

LA SEMILLA



LA SEMILLA
LEARN GROW INSPIRE

HEAL
&

PASO DEL NORTE
HEALTH FOUNDATION
HEALTHY EATING & ACTIVE LIVING

WHAT IS EDIBLE EDUCATION?

Edible Education is based on the idea that the health of our community and future generations can be improved through hands-on experiences growing and cooking fruits and vegetables. Over the course of three years, our program works in partnership with local schools to establish gardens and train teachers how to incorporate gardening and cooking activities into their classrooms. La Semilla supports schools and teachers with the supplies, training and technical assistance to ensure they are successful.



LEARNING GARDENS:



- La Semilla works with schools to design and build durable, easy-to-use gardens.
- Edible Education Garden Activity Guide includes standards-based lessons for K-8 grade.
- Students learn how to grow fruits and vegetables from seed to table.
- Learning gardens are living laboratories ideal for learning about the natural world.
- La Semilla provides seeds, tools, and assistance to ensure gardens are a success!



CLASSROOM COOKING:



- Schools receive a cooking kit with everything needed for classroom cooking.
- La Semilla delivers farm boxes each month with fresh, locally sourced ingredients for preparing recipes.
- Students in participating classrooms receive recipe and nutrition activity booklets.
- Seed to Table Celebrations, held 1-2 times per year, incorporate garden produce in healthy recipes to share with parents and the school community.



PROFESSIONAL DEVELOPMENT:



- La Semilla hosts exciting hands-on trainings where teachers learn gardening and cooking skills.
- Trainings are held at schools so teachers can tour other school gardens in the network and share best practices with other educators.
- Edible Education Peer Learning Conference includes 20+ teacher-led sessions to share successful lessons.

HEALTHY SCHOOL ENVIRONMENT:



- La Semilla works with schools to promote a schoolwide culture of health where the healthy choice is the easy choice for students, teacher and staff.
- La Semilla provides a menu of evidence-based practices to help guide schools in setting and achieving healthy goals.

LEARNING GARDENS



La Semilla's learning gardens are designed to grow an abundance of healthy food and serve as classrooms and living laboratories for hands-on learning. Students engage with every step of the seed to table process from preparing soil to planting seeds to harvesting and eating vegetables, ending in composting food scraps to return nutrients to the soil.

NEW TOOLS TO HELP YOU GROW MORE FOOD THIS YEAR:

- Monthly Learning Garden Maintenance Calendar to help you stay on track
- Planting calendar aligned with Farm Box recipes
- Redesigned Learning Garden Activity Guide with 40 new lessons designed by local teachers in our program
- Learning Garden Immersion Days: La Semilla Staff wants to help ensure that gardens are used to the fullest by ensuring that planting, harvesting and composting are happening on time. To facilitate these goals, we are offering our staff time on site for 2 Learning Garden Immersion Days each year. We'll schedule a meeting to check the status of your garden, and then plan, coordinate, and help lead hands-on learning in the garden.

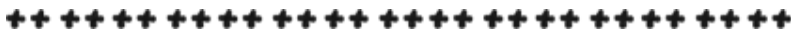
APPLY FOR ADDITIONAL GARDEN COMPONENTS:

Now that your school garden has raised garden beds for growing vegetables and fruit trees, your school is eligible to apply for additional garden components listed below if you do not already have them. The number and size of additional beds will be determined by school interest, funding, space considerations and weed pressure.



- **POLLINATOR HABITAT**
In this garden bed students create a habitat for pollinators by including host plants for butterflies and nectar-rich flowers that feed bees, hummingbirds, butterflies and other pollinators. The pollinator habitat provides a place for students to observe lifecycles and attracts other beneficial insects that help manage pests and ensure healthy garden ecology.
- **HERB GARDEN BED**
Herbs are a staple in any garden and many herbs are perennial and bring life to the garden throughout the year. Herbs are great for sensory explorations and can also be used fresh in salads and infused waters or can be dried for tea or culinary spices.
- **PROJECT-BASED LEARNING BED**
Project-based learning beds can be used to bring to life any classroom book or topic. Projects are designed by the school and supported by La Semilla. Some examples include: growing a food students are reading about, seed saving, three sisters gardens, cucumbers for pickling, tea gardens, growing corn to grind into flour, planting edible perennials, etc.
- **3-BIN COMPOST SYSTEM**
Composting offers students the opportunity to better understand how matter cycles through our ecosystem and observe the process of decomposition. In the garden, finished compost adds nutrients to beds that keeps soil healthy and ready to support plant growth. Our compost bins can produce a large amount of compost, however they do require a school to have a method for collecting compostable materials and a commitment to watering and turning the pile.
- **OUTDOOR CLASSROOM**
Schools can apply for a garden chalkboard that can double as a garden welcome sign on the reverse side. Depending on available funding, La Semilla may be able to offer limited benches for seating. Schools are encouraged to find shady places under tree canopies, or consider installing shade structures to help make the garden classroom more comfortable. Seating options like hay bales and tree stumps can also be used to create a gathering space.

