



Local Flavor Week!

SEPTEMBER 21-25, 2009

Washington, DC's Local Flavor Week was a HUGE success! From September 21st to 25th, 2009, schools in 7 of 8 Wards in the District of Columbia (sorry ward 2!) celebrated of fresh, in-season fruits and veggies grown in and around Washington, DC. Participating public, charter and private schools served local produce in their cafeterias during the week. Our impressive cadre of volunteers organized educational activities emphasizing where food comes from and why fresh, local fruits and veggies are good for the mind, body and planet.

In addition, schools displayed beautiful banners designed by Leslie Nayman (naymandesign.com) and distributed re-usable bags donated by Whole Foods. Super-volunteer Meaghin Kennedy put together some incredible resources for parents, teachers, students and food service staff, and integrated them into a great Local Flavor Week webpage. A core group of volunteers comprised the DC Farm to School Network's Local Flavor Week Committee and devoted serious time and effort to the week. Whole Foods donated a ton of ingredients for cooking demos in a number of schools - thank you! There are too too too many thank you's to dole out - so thank you to all who were involved! I am excited for where DC Farm to School can go from here!

Below are some numbers and a school-by-school description of what happened during Local Flavor Week.

Some Local Flavor Week numbers (approximate!):

Total number participating schools (served local produce and/or organized Local Flavor Week events): 78

Schools that served local produce in school meals: 60

Number of Local Flavor Week events: 61

Estimated kids participated in Local Flavor Week events: 3,130

Volunteer event organizers at schools (parents, teachers, others): 45

Volunteer chefs involved: 17

Volunteer farmers involved: 9

Volunteer educators involved: 16

Other volunteer helpers and organizers involved: 15

Total volunteers involved: 102

Media/blog hits: 9

Blogs:

The Slow Cook: <http://www.theslowcook.com/2009/09/26/connecting-schools-with-local-farms/>

Dining with Diplomats: <http://diningwithdiplomats.blogspot.com/2009/09/local-flavor-week-in-dc-schools.html>

Going Green DC: <http://goinggreendc.net/2009/09/16/connecting-farms-to-schools/>

Foodie Tots: <http://foodietots.com/2009/09/18/local-flavor-week-dc/>

TMA blog: <http://thurgoodmarshallacademy.typepad.com/tma/2009/10/local-flavor-week-kicks-off-at-thurgood-marshall-academy.html>

Press:

Examiner: <http://image.examiner.com/x-22385-DC-Tweens-Examiner~y2009m9d25-Last-Day-of-Local-Flavor-Week-in-DC-Schools>

Hill Rag

Fox News

Local News

Schools that served local produce in school meals:

Elementary: Garfield, C.W. Harris, J.C. Nalle, Hyde, MC Terrell, Ferebee Hope, Randle Highlands, Leckie, Webb@Wheatley, Walter Jones, HD Cooke, Birney@Savoy, Houston, Smothers, Stoddert, School Without Walls, Adams, Powell, Oyster, Eastern, Sharpe-Health Special Education, Frederick Douglass

Junior High: Browne, Deal, Eliot, Francis, Hamilton, Hardy, Hart, Jefferson, Johnson, Miller, Kramer, MacFarland, Mamie D Lee, Ron Brown, Shaw@Garnett Patterson, Sousa, Stuart Hobson, Transition at Shadd, Washington Jesuit Academy

Senior High: Anacostia, Ballou, Banneker, Cardozo, Lincoln Bell, Coolidge, Dunbar, Ellington, McKinley, Luke C Moore, Phelps, Roosevelt, Spingarn, Wilson, Woodson, Thurgood Marshall Academy Public Charter School, Cesar Chavez Public Charter School

Other: Sidwell Friends (K-12), SEED School (6-12)

School-by-school Local Flavor Week events/activities

PUBLIC SCHOOLS

Bancroft Elementary

Hats off to Sarah Bernardi, Bancroft's superstar art teacher, who was an incredible organizer of stellar Local Flavor Week events reaching every single student in the school!

Juliette Tahar of Healthy Living Inc. worked with 5 classes to create delicious seasonal recipes using squash! Kids learned about and tasted squash (some for the first time!) and took home samples and recipes to share with families.

