



Assessing & Using Community Assets

Jessica Sparks-Mussulin

growing-minds.org

Agenda

9:45-11:15 workshop session

9:45-10:15

- presentation in classroom

10:15

- take shuttle or walk to farmers market

10:30-11:00 *farmers market*

11:00

- take shuttle or walk back to conference
- pick up notebooks in this classroom
- next session starts at 11:25

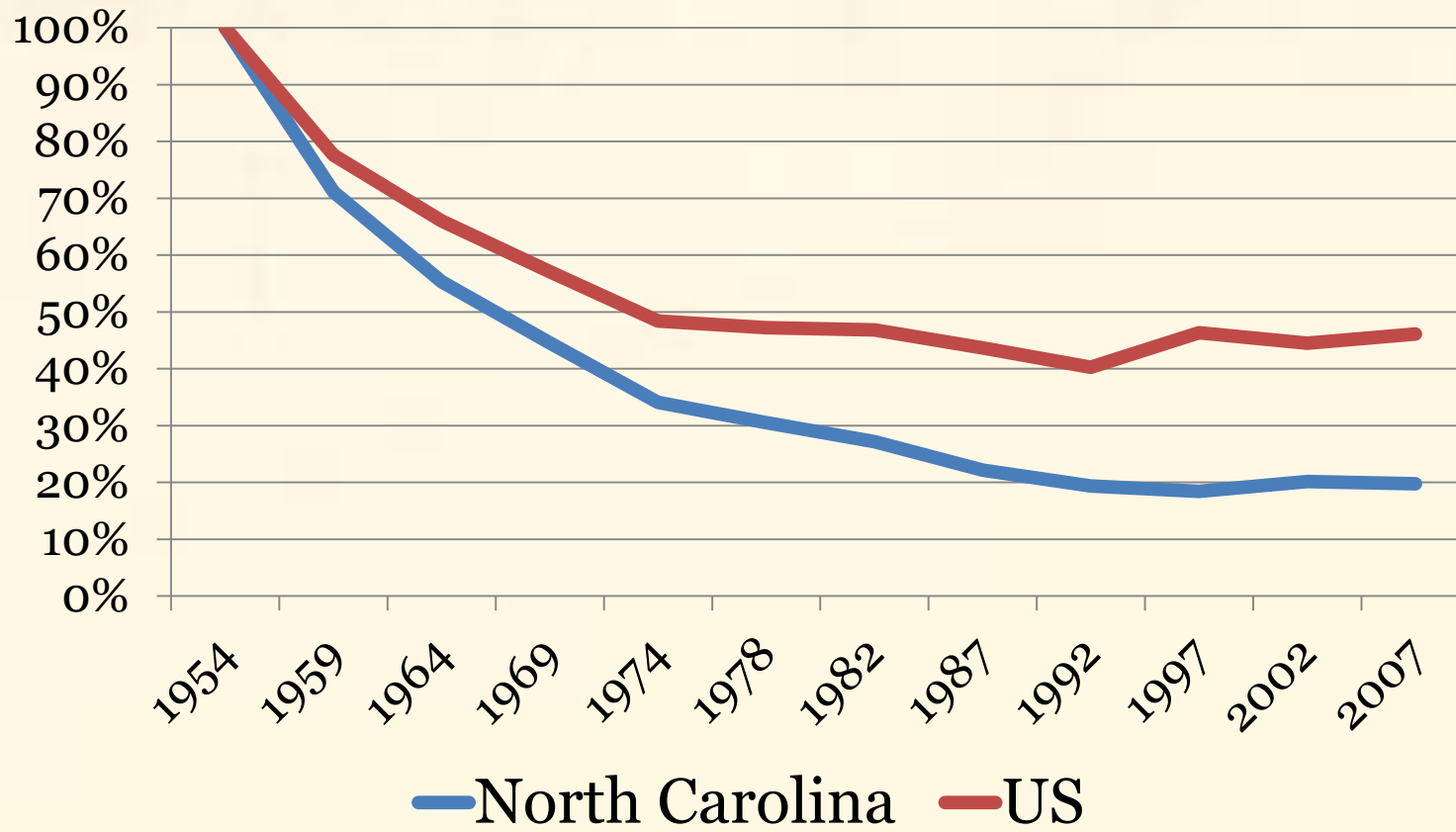




Our mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food.

