

Cultivating Successful Collaboration

Mindy Swanson

Parent Garden Coordinator

Food Policy Consultant



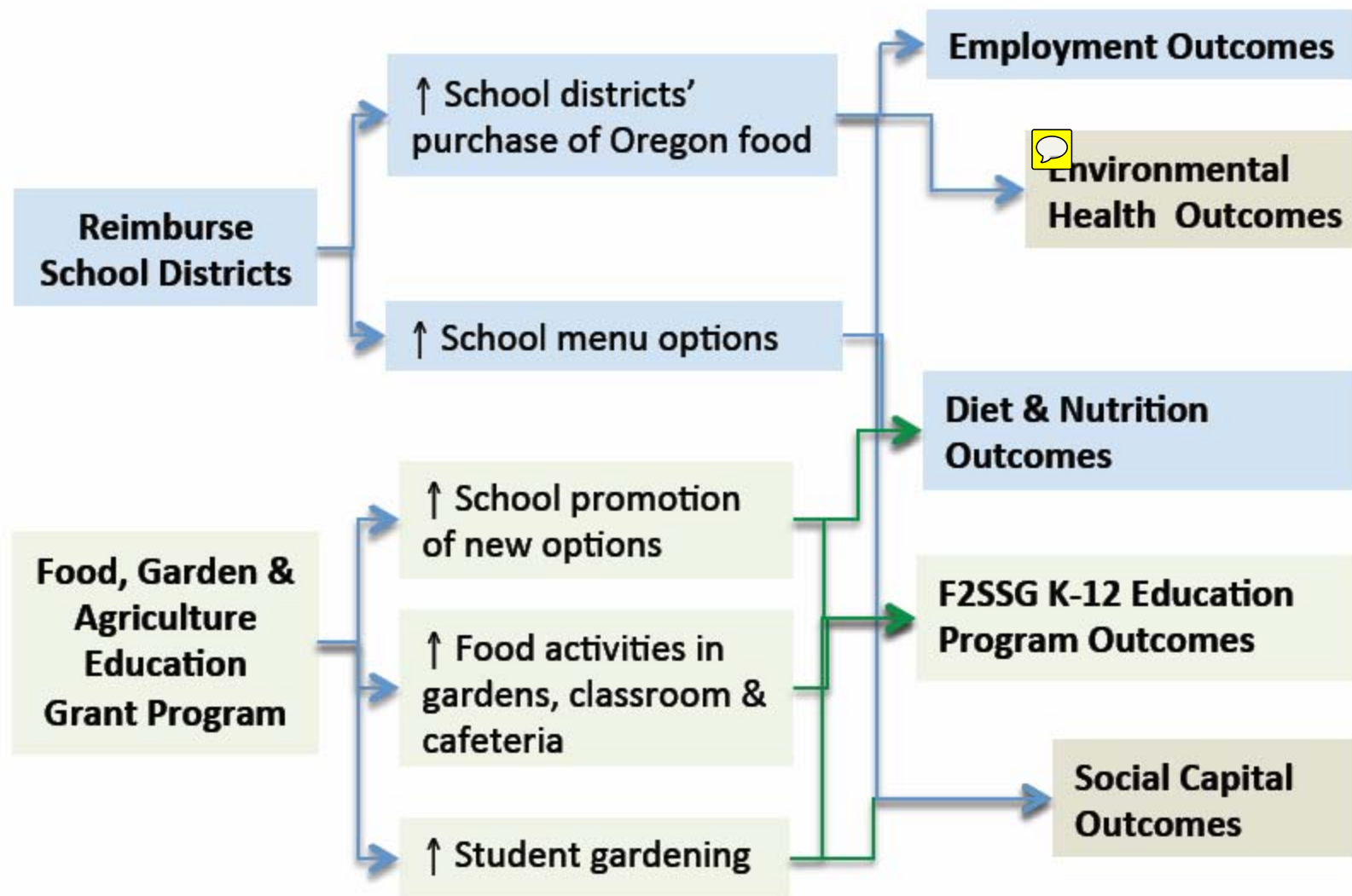
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Wellness is Common Ground



- an interest in food
- an interest in educating all students





HIA health determinant pathways resulting from HB 2800 elements

From Health Impact Assessment, HB 2800:

Oregon Farm to School and School Garden Policy

Upstream Public Health <http://www.upstreampublichealth.org/>

Effective
nutrition
education
involves:

- Increasing knowledge
- Changing attitudes and behavior





Hearst Elementary

San Diego East

School Coordinator:
Sue Thomas

Master Gardener Consultant:
Frank Borkat

Photo by: Sue Thomas (upper)/
Frank Borkat (lower)

Central Elementary

San Diego Central



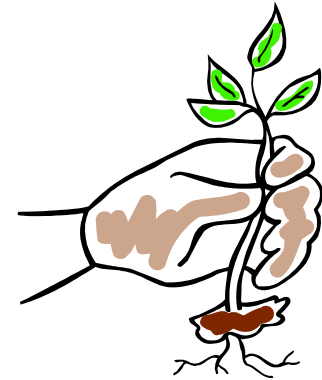
Photo by: Meredith French

School Coordinator:
Agustin Luzano

Master Gardener Consultant:
Meredith French

Successful School Garden Programs have...