Carl Rollins, Master Gardener and DC Urban Gardener Extraordinaire worked with a class to build two cold frame boxes (essentially mini green houses) in which students later in the week planted to grow through the winter.

Kacie Warner, of the Washington Youth Garden worked with three second grade classes on a lesson called "Eat Your Colors." A rainbow visual taught kids about the benefits of eating fruits and veggies (orange improves vision, purple increases memory function, etc) and discussed how to eat well by choosing foods that come in a variety of natural colors. Each kid made a "fruit kebob" using a piece of fruit from every color in the rainbow.

Susan Topping from the Capital Area Food Bank did a veggie stamp art project with the third grade classes. Students learned about seasonal root vegetables and created paint masterpieces about where food comes from using potatoes, carrots and other veggies from the school garden.

All three first grade classes took a field trip to Homestead Farm in Poolesville, MD to learn about apple growing and picked apples to bring back to school (where they made apple crumble with a guest chef on Friday.)

Carl Rollins returned to plant lettuce and greens seeds in the cold frame boxes built by their classmates on Monday.

The two fourth grade classes went on a field trip to Miller Farm in Clinton MD to “glean” what leftover greens from the fields that weren’t harvested during the season. The students harvested garbage bags of collard greens and kale and donated most of it to DC Central Kitchen.

The rest of the greens were used during use in nutrition/cooking lesson with Chef Amy Riolo. She taught an interactive lesson about the nutritional benefits of eating seasonally and locally, and demonstrated a simple, healthy Ethiopian recipe using the kale and collard greens the students picked on the farm. It was incredible - 4th graders were enjoying greens with real injera! They brought home the recipe so they could try it out at home.

Chef Eugene from Bread and Brew made pizza dough with the Pre-K classes, and students made pizzas topped with veggies from the school garden!

Lola Bloom from City Blossoms worked with students to make a pasta dish with fresh herbs from the garden and seasonal veggies.

Pastry Chef Alison Reed from Saint Ex on 14th Street made apple crumble with the first graders with apples they picked on their farm trip.

Sandy Farber, Master Gardner worked with the third graders on a lesson about herbs and their uses. They made pesto and planted the leftover garlic in the garden.

Tyler Elementary

Tyler started with a field trip to the Department of Transportation’s Tuesday farmers market to learn from these hardworking heroes how various fruits and vegetables grow, feel and taste. The kids asked lots of good questions and Farmer Gregg and Farmer James were very generous with their produce. When asked what she was going to do with the apple and cucumber she received, Maya from Ms. Kevill’s 2nd grade class declared, “make an apple and cucumber salad!”

After school on Wednesday, all the students got to sample a variety of apples from Country Orchard Produce in Pennsylvania and then choose one to have for their after school snack. Noah from Ms. Herrmann’s first grade class liked the Honeycrisp variety because “those are the sweetest and crunchiest in season!”

On Thursday a couple of lucky classes got to experience a cooking demonstration by local chef Janis McLean from restaurant 15Ria. She made a delectable squash soup that even some of the most tentative tasters seemed to enjoy. A number of students were surprised to declare, “It tastes sweet!”

And even Tyler’s specials teachers got in on the festivities. Ms. Duff, the school librarian, introduced all age groups to an assortment of garden and farm themed books. Art teacher Ms. Madden incorporated the interesting colors and textures of squash into her curriculum. And Mr. Hart, the music man, had the kids moving and grooving to a song about oats, peas, beans and barley.

Thanks to Ivy Ken, Lilian and Corey Ramsden, Daniel Traster, Melanie Sunukjian, and the rest of the organizers at Tyler for making it happen.

Maury Elementary

The highlight of Local Flavor Week at Maury was Captain Vegetable - a giant pea pod (aka Anika Roth from the Capital Area Food Bank) who visited every student throughout the day as their Fresh Fruit and Vegetable Program snacks were distributed, as they entered and left school, and at lunch. Local produce themes were integrated into art, PE, music and library classes throughout the week. Parent and Chef Jessica Lowther made mini pizzas with younger students using toast, pesto and fresh seasonal vegetables from her own garden. Students identified local veggies, helped make the pesto, assembled and tasted their own pizzas, and brought home the recipe to share. Thanks to Whole Foods for donating some of the ingredients for the taste test! And thanks to Jody Tick for being a super organizer.