asapconnections.org

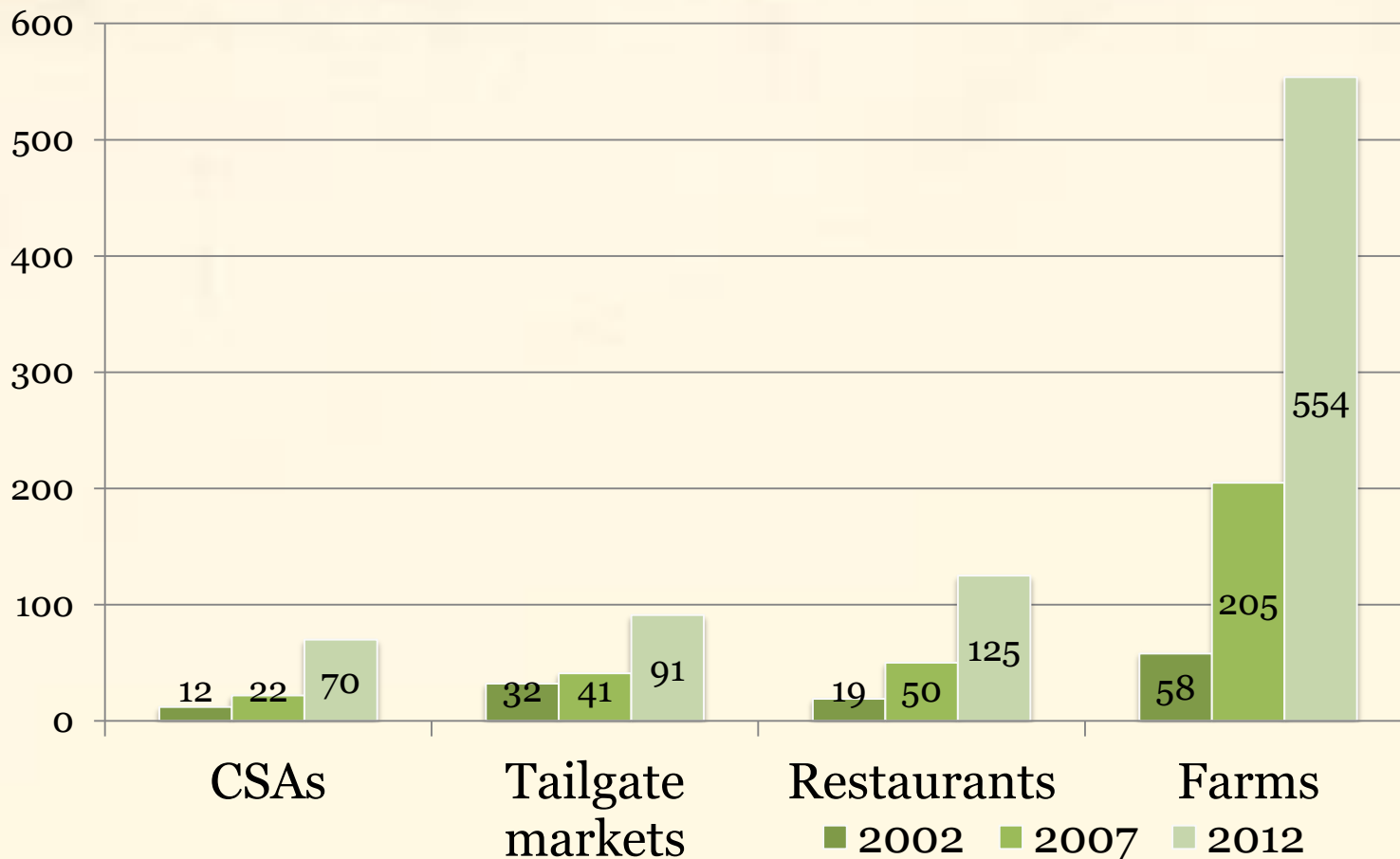
Farm loss 1954-2007



ASAP's Approach



WNC Local Food



About Growing Minds



Growing Minds

- Builds community
- Provides experiences
- Creates resources
- Trains



What is Farm to School?



- School gardens
- Cooking in the classroom
- Farm field trips
- Local food in the cafeteria

Examples of Farm to School Experiences

- Local food taste tests in any environment
- Local food cooking classes
- Gardening
- Farm field trips and farmer visits