CLASSROOM COOKING



COOKING KITS

Schools receive a complete cooking kit that includes cutting boards, knives, mixing bowls, measuring spoons, a salad spinner, graters, peelers, and other tools to prepare basic fresh-prep recipes right in the classroom. After a school completes the 3-year Edible Education Program, the Cooking Kit remains at the school for future use.

MONTHLY FARM BOXES

Students learn about new fruits and vegetables through monthly classroom cooking activities. Teachers work with students to prepare healthy recipes using fresh seasonal produce from local farms delivered to their classroom by La Semilla staff.

SEPTEMBER	Minty Melon Medley
OCTOBER	Garden Salsa
NOVEMBER	Sunflower Seed and Apple Salad
DECEMBER	(optional) Radish tasting
JANUARY	Lettuce Leaf Tacos
FEBRUARY	Winter Root Salad
MARCH	Chimichurri Bites
APRIL	Spice it up Kale Salad
MAY	A Little BEET Citrusy Smoothie

STUDENT ACTIVITY BOOKLETS

New this year! Each participating class will receive our Edible Education Recipe and Activity booklet with our nutrition lessons, harvest guide, monthly recipes, and veggie info sheets.



SEED TO TABLE CELEBRATIONS

Seed to Table events are the culmination of the student's experience in Edible Education. Students invite parents and family members to taste delicious dishes prepared with produce they have grown and harvested. These celebrations provide an opportunity for students to share their cooking and nutrition knowledge with their family and take Edible Education home. Returning schools have the option of holding two Seed to Table Celebrations each year. The first is either held in October or December depending on whether schools come back to a garden full of summer produce or come back and plant cool-weather crops in September. The second Seed to Table Celebration is held at the end of the school year. New partner schools hold one Seed to Table Celebration at the end of their first year.

PROFESSIONAL DEVELOPMENT



Teachers are the heart of a successful Edible Education program. We ask teams of 4-5 committed teachers from each school to participate in fun, hands-on professional development workshops where teachers learn basic gardening skills, prepare recipes for classroom cooking, and collaborate with other teachers to problem solve and share best practices.

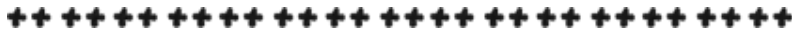
Each of four Professional Development Workshops will be held twice, once at an El Paso area school and once at a Las Cruces area school. Each workshop is held at a partner school so that teachers can tour several school gardens each year and see how other schools realize Edible Education in Learning Gardens.

	LAS CRUCES DATES	EL PASO DATES	PEER LEARNING CONFERENCE AND CELEBRATION	YOUTH FARMERS' MARKET
WORKSHOP 1 8:30AM-2:30PM	September 16 th , 2017	September 23 rd , 2017	December 2 nd , 2017	April 21 st , 2018 in El Paso
WORKSHOP 2 8:30AM-12:30PM	October 14 th , 2017	October 21 st , 2017		
WORKSHOP 3 8:30AM-12:30PM	January 27 th , 2018	February 3 rd , 2018	Las Cruces, New Mexico	April 28 th , 2018 in Las Cruces
WORKSHOP 4 8:30AM-12:30PM	March 10 th , 2018	March 3 rd , 2018		

EDIBLE EDUCATION PEER LEARNING CONFERENCE AND CELEBRATION

Mark your calendars for this December event! La Semilla held its first Edible Education Peer Learning Conference last year and it was a teacher favorite. Each partner school is asked to share one hands-on Edible Education activity that was successful at their campus. With over 20+ activities, teachers can select the sessions they think will best fit their needs. Our Edible Education team also likes to show our appreciation for all that teachers do by providing a delicious lunch and giving over a hundred prizes!

HEALTHY SCHOOL ENVIRONMENT



We all want our students to grow up healthy and strong. La Semilla offers resources to schools to help them ensure that lessons about healthy eating are consistent and reinforced throughout the school. Using a Healthy School Toolkit, La Semilla helps schools identify and set goals to foster a healthy school environment. We then provide support, research, and guidance to help schools achieve their goals. Students make choices about what to eat three times a day, every day. Fostering a healthy school environment ensures that at school, the healthy choice is the easy choice.

Some example of ways you can make the healthy choice the easy choice at your school:

ACTIVITY PARTIES

- Send home a letter to parents offering activity parties in lieu of cupcakes to celebrate students' birthdays.
- Limit cupcakes and unhealthy treats to the last 20 minutes of school, and hand out treats as students leave for the day.
- Provide an activity cart with music, hula hoops, jump ropes and other fun games to incentivize students to choose an activity party.

SALAD BARS

- Talk to Food Service Staff about adding a salad bar to your cafeteria.
- Already have a salad bar? Why not have students develop a marketing campaign to encourage students to choose it?
- Ask us about partnering on a Garden to Cafeteria Pilot **to use your garden's produce** in your salad bar!

