

# FARM-TO-TABLE: GROWING PRIDE!

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## *F2T After School Program Starting*



Students in the Headwaters/Rappahannock County Public Schools' Farm-to-Table Program (F2T) are all about growing! F2T exploratory is offered to 6th and 7th grade students, but an after school program is starting for 5-9th graders to increase the time that kids get to learn by designing, in-

stalling, and growing a garden. And of course, they'll be eating what they grow!

### **After School Projects:**

Until Sept 25, students will be giving the gardens a face-lift! Landscaper Jen Perrot has created a beautiful design which students will be helping to install one wheelbarrow at a time.

### **Other projects include:**

- Planting, harvesting, and eating fall veggies
- Making art and signs for our gardens.
- Participating in The Growing Connection, a program that connects us with kids all over the world who are growing food in Earthboxes. [www.thegrowingconnection.org](http://www.thegrowingconnection.org)

### **Farm Tour Sept 25-26**

Students will be giving tours of gardens to our visitors. Please come! Kid tour guides needed.

### **Details:**

-Program will be every Thursday in September after school from 3:20-5:00. Students should be picked up in front of the school at 5pm. In October, program will go to twice a month on the second and fourth Thursdays of the month. Bring a snack!

-Students need to bring permission slips from home to attend. Give notes to homeroom teachers.

### **SPECIAL EVENT:**

- ◆ Sept 25-26, Farm Tour at RCES 10-1 and RCHS 2-5. Please attend and plant a plant in our RCES garden or press apple cider at RCHS! Volunteers and student tour guides needed. Contact Trista Scheuerlein if you are able to lend a hand that weekend or in preparation.
- ◆ Parent volunteers needed for after school program, for garden renovation, for local food tastings, and for field trip chaperones!

## *Come Grow With Us!*

### **Volunteers Help Us Grow Pride in RCPS**

#### **Upcoming Opportunities:**

Young Garden renovation—volunteers needed to build pond, build a tool shed, construct an indoor grow light system, write thank-you notes, plant shrubs, and move mulch.

After school program: parents and students siblings are welcome to help with the after school program.

Farm to School Week Nov

8-12. Volunteers needed to help prep food for Local Foods Day.

Seasonal, Local Food Tastings: volunteers set up tasting booths at both schools so kids can try nutritious, delicious, and locally-grown foods like apples from Lee's, Williams, and Moore's Orchards, Roasted Root Veggies, organic Asian pears from The Farm at Sunnyside, and butternut squash soup from Waterpenny Farm.

### **Donations Needed:**

- Wheelbarrows (2-wheels are more stable for kids)
- Watering Cans
- Hand snippers
- Work Gloves
- Trowels
- Lumber for our toolshed—we hope to construct it entirely out of reclaimed materials if possible! 1x6, 2x4, and 4x4 lumber gladly accepted
- Garden Art
- Mulch
- Straw
- Shovels
- Rakes

### **WHAT IS FARM-TO-TABLE?**

Farm-to-Table is a dynamic, hands-on program in our public schools that is teaching students the wonders of growing and eating their own food. F2T sponsors "Seasonal and Local Food Tastings" in our school cafeterias to connect students with fresh, healthy, and delicious foods that are available in our own county. F2T hopes to connect RCPS students with their food so they become healthy eaters, healthy kids, and good stewards of the Earth.