- Vegetable based crafts
- Children's literature
- Games and songs

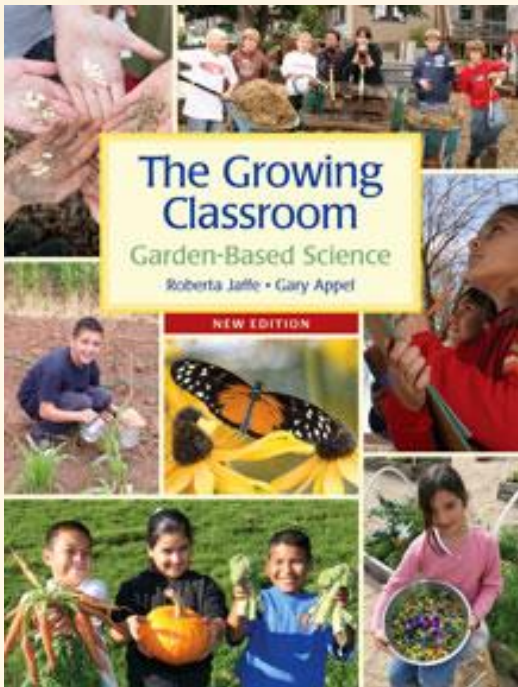


Assessing and Utilizing Community Assets

What resources already exist in your community that you could tap into to support your farm to school efforts? We will discuss connecting with farmers, farmers markets, community organizations, and volunteers.



Lots of great resources available

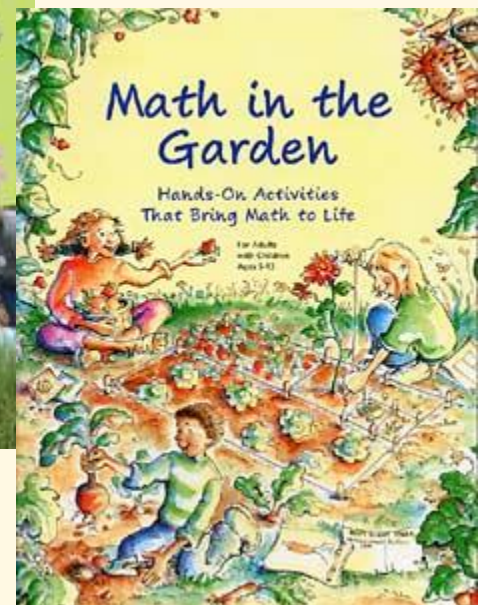
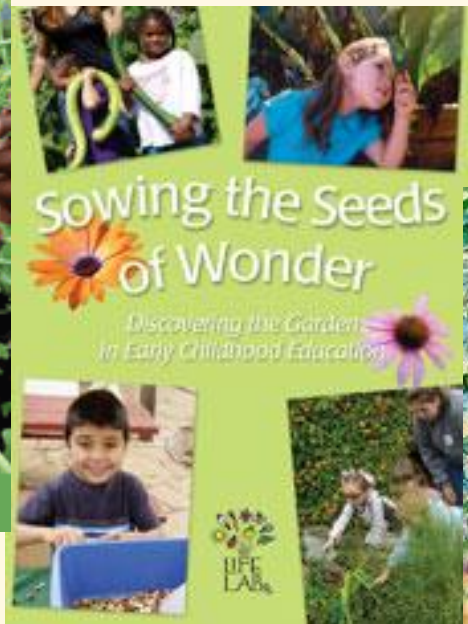