- Community Partnerships
- Nutrition/Wellness Links
- Science Curricula (and other) Use
- Environmental Preservation
- Training for future work



School Gardens with Community Partnerships



- Geographically close partner
 - Shares common interest in families school works with
 - May provide:
 - ❑ Staffing
 - ❑ Materials
 - ❑ Economic support
-

Defining Joint Use

- Agreements (either informal or formal)
 - Formal Agreements offer:
 - Increased sustainability, by creating legitimate long-term access
 - Clarity on roles and responsibility for the purposes of maintenance, operations, liability, ownership, or cost
 - Resources:
 - National Policy and Legal Analysis Network to Prevent Childhood Obesity: <http://www.nplanonline.org/nplan/joint-use>
 - Prevention Institute, JointUse.Org: <http://www.jointuse.org/home/>
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Successful garden to cafeteria alliances



- Changing campus culture
- Mutual appreciation
- Pride
- Breaking down the silos

Birney Elementary's Story

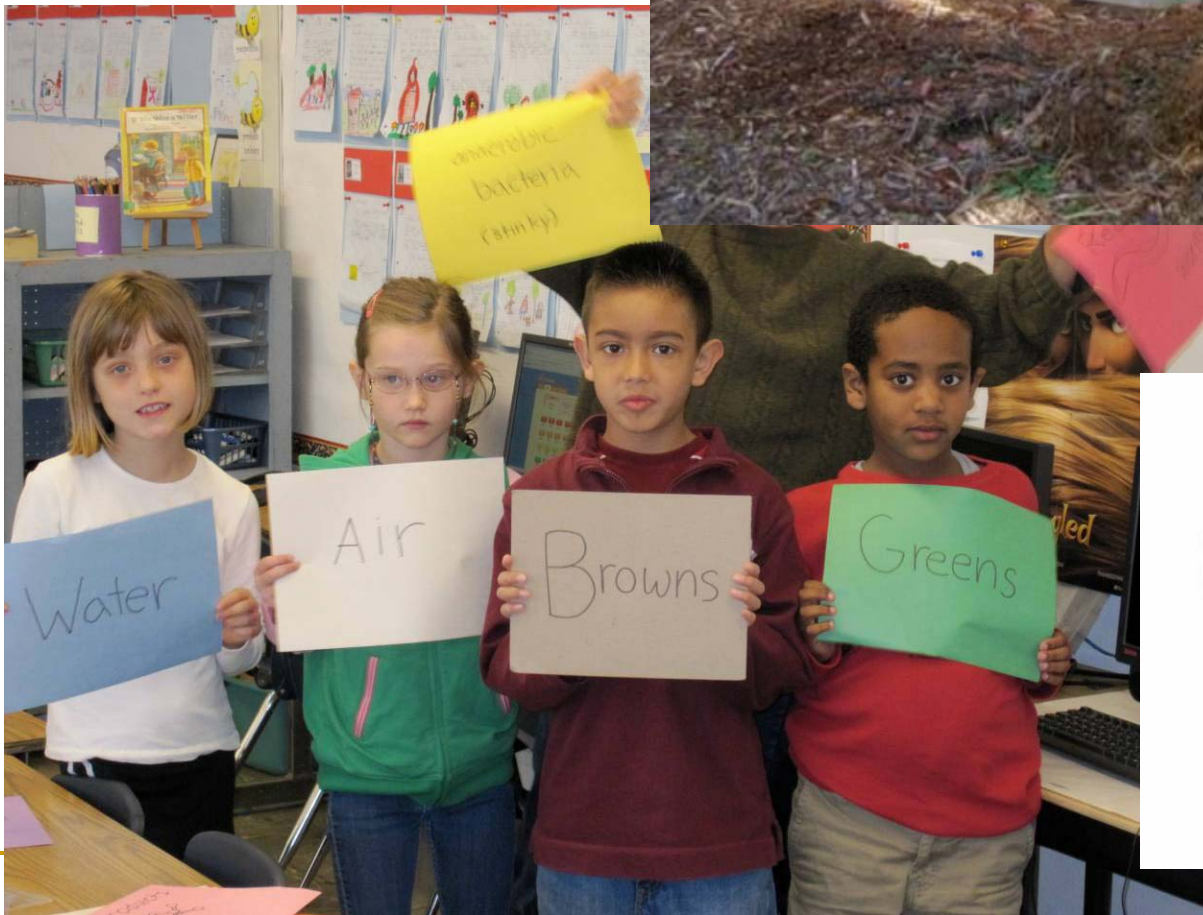


Classroom demonstrations and Garden Club





International Baccalaureate Action Cycle



Our first Garden to Cafeteria



This Year: Four Pounds per Week



English Language Advisory Council Leaders form a Garden Club



SDUSD Farm to School Procurement

2011 to 2012 LOCAL FOODS ORDERS FOR FARM TO SCHOOL			
Month	Local Food Item	Farm	Service Model
September	Oranges, Valencia	Stehly Farms Organic	Salad Bar & Menu
	Cherry Tomatoes	Neil Nagata	Salad Bar Menu
	Grapes	Old Grove Oranges	Salad Bar
October	Grapes	Old Grove Oranges	HOTM on Salad Bar
	Oranges, Valencia	Stehly Farms Organic	Salad Bar & Menu
November	Green Beans	OC Produce LLC	HOTM on Salad Bar
	Oranges, Navels	Stehly Farms Organics	Menu
December	Persimmons	Sahu SubTropicals	HOTM on Salad Bar
January	Kabocha Squash	Suzie's Farms	HOTM on Salad Bar & Menu
February	Avocado	Stehly Farms Organic	HOTM on Salad Bar & Menu
March	Romenesco Cauliflower	Suzie's Farm	HOTM on Salad Bar
	Oranges, Navels	Stehly Farms Organics	Menu
	Avocado	Stehly Farms Organic	Menu
May	Strawberries	TBD	HOTM on Salad Bar
	Oranges, Navels	Stehly Farms Organics	Menu

Additional months and local food items are yet to be determined. Other items to be "menued" when available will include Cabbage, Limes, Lettuce. **This is not an exhaustive list but an approximation established at the beginning of the school year.** (SO) - Special order.

Persimmon



Harvest of the Month



Some Facts About Persimmons

