

National Farm to School Network

Southeast

Farm to School: From the Grassroots

**October 16th Peaceful Valley Farm
1-5pm, Dinner @ 5:30pm**

The Appalachian Sustainable Agriculture Project's Growing Minds Program invites you to join them for a "Peer Learning Visit ". This half day workshop offers a hands on experience for community groups/organizations, parents, and volunteers. Focusing on grassroots involvement and how to organize farm to school efforts in your community, this workshop will offer baseline information about the four components of farm to school, school food and how the system works, identifying where to start, funding a start up project, raising awareness in the community and examples of how Growing Minds has facilitated farm to school programming across grade levels and different communities.

Made possible by a grant through the Conservation Fund of NC, this workshop will highlight how the interconnected issues of environmental stewardship, sustainable economic development, and social justice and are addressed through farm to school programming.

\$20 Registration

Includes local food dinner catered by Colleen Raulerson

This workshop will be limited to 25 participants. Due to the limited space of this workshop we ask that no more than two representatives from your school, community group or organization attend. Registration and travel scholarships available on a first come first serve basis. For more information or to register please contact Molly Nicholie at molly@asapconnections.org or (828) 236-1282.

Preschoolers Learning About Nature and Nutrition Together (PLANNT): A garden-enhanced health curriculum

Because obesity is such a growing epidemic and the leading cause of morbidity and mortality, teaching children as young as three about healthy eating is very crucial. The idea of PLANNT is that in order to successfully teach young children about nutrition, it is important to realize that they are sensory learners. Unlike their school age counterparts, three to five year olds need to be actively involved in their learning; moving, singing, touching, tasting, smelling, hearing, etc. They need to be involved in the decision making process

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Preschoolers Learning About Nature and Nutrition Together (PLANNT)

Carolina Farm Stewardship Association Conference

Calendar

September

16th
Brush Creek Elementary local cherry tomato taste test
20th

Big Problems, Growing Simple Solutions, professional development workshop for Nutrition Services Personnel - Louisville, KY. For more information see newsletter article or contact

carol@foodliteracyproject.org

October

2nd-4th
[Western \(NC\) Regional Outdoor Learning Environments Institute](#)

4th-8th
[Community Food Security Coalition Conference](#) - Philadelphia, PA
ASAP's Emily Jackson will be presenting as part of the shortcourse "[Scaling-up Distribution Efforts for Farm to Institution Programs](#)".

6th
[ASAP Fresh Produce Safety Training](#) - Candler, NC

15th
Deadline for submitting written comments for Child Nutrition Reauthorization. For more information please contact [Emily Jackson](#).

16-18th
Closing the Food Gap. A Community Conversation (featuring Mark Winne,

of learning so they feel that they have an opportunity to express themselves and make their own choices. The garden is the perfect place for children to "make mistakes " where it doesn't really matter! Working with the children in this hands-on way and exposing them repeatedly to gardening and vegetables causes them to place value on what they've created. This is important with young children because if they value something, they are less likely to damage it or let others be destructive towards it.

This curriculum, created by Nicole Martin, has developed is easy to implement in any early childhood classroom and can be added to an existing curriculum to enhance the learning. The goals are to teach children about gardening and nature, teach them to recognize and identify plants and vegetables, reduce their neophobia (fear) of eating vegetables, and increase the likelihood of vegetable consumption through repeated exposure to the vegetables.

[Read more](#)

The 23rd Annual Carolina Farm Stewardship Sustainable Agriculture Conference

Anderson, SC
October 31-November 2

The Sustainable Agriculture Conference is an exciting opportunity for growers, gardeners, and consumers to come together and learn about sustainable agriculture practices through professional workshops and farm visits. **Emily Jackson** of the Appalachian Sustainable Agriculture Project (ASAP) and **Marion Kalb**, the co-director of the National Farm-to-School Network, will be leading an in-depth workshop titled Farm to Cafeteria Basics. They will be speaking on the many benefits of farm to school programs, such as increasing farm profitability and improving the health of school children. If you are interested in attending the conference you can register on their website at <http://www.carolinafarmstewards.org/sac08/index.html>.

workshops, garden tours, and more) - Lexington, KY - For more information, please contact the [Community Farm Alliance](#)

National Farm to School Events Calendar

*** Please send your upcoming events to [Molly Nicholie](#) ***

Please share your stories and upcoming events with us. Thanks for all your work!

Sincerely,

Molly Nicholie
Appalachian Sustainable Agriculture Project's Growing Minds Program