The Growing Classroom

Garden-Based Science

Roberta Jaffe • Gary Appel

NEW EDITION



Get Local @ School



get Local school Farm to School means fresh food from local farms served in your cafeteria. Enjoy these local tastes each month.	
 Tomatoes	August
 Cucumbers	September
 Cabbage	October
 Potatoes	November
 Apples	December January February March
 Spinach/Lettuce/Greens	April
 Strawberries	May
 Summer Squash	June
 Berries	July
<small>www.AppalachianGrow.org For posters, contact: info@appconnections.org</small>	

What GM provides



Fresh Tomato Salsa

Ingredients

- 1 green pepper
- 2 pounds ripe local tomatoes
- 1 medium onion
- 1 bunch cilantro
- 1 jalapeno pepper or other hot pepper (optional)
- 1 clove garlic (optional)
- salt and pepper to taste

Directions

Remove seeds from green and jalapeno peppers. Chop the green pepper, jalapeno, and onion and place in a large bowl. Dice the tomatoes, removing the stem and hard center and add to green pepper mixture. Finely chop cilantro and garlic. Mix all ingredients in your large bowl. Add salt and pepper to taste.



Find more recipes at www.growing-minds.org



Cucumber Exploration Projects All About Cucumbers

At ASAP, cucumbers are the featured "Get Local" vegetable for September. Visit www.growing-minds.org for the full "Get Local in Schools" schedule.

Goal: Introduce students to cucumbers and how they grow.

NC Standards Addressed:

Kindergarten: English Language Arts – 1.01; Mathematics – 1.01, 2.01; Science – 3.02, 3.03.
First: English Language Arts – 4.06; Mathematics – 2.01; Science – 1.01.
Second: Mathematics – 1.02, 3.02.

NC Common Core:

Kindergarten: Language Arts – RI.K.1, RI.K.2, RI.K.6, W.K.2
Mathematics – K.CC.4, K.CC.2, K.MD.1
First: Language Arts – RI.1.1, RI.1.3, W.1.2
Mathematics – 1.MD.1
Second: Language Arts – RL.2.1, RL.2.3, RL.2.7
Mathematics – 2.G.3, 2.G.1

Materials

Book to Read

The Pickle Patch Bathtub by Frances Kennedy

Cucumber Exploration Supplies

- Magnifying glasses
- Small paper plates
- Local cucumbers – different varieties, slicing and pickling

Journal Supplies

- White and colored paper
- Pictures of cucumbers growing
- Crayons/colored pencils

Preparation: Wash, dry and cut cucumber into pieces right before lesson.



Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project)
306 West Haywood Street, Asheville, NC 28801
(828) 236-1282
www.Growing-Minds.org



farm to school

Search this site...

GO



An ASAP Program

Our Work ▾

Resources ▾

About ▾

Lesson Plans, Activities, and Ideas

Save or print full lesson plans, activities, and curriculum ideas related to school gardens, farms, and local food.

Children's Literature

Browse the titles in our lending library appropriate for Farm to School lessons.

Local Food Recipes

Find recipes that highlight local food and are perfect for preparing both in the classroom and at home.

Get Local @ School Materials

Check out our Get Local @ School materials for an effective strategy to introduce local, seasonal fruits and vegetables to students.

Trainings and Workshops

Learn about our upcoming Farm to School workshops, and view resources and photos from these past events.

