

fresh from the farm

A farm to school program of Seven Generations Ahead



4th graders from McCormick Elementary School observe the tiny buds in the raised beds with Farm Educator, Natalie Pfister.

Uncommon Garden Experiences for Students



The rooftop garden at Uncommon Ground Restaurant

In the bright sunshine of a morning in May, students climbed the steps onto the roof of Uncommon Ground restaurant in the historic Edgewater neighborhood. Atop this vibrant urban restaurant sits the city's first certified organic rooftop farm. Students admired the tiny sprouts of arugula, peppers, tomatoes and various other budding foods. Farm educator Natalie Pfister, used an apple to

demonstrate the amount of soil on earth that is suitable for growing food. Only 3% of the earth can be used to grow enough food for the entire world! For this reason, Uncommon Ground has utilized its rooftop to grow food for the restaurant. While on the trip, students investigated the lives of honeybees as they observed a screen of a honeybee hive located on the roof. In addition, students learned about root systems, created self-watering planters and searched through the Uncommon Ground menu to predict which menu items and ingredients come from the rooftop garden. The seventh graders even tasted some of the menu items that include rooftop ingredients such as pesto pizza and hummus with vegetables. Uncommon Ground is more than just a fine restaurant; it is truly a lively community hub, providing tasty local

foods in the restaurant, benefiting the local environment and educating the community about the cultivation of whole foods. It is a true example of experiencing food from seed to table. The field trip provided students with an uncommon yet memorable experience in an urban garden. For more info, visit: www.uncommonground.com.



The Friendly Faces of Local Farmers visit the Classroom

"Where are your overalls?!" asked a surprised 4th grade student at McCormick Elementary School as Farmer Peter entered the room. In April, Farmer Peter Klein from Seedling Enterprises visited the students at McCormick and engaged in a lively discussion about the fruits he grows and answered students' eager questions about the orchard. Students were especially curious about the tricks Farmer Peter uses to keep pests from stealing his tasty fruits. At St. Ann Elementary, the 4th and 5th graders watched intently as Farmer Chad Nichols from Nichols Farm & Orchard displayed pictures of his farm. Students were thrilled to learn of the crazy varieties of apples he grows and were surprised to learn that Farmer Chad has to wake up at 3:00am in the summer to work on the farm! The farmer visits left students with a personal connection to a local farmer as well as an appreciation for the hard work that goes into cultivating the fresh foods we enjoy.

The Fresh from the Farm program is made possible through the support of the USDA, the Chicago Community Trust, Farm Aid, the Philancon Fund, the Lumpkin Family Foundation, Mander Foundation and Wellspring Management.



Sprouts in the City

Third grade students from McAuliffe Elementary School and seventh grade students from Ames Middle School explored the true meaning of an edible garden while on a field trip to the Farm at the Zoo in the Lincoln Park Zoo. The Edible Garden is a hands-on educational facility used to teach students about the core values of organic farming and environmental sustainability. Students proudly planted rows of corn and beans, watered their newly planted seeds and explored the steamy contents in the compost bin. Parents and chaperones were surprised and pleased when they witnessed their children enjoying green leaves of baby spinach and green onions right from the ground! Students also had the opportunity to tour the Green City Market, located across the street from the Farm at the Zoo. In the market, a tour guide led the groups to various tents throughout the market highlighting the fruits, vegetables, flowers and other local goods of the spring season. Sun-tanned and sleepy, students filed onto the bus with sweet thoughts of the seeds they planted and the fresh foods they tasted in the heart of the city.

Fresh from the Farm at Ames Middle School

This spring SGA expanded its classroom educational program, Fresh from the Farm, to the middle school level. In April, Anne Marie Fayen began teaching the Fresh from the Farm curriculum to four seventh grade classes at Ames Middle School in Logan Square. The students began the semester by taking an in-depth look at the plant structure, history, growing conditions, and nutritional benefits of peppers and spinach. They also had the opportunity to taste these items! After taking a vote, it was discovered that the seventh graders preferred savoy spinach over flat-leaf spinach and would choose to eat green peppers over red or yellow peppers. The students also investigated the food system by measuring the distances various fruits and vegetables travel to get from farms to Chicago. Using produce stickers to determine the original location of the foods, students calculated that a pear from China traveled the furthest. The Fresh from the Farm program has been easily adapted to fit the needs of the seventh graders at Ames and has allowed them to dig a little deeper into the ideas of local food, nutrition and environmental sustainability.

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Farmers' Markets in Chicago

Visit a farmers' market near your neighborhood for locally grown fresh fruits, vegetables, plants and flowers

Green City Market

Wed & Sat, 7 a.m.-1 p.m.
1799 N. Clark

(across from Lincoln Park's Farm at the Zoo)

As a non-profit organization, the Green City Market is Chicago's only sustainable food market. Over 45 organic farmers convene twice a week to sell their fresh produce. GCM also has chef cooking demos, "Sprouts" education program, "Breakfast Club" discussions to emphasize the link between well-being and nutrition.

Austin Saturday 7 a.m.-2 p.m.
Madison St & Central Ave

61st Street Saturday 9 a.m.-2 p.m.
between Dorchester & Blackstone

Lawndale Wednesday 7 a.m.- 2 p.m.
3555 W. Odgen

Lincoln Square Tuesday 7 a.m.-2 p.m.
4700 N. Lincoln

Logan Square Sunday 10 a.m-3 p.m.
3107 W. Logan Blvd

Pilsen Sunday 9 a.m.-2 p.m.
1800 S. Halsted

For more information and additional market locations, visit:
www.chicagofarmersmarkets.us

Look for Spring Fruits & Vegetables!

Artichokes • Arugula • Asparagus • Beets
Carrots • Fava Beans • Greens • Parsley
Peas • Radishes • Rhubarb • Spinach
Strawberries • Spring/Sweet Onions

Recipe from Seedling Farm: Rhubarb Compote

2 lbs fresh Rhubarb, chopped 1 in. cubes
1 cup maple syrup (or sugar)
3 T vanilla extract
1/3 cup water

Combine all ingredients in a saucepan. Bring to a boil, reduce heat to medium-low. Simmer about 20 minutes. Transfer to medium bowl, refrigerate uncovered about 3 hours. Serve cold with apple slices or as desired.
Enjoy!

