard Habitats and Gardens for the Southwest

Lauri Macmillan Johnson, with Kim Duffek

University of Texas Press, 2008, 191 pp.

ISBN: 978-0-292-71746-6

Description: This book provides information for creating a safe, vibrant, engaging school garden in the Southwestern states of the United States. Many different design plans are included, as well as information about plants and wildlife.

Early Sprouts: Cultivating Healthy Food Choices in Young Children

Karrie Kalich, PhD, Dottie Bauer, EdD, Deirdre McPartlin, MEd

Redleaf Press, 2009, 216 pp.

ISBN: 9781933653723

Web site: <http://www.earlysprouts.org/overview.htm>

Description: With Early Sprouts preschool children are connected to their food supply through a unique "seed to table" curriculum centered on a working garden. This book provides background information, as well as information to get started with a garden project.

Edible Schoolyard: A Universal Idea

Alice Waters

Chronicle Books, 2008, 79 pp.

ISBN: 0811862801

Description: This book tells the story of the author's development of a school garden at middle school in her neighborhood. The story and idea have developed into a universal idea of Edible Education that integrates academic subjects with growing, cooking, and sharing healthy food. This book is for educators looking to delve into a school gardening program and teach children in a unique and outside of the box way.

Garden Projects for the Classroom & Special Learning Programs

Hank Bruce and Tomi Jill Folk

Petals & Pages, 2003, 212 pp.

ISBN: 978-0-9705962-1-5

Description: This book is a collection of school gardening projects and activities. Lessons are for outdoor gardens or indoor classroom gardens. There are 46 activities and 30 garden themes in this book. Suitable for elementary schools but some activities or gardens could be used in preschools, middle schools or high schools.

Getting Started: A Guide for Creating School Gardens as Outdoor Classrooms

Center for Ecoliteracy

Life Lab Science Program, 2007, 51 pp.

Description: This publication contains information on how to get started with a garden and includes everything from selecting and preparing the site, meeting the challenge of a garden, and keeping the garden noticeable to the public.

Full text: <http://www.ecoliteracy.org/sites/default/files/uploads/getting-started-2009.pdf>



Got Dirt?

Amy Meinen and Julie Allington

Madison, Wisconsin: Department of Health and Family Services, 2005, 58 pp.

Web site: <http://dhs.wisconsin.gov/health/physicalactivity/gotdirt.htm>

Description: This garden toolkit was designed to help implement community, childcare, and school gardens. The book goes through the steps of beginning a garden, what and when to plant, and other issues of gardening, such as composting. The book also includes success stories about gardens and gardening resources. It also includes side bars with ideas of what to do with the fresh food grown in the garden.

The Growing Classroom: Garden-Based Science

Roberta Jaffe and Gary Appel

National Gardening Association, 2007, 464 pp.

ISBN: 020121539X

Description: This book provides activities for teaching science, environmental awareness, and nutrition in an outdoor living laboratory as well as in a classroom setting. The book provides activities for direct observation and experimentation in the garden laboratory as well as focused lessons on specific topics. Included are more than 150 field-tested, garden-based activities.

Growing Fruits & Vegetables

Laurie Manahan, MS, MEd, RD and Martin A. Manahan, MA

Yummy Designs, 2002, 12 pp.

ISBN: 0-936467-19-3

Description: This activity book is full of fun pictures to color while learning about growing fruits and vegetables. The book also teaches children about farming, gardening, cooking, and nutrition. This book is in English and Spanish.

Suitable for ages: 3-10 years.

Healthy Foods From Healthy Soils: A Hands-on Resource for Educators

Elizabeth Patten and Kathy Lyons

Tilbury House Publishers, 2003, 256 pp.

ISBN: 978-0-88448-242-0

Description: This book is a useful resource for engaging children in a diverse set of activities to learn about the food cycle from garden to plate (and back!). The over forty-five experimental activities include singing, acting, making models, growing food, creating collages, tasting new food, keeping journals, charting food waste, learning to love worms, and more.

Hollyhocks and Honeybees: Garden Projects for Young Children

Cara Starbuck, Marla Olthof, and Karen Midden

Redleaf Press, 2002, 189 pp.

ISBN: 1-929610-20-3

Description: This book includes information on how to incorporate lessons into school gardens and explores some of the challenges of school gardening.



Nutrition Fun with Brocc and Roll

Connie Liakos Evers, MS, RD
24 Carrot Press, 2007, 64 pp.
ISBN: 0-9647970-5-4

Description: This hands-on activity guide is full of activity sheets and recipes for teaching kids about nutrition and healthy living, and could be utilized by either educators or parents. This resource encourages children to make their own healthy choices. It is divided into six chapters and each chapter inspires creativity and healthy living. Chapter 5, Growing Fun, focuses on starting a garden.