DONATE

LESSON PLANS

Looking for ways to connect your school garden, cooking activity, or local farm to curriculum? Check out our Farm to School lesson plans for every month of the school year.

Learn More

STORIES



GET LOCAL @ SCHOOL



FEATURED PHOTO



SUBSCRIBE NOW

Are you an educator interested in receiving our Farm to School monthly newsletter? Receive

Why work with partners?

- Accomplish tasks that you don't have the expertise for
- Gain different perspectives
- Expand the reach – each partner has their own constituencies
- Access resources – different partners have different resources



Farm to School Partners



Community Organizations/ Community Members

- Cooperative Extension / Master Gardeners
- Local church groups
- Health Departments
- Boys and Girls Club
- YMCA/YWCA
- Area experts (beekeepers, farmers, garden clubs, etc.)
- Non-profit groups



Volunteers



Students & parents

College students-
service learning,
internships



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Farmers



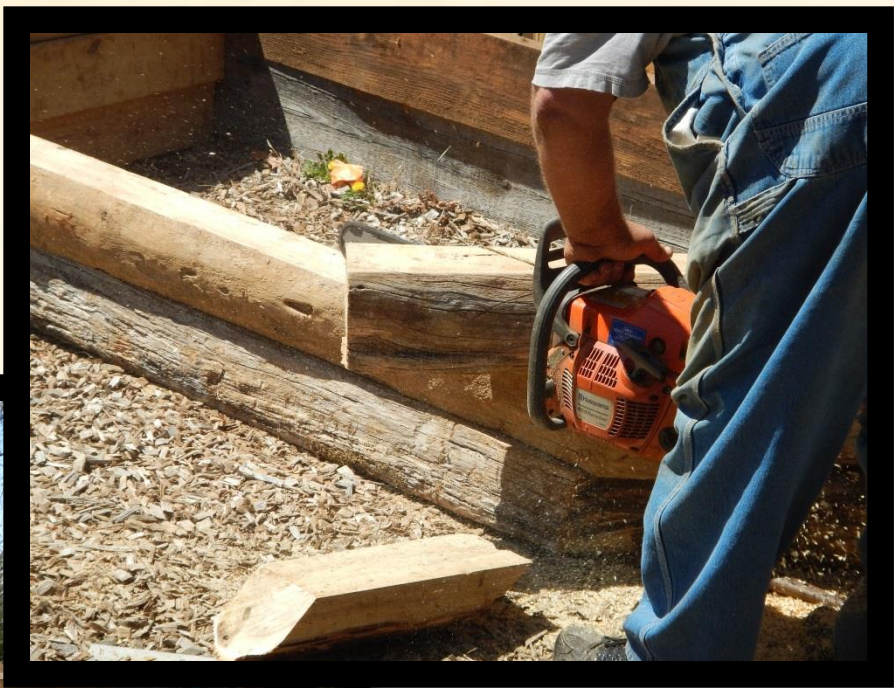


Chefs



Chefs





School Custodians &
Community Members

- PTA/PTO
- Connect with community gardens
- Church groups



Tips for coordinating volunteers



Be sure to have someone that is organizing and delegating tasks

[Sign Up Genius!](#)



Farmers- where to find them!



Farm Field Trips





The Hayride:

A Resource for
Educational Farm Field
Trips



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Farmer Visit to the Classroom



Farmers Markets



Farmers Markets



Farmers Market Ideas

- Tours



Farmers Market Ideas

- Purchasing at market & then cooking with it (cooking competitions)



Farmers Market Ideas

- Kids activities



Farmer's Market Ideas

- Taste tests



Farmers Market Ideas



- [Chef/restaurant cooking demos](#)

What in the
world do I do
with this?!