H.D. Cooke Elementary

Kathryn Quanbeck and Anna Bowles taught a 3rd grade art class about how apples grow and the journey they takes from seed to plate. We discussed some of the things apples need to grow (sunlight, water, soil, pollinators and a farmer, of course!) and then how food gets from the farm to the grocery store or the school cafeteria. For the art project (adopted from Susan Topping's project at Bancroft) kids dipped apples in paint, stamped them on craft paper and drew trees and the things apples need to grow around their apple stamps. The volunteers baked apple date bars (a Chef Ann recipe, <http://www.chefann.com/>) for the kids to taste. Thanks to Whole Foods for donating the ingredients!

The 5th grade students took a field trip to an urban garden right near the school - Girard Garden run by City Blossoms. Mia Ballard gave the students a tour and got some ideas for the raised beds they'll make in their school garden. They also got to make and taste pesto using ingredients from the garden. Thank you to Jeff Wilkes who organized all the events in record time!

Watkins Elementary

At Watkins Elementary, every student got to taste a sample of local, seasonal produce prepared in different ways during the week. They used fruits, veggies and herbs from the school garden and donated by FRESHFARM markets. Each class prepared something to share with another class!

Third grade classes made fresh uncooked applesauce and shared it with the second graders, and either veggies with homemade buttermilk dip or pesto (using basil from our gardens) on bread and shared with the fourth graders. First grade classes had an apple taste test using four different types of apples. Primary Montessori students fixed a snack with fresh local veggies, and one of the elementary Montessori classes made an entire soup and salad lunch! The other had a "dip party," with fresh veggies and three dips - ranch, hummus and peanut butter. Many thanks to Kendra Hefflebower and Barbara Percival for organizing.

Key Elementary

Farmer Michael of Blueberry Hill Farms brought along a few farm implements and a sample of his wares (potatoes, winter squash, bell peppers, garlic) as props. He spoke to four classes (about 80 kids total) spanning grades 1-3 split into two 30 minute sessions. (And the science class across the hall crashed one session). The kids brimmed with questions about the food—where do you sell your food? How do you plant the crops?—and got jazzed by seeing Michael cut open a potato to reveal it's blue insides (blue

mashed potatoes!), handling seeds harvested from a bell pepper, and seeing demonstrations of using the manual seeder to plant. Michael left some garlic buds with the science teacher to plant.

Using an assortment produce from Whitney Bateson at DCPS Food Service Provider Chartwells-Thompsons, Ed Bruske led a discussion and taste tasting for grade classes (about 60 kids). The kids were really excited to taste local cucumbers, green peppers, yellow squash, Gala apples and watermelon, and learn about where food comes from. Thank you to David Williams for organizing!

Peabody Elementary/School Without Walls

Pre-K and Kindergarten students at Peabody got to taste watermelon from Delaware watermelon farmer and Farm to School advocate David Marvel. Parents Laura Marks and Tara Flakker make a poster with pictures of a watermelon plant from seed to harvest that the kids loved, with pictures of David's farm and family. They talked to the kids about Farmer David and how watermelons grow. Thank you Tara and Laura for all of your hard work!

River Terrace Elementary

Principal Foster was really excited to participate in Local Flavor Week, and advertised to students/parents for a week before. Whitney Bateson from Chartwells-Thompsons and Kacie Warner from the Washington Youth Garden set up in the cafeteria with a table of local fruits and veggies for students to taste including zucchini, watermelon and tomatoes.

In addition, the 4th and 5th graders stayed for an extra 30 minutes after the lunch period for a more in-depth lesson about where our food comes from with Kacie. Using a large picture display, they traced the life story of two different apples: a local, organic apple bought at a farmer's market and a conventionally produced apple made into applesauce and sold at a large retail grocery store. The life stories as told through pictures bring into discussion the agricultural methods involved in growing organic versus conventional produce, the additional resources demanded by the food processing industry, and the comparative nutritional value of whole versus processed foods. Additionally, we use an annual seasonal food chart to look up what produce is currently in season and see if we can identify and choose our current seasonal foods from a larger pile of fruit and vegetable pictures.

