

# fresh from the farm

A Farm to School program of Seven Generations Ahead



Teachers remove cloves from garlic so it can be planted again next year at the Green Earth Institute.

## Fresh From the Farm Community Highlights

Over the past three years, Fresh From the Farm (FFF) Teacher Training has trained roughly 130 educators, parents, and people within the public health sector on how to implement Farm to School education within their communities. Our FFF educators have achieved incredible accomplishments, from starting school gardens to cultivating community partnerships.

### Abott Middle School Plants its First Garden

Miguel Medel from Elgin, IL hit the ground running after FFF Teacher Training this fall. Miguel, the kitchen manager at Abott Middle School, has been facilitating the building of the schools' new garden. By spring of 2012, students will be growing vegetables and attending Miguel's cooking lessons on how to prepare their harvests. As Miguel says, "how cool is it to teach them where their stuff is coming from. It's not just coming from Jewel, we're growing it."

Miguel hopes that one day *all* of the district's schools will have gardens, not only Abbot. He believes that when student's

Miguel, below right, helps students build the garden.



Photo from the Daily Herald

have a choice in their food, it's easier for them to eat healthy. What better way to present healthy choices to students than by growing a school garden!

### Prasino Restaurant Supports FFF

Margaret Heinrich knows what it's like growing up without access to fruits and vegetables. As a second grade teacher at LaSalle II Magnet School, she wants to expose her youngsters to healthy foods. Prasino restaurant, located across the street from the school, sponsored Margaret to attend the FFF Fall 2011 Teacher Training (they even provided a delicious dinner for one of the sessions!). Prasino believes that exposing children to healthy food at a young age will make them more engaged in their food choices later on in life.

A few short weeks after training, Margaret has already started teaching her kids the FFF curriculum, with Prasino providing all of the fresh fruits and veggies for each lesson! Margaret is "thrilled to be given such a wonderful opportunity" and is confident that "the partnership with Prasino will continue for years to come."



**Farmer Tim (right) facilitates student discussions about the health benefits of eating vegetables.**

first touring season, Petunia traveled to almost 100 locations throughout Chicago, engaging over 2,700 youth in conversations about food and health. At each visit students learned about growing gardens, what plants need to grow, and why it's important for people to eat them. Now, Petunia is bedded down for winter and her farmers are preparing for a bigger and better 2012 season!

## Connect, share, and learn with the FFF Resource Center

The FFF Resource Center is your home for continuous Farm-to-School program updates, information, and discussions. Collaborate for a new project, explore funding opportunities, read up on nutrition, and more.

To share ideas, ask questions, and get involved in discussions, go to <https://sites.google.com/site/sgaff/>.



**Stay tuned for details on Spring 2012  
FFF Teacher Training**



### Kids Love Farm to School!

FFF Students in Perspectives Middle Academy Garden Club celebrated Farm to School month by learning about F2S, eating tasty veggies from local farms and creating posters for the National Farm to School poster contest. Left is Cierra's F2S poster submission.

The Fresh from the Farm program is made possible through the support of the Chicago Community Trust, the Illinois Department of Womens' Health, and the Lumpkin Family Foundation

### Meet Petunia...

Truck Farm Chicago is part of a national fleet of Truck Farms across the nation bringing the rural farm experience to urban students.



Petunia is a 1995 Ford F250 model truck- kids LOVE painting her.



Truck Farmers planted her with all sorts of fruits and veggies like eggplant, kale, chard, tomatoes, rosemary, basil and peppers- which the students got to taste at each visit!



To see Petunia in action, go to <http://www.truckfarmchicago.org>