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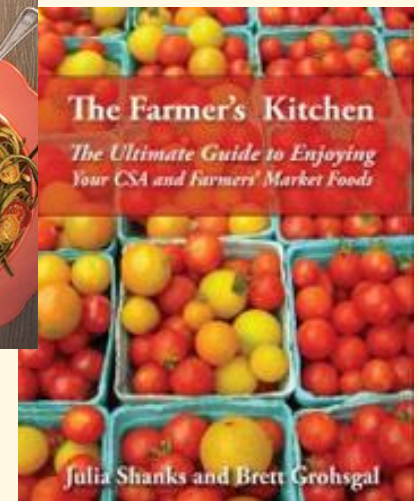
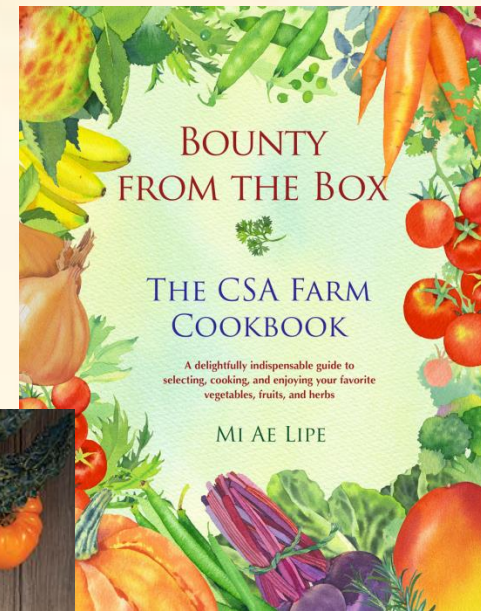
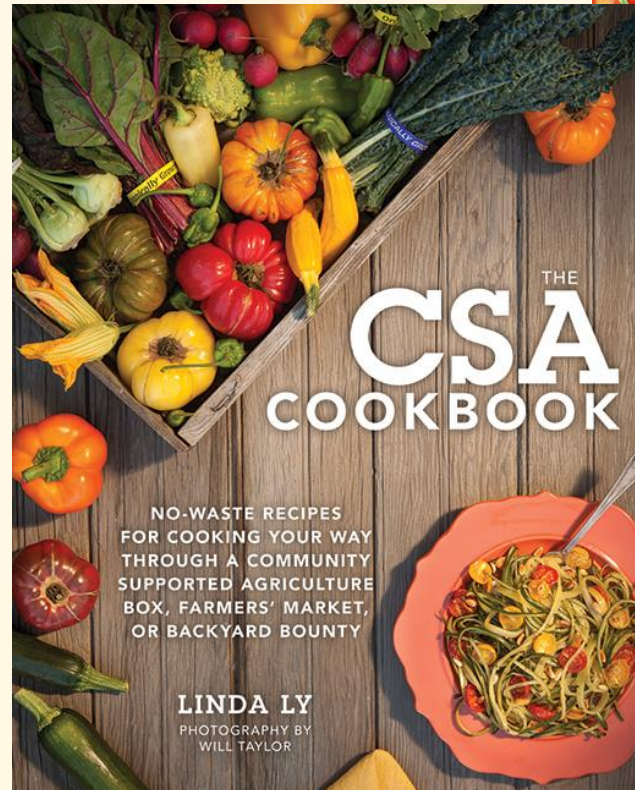
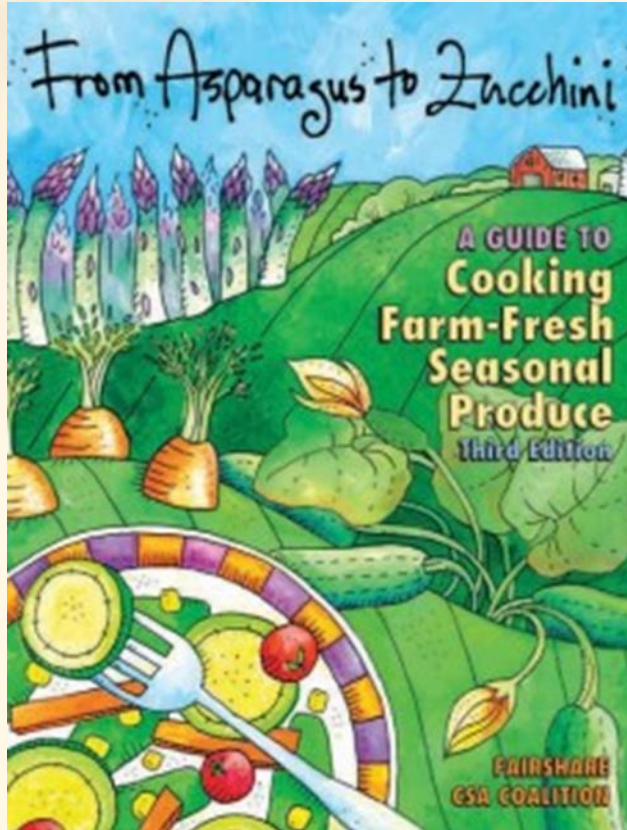
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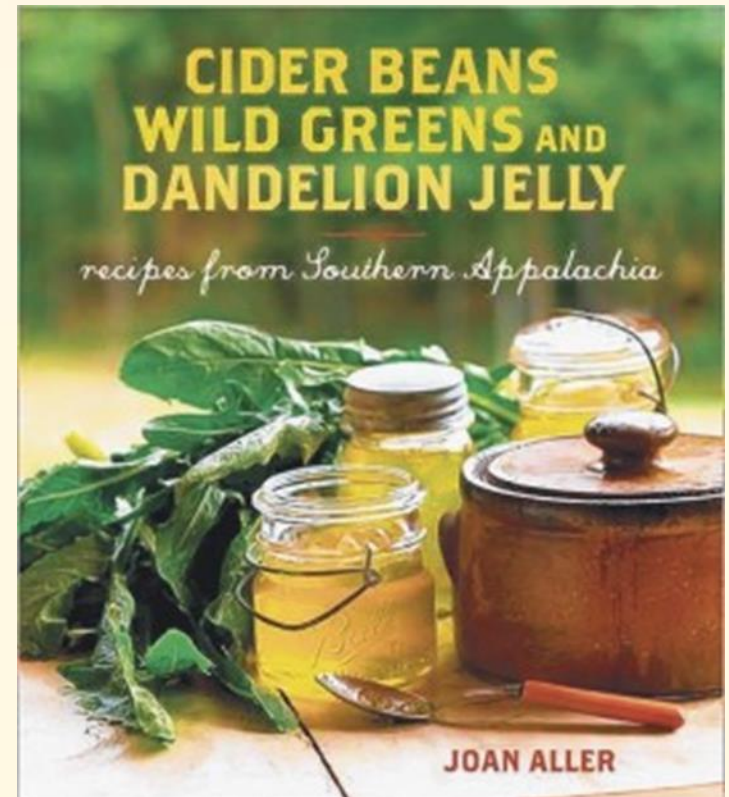
- Ask a farmer
- Ask a customer
- Online search for CSA recipes



- CSA cookbooks



- Making connections with your region through
 - foods that are unique to where you live
 - crafts that are unique to where you live





NATM newsletter



North Asheville Tailgate Market

www.NorthAshevilleTailgateMarket.org



Farm Raised and Hand Made Since 1980

Saturdays 8:00 AM - Noon

On the Beautiful Campus of UNC Asheville





Scavenger Hunt



Flying Cloud Farm



East Fork Farm

Farmers market video





Any Questions?

Jessica Sparks-Mussulin

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Funding

- Create a simple brochure and standard solicitation letter on school letterhead that can be used by anyone to easily explain your project and ask for donations.
- Check with local construction companies to see if they have extra building materials they can donate.
- Buy seeds in bulk, repackage them and have a seed sale.
- Run a regularly updated wish list for your program in your school newsletter, website or community paper.