HEALTHY ROLE MODELS

- **La Semilla can offer a fun, afterschool cooking class to teachers through Whole Kids Foundation's Healthy Teachers Program.** All the school needs to do is guarantee at least 15 teachers can attend.
- Ask teachers to be healthy role models for **students, limiting treats and sodas to the teachers' lounge.**
- Ask teachers to help promote the salad bar, or eat a salad from the salad bar together with students in the cafeteria.

HEALTHY SNACKS AND DRINKS

- Audit the school concession stand. Is it at least 50% healthy?
- Refrain from offering food as a reward in school. If it is offered, make it a healthy food.
- Can you help students and staff at your school avoid sugar-sweetened beverages and stay hydrated by using infused water dispensers?



PROJECT CALENDAR 2017-2018

SEPTEMBER

September 1 - Whole Kids Foundation School Garden Grant opens
September 16 - Professional Development Workshop #1 (Las Cruces Location)
September 19 - **September "Minty Melon Medley" Farm Box Delivery (A schools)**
September 23 - Professional Development Workshop #1 (El Paso Location)
September 26 - **September "Minty Melon Medley" Farm Box Delivery (B, C and D schools)**
Evaluation: Pre-Surveys and Veggie Meter Readings
Healthy School Action Planning Begins
New School Garden Design

OCTOBER

October 14 - Professional Development Workshop #2 (Las Cruces Location)
October 17 - **October "Garden Salsa" Farm Box Delivery (A and B schools)**
October 21 - Professional Development Workshop #2 (El Paso Location)
October 24 - **October "Garden Salsa" Farm Box Delivery (C and D schools)**
October 31 - Whole Kids Foundation School Garden Grant closes
Complete Healthy School Action Plan

NOVEMBER

November 14 - **November "Sunflower Seed and Apple Salad" Farm Fresh Box Delivery (A and B schools)**
November 28 - **November "Sunflower Seed and Apple Salad" Farm Fresh Box Delivery (C and D schools)**

DECEMBER

December 2 - Edible Education Peer Learning Conference and Celebration (Held in Las Cruces)
Optional Radish Tasting
Tier 2 and Tier 3 Seed to Table Celebrations

JANUARY

January 23 - **January "Lettuce Leaf Tacos" Farm Box Delivery (A and B schools)**
January 27 - Professional Development Workshop #3 (Las Cruces Location)
January 30 - **January "Lettuce Leaf Tacos" Farm Box Delivery (C and D schools)**

FEBRUARY

February 3 - Professional Development Workshop #3 (El Paso Location)
February 13 - **February "Winter Root Salad" Farm Box Delivery (A and D schools)**
February 27 - **February "Winter Root Salad" Farm Box Delivery (B and C schools)**

MARCH

March 3 - Professional Development Workshop #4 (El Paso Location)
March 10 - Professional Development Workshop #4 (Las Cruces Location)
March 13 - **March "Chimichurri Bites" Farm Box Delivery (A and B schools)**
March 20 - **March "Chimichurri Bites" Farm Box Delivery (C and D schools)**

APRIL

April 17 - **April "Spice it up Kale Salad" Farm Box Delivery (B and C schools)**
April 21 - Youth Farmers' Market (El Paso)
April 24 - **April "Spice it up Kale Salad" Farm Box Delivery (A and B schools)**
April 29 - Youth Farmers' Market (Las Cruces)

MAY

May 8 - **May "A Little Beet Citrusy Smoothie" Farm Box Delivery (A and B schools)**
May 15 - **May "A Little Beet Citrusy Smoothie" Farm Box Delivery (C and D schools)**
Evaluation: Post Surveys and Veggie Meter Readings
Seed to Table Celebrations

LET'S KEEP GROWING TOGETHER!



HERE'S WHAT WE NEED FROM YOU TO DIG INTO ANOTHER YEAR OF EDIBLE EDUCATION.

Our goal is to provide the expertise and resources necessary for schools in our region to develop thriving Edible Education Programs. With frequent changes in administration and teaching staff we ask each school to revisit their participation and commitment to Edible Education each year so we know who is on our team as we help make the healthy choice the easy choice at your school.

RETURNING SCHOOL APPLICATION MATERIALS:



1. Edible Education Program Application (must be signed by Principal)
 - Program fee of \$90.00 per teacher to cover half of the cost of food supplies provided for cooking activities. The other half is contributed by La Semilla Food Center.
 - Volunteer recruitment to install garden infrastructure
 - Space in refrigerator on campus for short-term storage of cooking ingredients
 - Participation in evaluation of program (student surveys and veggie-meter)
2. Participation of 4-5 committed teachers (one registration form per teacher)

QUESTIONS?

Please reach out to EdibleEducation@lasemillafoodcenter.org with any questions or to submit your school's application materials. The sooner we get your materials, the sooner we can jump back in to Edible Education! Please return your application as soon as possible, but no later than **Wednesday, August 30TH, 2017.**

