

School Gardening Volunteer Opportunities

April 27, 2010

Hello, F2T volunteers! Here are upcoming opportunities to help "Grow Pride" in our schools and communities. Please put them in your calendar! Also, I hope you will be able to join us for the volunteer appreciation reception being held after the Raised Bed Demo at the Rappahannock Food Pantry on Sunday, May 2. Even if you haven't volunteered with us yet but are still interested, we'd love to have you there!

If you can volunteer even just once for one of these opportunities, you will make a huge difference! Please call volunteer coordinator Anna Garcia at 987-3322 or reply to this email for more information.

1. Weeding Wednesdays!

This week, Weeding Wednesday will be at RCHS from 3:30-5:00. We need your help! Come out to get our gardens in the best shape ever! There is a 50% chance that we might have a special visitor, Mrs. Michelle Obama, come visit our program and we have lots to do to get our gardens looking fabulous! Last week we had **no** volunteers. It will be fun and fast work with a few helping hands. It's also great exercise and good interaction with F2T students. Help spread the word!

Students who participate will need a note from home. If they are RCES students, they will need to ride the bus to RCHS and meet me in the garden behind the school.

First and third Wednesdays will be in the garden at RCES; second and fourth Wednesdays will be in the high school garden. Meet in the gardens and bring some gloves.

2. Support F2T students by purchasing our plants at the Waterpenny Farm Plant Sale

The annual plant sale at Waterpenny Farm will be held on Saturday, May 1 from 9-3. We are one of 9 vendors and will be selling student-grown organic plant starts for your garden.

3. Raised bed demonstration at the Rappahannock Food Pantry

Would you like to grow vegetables but don't know how?

Farm-to-Table students will install a small (2-foot by 8-foot) demonstration garden at the Rappahannock Food Pantry on Sunday, May 2, at 3:00 pm. Put it in your calendar.

"Small" doesn't mean small yield. A 2' x 8' foot garden can yield several hundred pounds of food.

You can build the demonstration garden in your own backyard. Watch the installation, ask questions, take the handouts home, and build the same garden at your place. Volunteer gardeners will help along the way.

Sunday, May 2, 3:00 at the pantry: 603 Mount Salem Ave in "Little" Washington: 675-1177.

4. Volunteer appreciation reception

This appreciation party is rescheduled from the fall to say thank you to all of you who came out to help maintain our school gardens, serve seasonal and local foods in our school cafeterias, and who are champions for agriculture and nutrition education in our public schools. Refreshments will be served. Even if you have not joined us yet but are still interested, this will be a great opportunity to talk to other volunteers about how we can all help to "Grow Pride" in our public school system.

Sunday, May 2, 4:00 at the Rappahannock Food Pantry: 603 Mount Salem Ave in "Little" Washington.

5. Asparagus harvest

If you are interested in harvesting at any time over the weekends through the end of May or during weekday afternoons, please call Trista Scheuerlein at 987-8312. Harvest times are flexible.

Harvesters will take home some asparagus as thanks for your help! Proceeds from sales to The Inn and Thornton River Grille help sustain the Farm-to-Table Program in Rappahannock County Schools. Asparagus harvest this weekend will be from 4:30-5:30 on Saturday.

6. Chaperones needed for field trip May 7

F2T students are heading to Midland, Virginia to visit Cows-n-Corn, an operational dairy that hosts schoolkids to see how dairy farms really work. We need 10 chaperones and the cost is \$7.50 per chaperone. If you can offset your own cost, we'd really appreciate it, but if you can't it's okay! Come anyway!

For more information about the field trip, visit the Cows-n-Corn website:

<http://www.cows-n-corn.com/Tours%20School%20Groups.htm>

Buses will depart from RCES at 9:30 and return at 3pm.

If you would like to be removed from this list, please reply to Anna Garcia at info@headwatersfdn.org or by calling 987-3322.

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