Setting Up and Running a School Garden: A Manual for Teachers, Parents and Communities

Food and Agriculture Organization of the United Nations
FAO, 2005, 198 pp.
ISBN: 92-5-105408-8

Full text: <http://www.fao.org/docrep/009/a0218e/A0218E00.htm>

Description: This resource includes examples of school gardening from around the world that could be used in any high school setting. In addition to school garden information, information is included for creating a farm stand with the produce grown.

III. Additional Resources and Web Sites

FSA Kids

USDA, Farm Service Agency

Web site: <http://www.fsa.usda.gov/FSA/kidsapp?area=home&subject=landing&topic=landing>

Description: This Web site provides coloring pages, farm fun facts, stories, and games for children in pre-k to grade 4.

Farm to School

Urban and Environmental Policy Institute, Occidental College

Web site: <http://www.farmtoschool.org/>

Description: Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.

Farm to School 101 Toolkit: Growing a Better School Food Environment

Farm Aid

Web site: http://www.farmaid.org/atf/cf/%7B6ef41923-f003-4e0f-a4a6-ae0031db12fb%7D/FARM_TO_SCHOOL_101-FARM_AID_TOOLKIT.PDF

Description: Discusses seven steps to getting started on a farm to school program, case studies from established programs, how to avoid roadblocks, and helpful resources.



Gardening with Children

American Community Gardening Association

Web site: <http://www.communitygarden.org/learn/resources/resourcelinks.php#Children>

Description: This Web site includes a list of gardening resources for gardening with children and school gardens. The Web site also includes a video about community gardening and resources for community gardens, as well as school gardens.

The Healthy Meals Resource System: Farm to School

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://healthymeals.nal.usda.gov/farm-school-resources-2>

Description: The Farm to School section of this Web site includes resources that describe farm to school programs, provide reasons about implementing a program, and resources about start a program in your area. This section includes Farm to School activities, lesson plans, a full curriculum, activity books, and posters.

The Healthy Meals Resource System: Gardening with Children

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://healthymeals.nal.usda.gov/resource-library/school-and-preschool-gardens>

Description: The Gardening with Children section of this Web site includes resources that help children learn about food and healthy eating by inviting them to grow their own fruits and vegetables. This section includes garden theme ideas and activities, lesson plans, a full curriculum, activity books, and posters.

Kid's Zone

USDA Agriculture in the Classroom

Web site: <http://www.agclassroom.org/kids/tours.htm>

Description: This resource for ages pre-K through grade 5 includes science projects; a farm and fun food section, including coloring pages and games; agriculture facts by state; and other information about farming.

One Tray: Nourishing the Nation One Tray at a Time

One Tray

Web site: <http://onetray.org>

Description: At this Web site, one can sign up for policy updates related to child nutrition programs and Farm to School programs.

School Food FOCUS

School Food FOCUS, W.K. Kellogg Foundation

Web site: <http://www.schoolfoodfocus.org/>

Description: School Food FOCUS is a national initiative to help school districts with more than 400,000 students develop Farm to School programs. FOCUS aims to promote sustainability and help children in school by improving nutritional status.



School Garden Tools

GardenABC's

Web site: http://www.gardenabcs.com/Resource_Center.html

Description: This Web site is a resource center with information about school gardening events nation wide and school garden grants/contests. It also has a list of helpful organizations and programs.

School Gardening Resources

May Media Group

Web site: <http://www.myhealthyschool.com/gardens/resources.php>

Description: This Web site includes a collection of resources that would be helpful when starting a school garden. The Web site also features success stories about school gardens.

School Garden Weekly

School Garden Weekly

Web site: <http://schoolgardenweekly.com/>

Description: This Web site features videos about school gardens and gardening to watch online for free, as well as a list of helpful resources and recent news relating to school gardens.

School Garden Wizard

The United States Botanic Garden and Chicago Botanic Garden

Web site: <http://www.schoolgardenwizard.org/>

Description: This Web site contains resources for starting a school garden, acquiring funds and supplies, creating a garden curriculum, and maintaining the garden.

What can USDA do?

One Tray, Community Food Security Coalition, National Farm to School Network, School Food FOCUS

Web site: <http://onetray.org/wp-content/uploads/2009/08/onetrayusdacando1.pdf>

Description: This Web site features a full report on recommendations for the government to support farm to school programs and sustainable farming practices.



This resource list was compiled by:

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