Powell Elementary

PE Teacher Kevin Jackson and Ed Bruske (theslowcook.com) directed two taste-testing sessions using produce provided by Whitney Bateson at Chartwells-Thompsons (yellow squash, cucumber, green pepper, apples, watermelon). Kids cut their own veggies into bite-size pieces and shared with their classmates with some ranch dressing.

Kristin Roberts and Juliana Taube led two nutrition education lessons at Powell Elementary - one with third graders and one with first graders. First, they did an activity called "What's Hiding In Your Soda" where two volunteers scooped a teaspoon of sugar into an empty glass and the kids had to guess how much sugar they thought was in a bottle of soda. We emphasized that there are 16 teaspoons of sugar in a bottle of soda: about 2 TIMES the recommended amount that children should consume each day. We encouraged the students to replace the amount of soda they drink with juice or water.

Next we explained the food pyramid and how the different categories help us make healthy and balanced decisions about what to put in our body. We also talked to the kids about how they should eat the fruits and veggies that are given to them at lunch or breakfast at school. Kids categorized foods into the correct food groups.

We talked about the many different colors fruits and veggies come in and did a coloring activity with them to represent this diversity. The coloring sheet had fruits and vegetables showing what one serving size looked like for a piece of fruit or vegetable.

PUBLIC CHARTER SCHOOLS

Children's Studio Elementary

Brandi Redo coordinated two incredible Local Flavor Week events - one for an older group and one for young ones. Volunteer Sabrina Lewis from the DC WIC office helped out. Both groups of students started outside in the Children's Studio School garden, where kids explored and harvested. They then went into the cafeteria, and made pesto using ingredients right from the garden! They also made a delicious watermelon salsa, and had local watermelon to top off the snack. The kids were so excited to cook with Brandi, and learn important lessons about where their food comes from. They were adventurous - most everyone tried the "weird looking" green pesto served on whole wheat bread! And most gave it a thumbs-up! Thanks to Whole Foods for donating the whole wheat bread and other ingredients.

E.W. Stokes Elementary

Trisha Stokes, the Wellness Coordinator at E.W. Stokes, was a superstar and organized a number of events for students with the help of Mount Pleasant Farmers' Market Director and Stokes parent Rebbie Higgins.

About 20 kindergarteners participated in a cooking demonstration with Chef Anna Reeves from Tiny Chefs. They learned about what fruits and vegetables were, and made guacamole! We were going to use tomatoes from the school garden, but unfortunately they were all picked ☹ - it was still fun, educational and delicious! Thanks to Whole Foods for donating the organic avocados and other ingredients.

Half of the 6th grade Spanish classes (about 18 students) experienced a cooking demo led by Niko Welch from Common Good City Farm, and the other half participated in cooking demonstration with Chef Mark Haskell from Friends & Food International, Inc.

All students got to taste fresh, local produce from Tree and Leaf Farms during a taste test of local green beans in the Stokes cafeteria!

The SEED School DC - Middle and High School

On Wednesday September 23rd, the SEED School had a local dinner for its 280 students, grades 6 - 12. Also, the SEED school food service provider Meriwether Godfrey served local watermelons in the SEED school meals during Local Flavor Week purchased directly from watermelon farmer David Marvel from Harrington, DE.

Thurgood Marshall Academy - High School

Thurgood Marshall Academy was the site of our Local Flavor Week Kick-off event! Dueling Chefs Oliver Friendly of Eat and Smile Foods and Peter Smith of PS-7s battled to make the best salsa using organic ingredients donated by Whole Foods - featuring tomatoes and herbs from the school garden! USDA Food and Nutrition Services Administrator Julie Paradis and Office of the State Superintendent of Education's Sandy Schlicker spoke, as well as a member of the TMA green club, TMA garden club and

environmental science teacher Sam Ullery, TMA food service provider Scott Lewis with Catholic Charities Enterprises, and DC Farm to School Network Coordinator Andrea Northup. Beforehand, TMA green club members led tours of the school garden. The competition was exciting, the salsa was delicious, and the room was full of Farm to School supporters - it was a great event! Thanks to all those who helped make it happen - the list is really long.

Throughout the week, the TMA food service provider Catholic Charities served local pears and apples purchased directly from Toigo Orchards in Shippensburg, PA in the TMA cafeteria. He also incorporated squash, cucumber and tomatoes from the school garden into the pasta salad in the school lunch.

