

National Farm to School Network Southeast



Meet Regional Steering Committee Member Diane Beth

Diane Beth, MS, RD, LDN serves as the Nutrition Manager and NC Fruit & Vegetable Nutrition Coordinator in the [Physical Activity & Nutrition Branch](#), NC Division of Public Health . One emerging area for obesity prevention and control being implemented in NC (through the PAN Branch and many Farm to School partners) is the availability and affordability of nutritious, locally grown food (especially fruits and vegetables)



to nutritionally at-risk households. In fact, [Eat Smart, Move More: North Carolina's Plan to Prevent Overweight, Obesity and Related Chronic Diseases](#) includes statewide strategies that directly include the work of Farm to School program partners.

Diane has been involved with Farm to School for the past four years. In her role with the PAN Branch she has marketed the national and regional Farm to School Network with multiple groups, provided educational sessions at professional conferences on Farm to School, has helped link the NC Farm to School program with other public health-related programs and is proud to work with child nutrition staff at the NC Department of Public Instruction in the selection and education of the 62 NC elementary schools currently

In This Issue

Regional Steering Committee Member: Diane Beth

Grant Money for School Gardens

Farm to School Academy

Winter Squash Recipe

Georgia Organics Conference

[Join Our Mailing List!](#)

Calendar

Farm to School Bill Hearing before the Senate Education Sub-committee
Columbia, SC
January 20

[Practical Tools and Solutions for Sustaining Family Farms Conference](#)
Chattanooga, TN
January 20-23

[Sustainable SC Local Food Systems Workshop](#)
Columbia, SC
January 29

[Southeast Youth Food Activist Summit](#)
Chapel Hill, NC
February 5-7

[Farm to Cafeteria Conference](#)
Detroit, MI
May 17-19

participating in the USDA Fresh Fruit and Vegetable Program.

To learn more about Diane's work in Farm to School click [here](#).

Grant Money for School Gardens

Now is a great time to start planning your spring garden. The following grants are available to help you gather tools and garden supplies:

[Welch's Harvest Grants](#)-apply by February 6, 2010

[Mantis](#)-apply by March 1, 2010

[Fiskars Project Orange Thumb](#)-apply by February 19, 2010

[Annie's Grants for Gardens](#)-accepts applications on an ongoing basis

[The Green Education Foundation](#) has a list of grant opportunities-application deadlines vary

And congratulations to the following schools in South Carolina that won an *Eat Smart...It's in the Garden!* mini grant from the SC Department of Agriculture. Each of these schools will receive \$1,000 to start or improve a school garden.

Holly Springs Elementary, Pickens, SC

Gray Court-Owings Elementary, Gray Court, SC

Ford Elementary, Laurens, SC

Okatie Elementary, Beaufort, SC

Nevitt Forest, Anderson, SC

York Technical, Rock Hill, SC

SummitDrive Elementary, Greenville, SC

Stone Academy, Greenville, SC

Hendersonville

Elementary,

Walterboro, SC



New North Florida Cooperative Set to Launch Farm to School Academy in February

The New North Florida Cooperative (NNFC) Farm to School Academy is designed to train farmers, school food service, USDA, and other public and private entities in the basic tenets of Farm to School marketing and procurement. Academy graduates will receive certification on how to establish

[National Farm to School Events Calendar](#)

*** Please send your upcoming events to Brook Thompson ***

National Farm to School Network Southeast Regional Steering Committee

Regional Lead Agency

Appalachian Sustainable Agriculture Project (ASAP)

Emily Jackson, Molly Nicholie, and Brook Thompson

Florida

Melissa DeSa, *Florida Organic Growers*

Beverly Girard, R.D., *School Board of Sarasota County*

Rachael Terrin, SNS, *FL Department of Education*

Mary Whitesell, *Florida Healthy Communities Healthy People*

Georgia

Erin Croom, *Georgia Organics*

Amanda Manning, *GA Department of Education*

South Carolina

Todd Bedenbaugh, *SC Department of Education*

Allison Schaum, *Palmetto*

Agriculture Consultants

Susan Frost, *DHEC Bureau of*

Community Health and Chronic Disease Prevention

North Carolina

Lynn Hoggard, *NC Department of Public Instruction*

Michelle Futrell, *Division of Public Health, NC Fruits and Veggies Nutrition Coalition*

Diane Beth, *Division of Public Health, NC Fruits and Veggies Nutrition Coalition*

Nutrition Coalition

Tennessee

Vanessa Mercer, *Crabtree Farms*

Elizabeth Malayer, *Jubilee Project*

Kentucky

Kaycie Len Carter, *Community Farm Alliance*

Mark Swanson, *University of Kentucky Lexington*

Wendy Carlin, *Coalition for a Fit Kentucky*

facilitate, and sustain Farm to School efforts in their respective areas.

The curriculum is based on several models developed and used by NNFC since 1995 in facilitating Farm to School in the Southern U.S. The Academy will utilize several training and assistance approaches to accommodate the varying needs of schools, farmers and public and private entities, incorporating on-site consultations and intensive, hands-on training activities. More information regarding the application process, training tracks and schedule will be available soon.

For more information, contact [Glyen Holmes](#).

Stuffed Acorn Squash Recipe

Not sure what to cook in season this winter? Try this kid friendly recipe from *Simply in Season Children's Cookbook*.

Ingredients: 2-3 large acorn squash
1 lb of sausage
4 celery stalks
1 medium onion
2 carrots
1/4 cup water
1/2 teaspoon dried sage
1 cup bread crumbs



- 1) Preheat oven to 350F.
- 2) Pierce squash and microwave 1-2 minutes. Cut squash in half and remove seeds and strings. Place cut side down on lightly greased baking pan. Bake in preheated oven until almost soft, 40-50 minutes.
- 3) Saute sausage in large frypan just until cooked.
- 4) Finely chop celery and onion. Shred carrots. Add vegetables, water, and sage to sausage in frypan. Cover and simmer 15 minutes. Remove from heat.
- 5) Mix together with sausage and vegetables. Stuff into cooked squash halves. Bake 10-15 minutes.

Serves 4-6.

Georgia Organics Conference Features Farm to School Track

The 13th Annual Georgia Organics Conference and Expo will be held in Athens, GA on February 19th and 20th. The Farm to School educational sessions will feature National Farm to School co-director Anupama Joshi, [The Rethinkers](#), New Orleans' middle school student activists, and farmer and teacher specific panel discussions. See full descriptions [here](#). **If you or an organization would like to sponsor a school representative to attend the conference, please contact**

[Erin Croom.](#)

Thank you to everyone who submitted information for the January edition of the e-newsletter! The next e-newsletter will come out in mid March and I encourage everyone to send me personal stories, articles, pictures, and event information related to Farm to School by **March 12**.

Sincerely,

Brook Thompson
Appalachian Sustainable Agriculture Project's Growing Minds
Program