- In Asia, persimmons have been cultivated for thousands of years and rank next to citrus fruit in important culturally and economically.
- The persimmon is the national fruit of Japan.

Harvest of the Month prototype card for Mid City IB Schools

A RECIPE FROM:

Chef Olivier Bioteau of the Farm House Cafe

Persimmon Bruschetta

An Italian appetizer usually made of diced tomatoes, basil, garlic, olive oil, spooned on a slice of toasted bread.

- 2 persimmons
(Peel the persimmon like an apple then dice into 1/4 inch cubes)
- 2 shallots *(Peel then dice very fine)*
- 1 tablespoon of chopped Italian parsley
- 1 tablespoon of chopped tarragon
- 1 tablespoon of chopped chive
- pinch of salt
- fresh ground black pepper
- 1/3 cup of extra virgin olive oil
- 2 tablespoon of rice wine vinegar

In a mixing bowl, stir the persimmons, shallots, all the herbs, season with salt and pepper add olive oil and vinegar and stir to combine.

Serving Suggestion:

Bruschetta can be served on large slice of grilled rustic bread, in a salad with mozzarella cheese or on top of a grilled filet of fish or chicken breast.

Reasons to Eat Persimmons

Half of one medium persimmon provides:

- An excellent source of vitamin A*
- A good source of fiber and vitamin C
- A source of many antioxidants, including beta-carotene, lutein, zeaxanthin and lycopene

** Vitamin A serves several functions in the body. It helps maintain good vision, fight infection, support cell growth, and keep skin healthy.*

Strategies for sustainable partnerships

- Use a collaborative approach
 - Celebrate successes
 - Communicate
 - Fund something useful to the collaboration
 - Creatively fundraise for the collaboration
-



daikon radish

Harvested date: Tuesday, Oct. 26

Sliced & seasoned: Wednesday, Oct. 29

Served: Thursday, Oct. 28

Farm: Crawford Garden

URBAN
agriculture

Grown and harvested by the Crawford Garden Club on CAMPUS!

Find your garden champions and partnerships

- San Diego Master Gardeners

<http://www.mastergardenerssandiego.org/schools/schools.php>

- Other school gardeners

<http://www.csgn.org/>

- Regional Garden Education Center Classes

http://www.victorygardenssandiego.com/?page_id=160

Places to begin...

- School-wide tasting events
- Classroom tasting, cooking
- Waste audits



Other helpful resources:

- **Profiles of some sites with successful school garden and food services**

- <http://www.healthyschoolenvironment.org/farmtoschool>

- **Davis Farm to School**

- <http://www.davisfarmtoschool.org/index.php/programs/>

Thank you!

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