E.L. Haynes - pre-K - 12th grade

Lola Bloom from City Blossoms worked with 50 5th graders at E.L. Haynes to start seedlings for cool season crops. Thank you Lola!

Paul - 6-8th grades

Susan Werner, a DC Farm to School Super-Volunteer, and Carl Rollins, Urban Gardener Extraordinaire, organized a great cooking demonstration for 50 students at Paul Public Charter School with Paul teacher Ms. Thu. Carl started with a discussion about healthy eating and urban gardens in Washington, DC, and then talked about the four tastes - sweet, sour, salty, and bitter. Kids tasted dried dates (sweet), sesame sticks (bitter), corn tortilla chips (salty) and talked about lemon juice as sour. Carl passed around and discussed vegetables and fruits he brought from Common Good City Farm. For some, they got to taste their first ever cherry tomato - and were surprised at how sweet and delicious they were! Student helpers to make a delicious salsa from garden produce and some ingredients donated from Whole Foods. With the help of the food service staff, they melted real, organic cheese over tortilla chips (and discussed how it was different from processed cheese) and almost everyone tasted the salsa - and loved it!

PRIVATE SCHOOLS

Washington Jesuit Academy - 6-8th grade boys

Fresh Start Catering, the food service provider for WJA, served fresh, local produce during Local Flavor Week in school meals - but that's nothing new. Executive Chef Allison Sosna and cooks Trintonia Cole and Duane Drake have already incorporated more local and seasonal foods and are cooking from scratch. Fresh Start Catering has also made other "green" changes in the WJA cafeteria, including using Taterware compostable knives, forks, spoons and other kitchenware made from potato starch. All of the dish soaps, detergents and floor cleaners used in the kitchen at Washington Jesuit Academy have been converted to products from Eco Solutions, a company that sells only non-hazardous, non-toxic and non-polluting formulas. And they're working to use the scraps from the WJA kitchen as compost for the school's garden. Some of the vegetables and herbs produced in the garden will even be used in school meals.

On Wednesday of Local Flavor Week, Chef Allison led a cooking demonstration in the WJA cafeteria using local apples. She chopped, cooked flavored the apples with ingredients like sugar and cinnamon, and kids put the apple mixture into puff pastries for a delicious, local treat! She also brought in chef hats for all of the WJA students who tried the dessert, and since students only get dessert once a week, it was a very special day. Thank you to volunteers Susan Werner and Danielle Navidi-Kasmai for helping to organize and help in the cafeteria.

Lab School of Washington - K-12 for students with mild to moderate learning disabilities

Teachers Lisa Holley and Brian Lounsbury were incredible organizers of Local Flavor Week at the Lab School. The week started out with a visit from watermelon farmer David Marvel from Harrington, DE, who talked with about 50 eight to ten year old students about farming, watermelon harvesting, how watermelons grow, his family farm, and the difference between local vs. conventional produce. He brought watermelons from his farm and apples from a neighbor's orchard for the kids to taste. They were especially excited about the way watermelon farmers harvest and deliver their produce - in old school buses with the windows removed!

Master Gardener Yvette Muhammad led a lesson with approximately 50 8-10 year old students focused on local herbs. The kids got to plant their own!

The Lab School's afterschool cooking club went on an exclusive visit to famed local chef Barton Seaver's restaurant - Blue Ridge. They had an intimate discussion with Chef Barton about his sustainability philosophy, and how he uses local, sustainable ingredients in creative and delicious ways to please his clients. The kids got to really get to know the inner workings of the kitchen and meet the Blue Ridge staff.

Chef Rachel Brumitt with the Natural Gourmet Institute and Whole Foods made a delicious recipe - a fresh, local vegetable wrap. She really engaged the kids and they loved the recipe - students even reported back that they made it at home for their parents for dinner!

Lowell School - 3-6th grade

Farmer David from Cedarbrook Farms came with two chickens and organic garlic for the 6th graders to plant in their garden. He gave a slide show with pictures from his farm and spoke about his history as a farmer, his struggles to find butchers and how farmers' markets work. He also talked about organic farming practices and the importance of eating locally and buying directly from farmers. This was an excellent fit for our unit on gardening and local food issues, which will now lead us into a study of population growth and unequal distribution of resources. Thank you to Elizabeth Lener and Cecilia Hage for organizing!