

Richmond Elementary Farm To School Curriculum



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The TWO rules of taste testing...

1) You have to try a bite.

2) No saying "ew", "yuck" or "gross."



What is in the Rainbow Slaw?



Ingredients...



The Recipe...

Ingredients

1 head green cabbage, shredded or thinly sliced

1/2 cup shredded carrots

1/2 cup shredded beets

1/2 cup shredded rutabaga

1/2 cup shredded apple

1/2 cup mayonnaise

2 Tablespoons lemon juice

1 1/2 teaspoons sugar

Salt & pepper

Directions:

Combine cabbage, carrots, beets, rutabaga, and apple in a large bowl. Whisk together mayonnaise, lemon juice and sugar. Add dressing to vegetables, salt and pepper to taste, and mix thoroughly. Enjoy!

Vote Time! Vote Time!

Did you like it?

YES

NO

NOT SURE

Three C's of Farm to School



As a group we focused on Classroom and Cafeteria

Cafeteria

Monthly grade K-four taste tests



Once a week after school cooking class:

- Session one 1st and 2nd grades
- Session two 3rd and 4th grades

Why is it important to include the Cafeteria?

Cafeteria

Items prepared in cooking class:

- Butternut squash soup
- Beet pancakes with local maple syrup
- Granola
- Seven layer bars
- Omelet rolls with spinach
- Carrot soup
- Brownies
- Bread sticks

Classroom

Worked with two fourth grade classrooms



Developed interactive maple sugaring unit

Students took on the roles of maple sugar producers in Vermont and developed creative management plans that dealt with a series of real world problems.



WATER SINKING

Handwritten notes and diagrams on a whiteboard, including a diagram of a water cycle or sink.

WED MAR 21

One Minute
Word

Your Farmer Profile

You are...Slopeside Syrup

Information:

- Where: Richmond, VT
- Number of years in business: 2
- Type of system: Tubing
- Number of taps: 16,900
- Number of acres: 400
- Amount of syrup in a typical year: 6,000 gallons
- Amount of syrup this year: 2,600 gallons
- Approximate miles of line: 110
- Total sales from syrup for an average year: \$240,000
- Initial equipment expense: \$325,000

Your Farmer Challenge

Challenge:

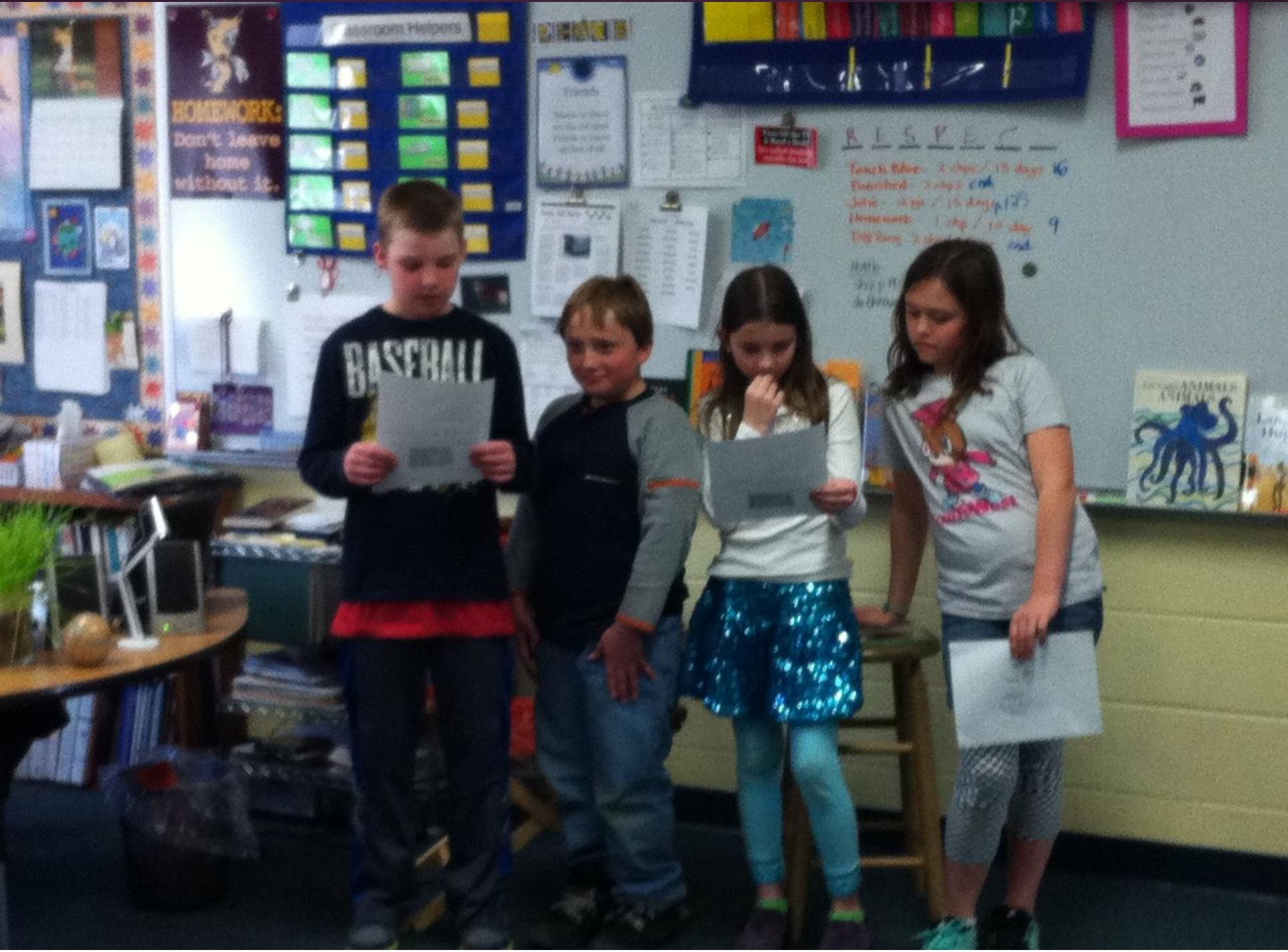
As you've begun to check on your taps you've noticed that your production is down. The weather has been perfect for abundant sap production, with warm days and cool nights, but still, not as much as sap as usual. You investigate further to find traces of the Asian Long-horned Beetle holes in the bark of the maple trees on your land.

This is a type of a boring insect which is invasive to the United States, originating in China. The mother lays the larvae in a small hole in the bark and they eventually burrow deep into the tree and disrupt the tree's vascular system. They continue to feed, causing structural damage to the tree and eventually burrow out of the tree as adults leaving holes the size of ball-point pens in diameter. Not all of your trees have been affected by this beetle, but you're worried for the overall health and productivity of your sugaring operation.

Asian Longhorned Beetle WHAT TO LOOK FOR:







Classroom Helpers

HOMEWORK:
Don't leave home without it.

R E S P E C T

- Touch lines - 2 chips / 15 days
 - Touches - 2 chips
 - Jobs - 1 chip / 15 days
 - Homework - 1 chip / 15 days
 - Books - 2 chips
- Books - 2 chips / 15 days



Community



RES students harvest turnips and broccoli from Jericho Settler's Farm and the Monitor Barns Farm located in Richmond and Jericho Center, Vermont.

What's Next?

We will be completing three different week-long curriculum based on three pre-established units with a focus on maple sugaring in Vermont.

Economics of the Green Mountain State

Interdependence

History of the 14th State

Our hope is that these curriculums will be integrated into the continued fourth grade classrooms at RES.



Thanks
for
listening!