The Magic of Farm Scale Education
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SEED TO TABLE
CONNECTING FOOD, WELLNESS & EDUCATION
WWW.SEEDTOTABLESISTERS.ORG
Connecting Food, Wellness and Education in Sisters, Oregon
Seed to Table Program’s mission is to increase the health and wellness of the Sisters community through providing equal access to nutritious foods and through providing equal access to farm based nutrition, science and art education.
Accomplishments this year!

- Provide 1,300 students in Central Oregon (predominantly Sisters students) with a minimum of 4 hours, (maximum of 150 hours) of farm based education!
  - All farm field trips and classes align with Next Generation Science Standards and Common Core
  - Upon leaving, 92% of students recognize decomposers as Fungi, Bacteria and Invertebrates
Accomplishments this Year cont...

- Grow and distribute nearly 10,000 pounds of food, grown by students and the community, to Sisters’ food banks, schools and community.
  - We provide fresh produce to up to 150 families each week and up to 200 students daily
Accomplishments this year cont...

- Connecting farm produce to the school through weekly farm meals in the Sisters School District.
  - This impacts 250 students each DAY in our district
Structure of Seed to Table and key funding partners

- Operates under the Sisters Science Club (SSC), an entity of the Sisters School Foundation a 501-3c organization

- Farm/Program has 2 contracted employees: Program Director (Audrey Tehan) & Farm Manager (Lauren Griswold)
Structure of Seed to Table and key funding partners

- **Director salary:** paid for by SSC and Sisters School District (SSD) to teach agriculture science in schools and to manage S2T Farm to School Programming.

- **Farm Manager:** Grant awarded by the Oregon Community Foundation. After grant position will be funded by produce sales.

- **Farm and Program funding:**
  1) 80%: state and local donations, grants and foundations.
  2) 20%: Produce Sales and Education Workshop Revenues
     - 2016 generated $14,356 in produce sales
Farm Location

The Seed to Table farm is located on land leased to the Sisters Science Club for 5 years with option to renew lease afterwards. Water is from a well.
“Garden/farm based education in every school is even more essential to make our standards come alive. We must not lose the creativity, problem solving, and sheer love of learning that comes from hands-on, experiential learning. “

- California Department of Ed.
6th grader, Kealey, eating a beet and radish for the first time on the Seed to Table fall field trip.
Education on the Farm

K-8

We have all 2nd, 3rd, 4th and 6th grade students involved in 4 part field trip series.

- 4 field trips each year to the farm, each field trip for 2 hours with their home rooms
  - 1 Fall Field Trip
  - 2 Spring Field Trips
  - 1 Early Summer Field Trip
# Education on the Farm

K-8

#1: Fall Field Trip stations

- **Seed saving** - seed science, seed travel, history (6 NGSS standards)
- **Cyanotype Sun Printing** - energy transfer from the sun (3 NGSS standards)
- **Harvesting** - leaf, root, stalk identification (3 NGSS standards)

#2: Spring - **In class introduction**

- Planting seeds, soil, gardening, nutrition and taste testing
#3: March- On farm field trip

- **Compost science**: study of decomposers, soil ecosystems, carbon, nitrogen
  - (20 NGSS standards)
- **Sensory Taste Testing**: sensory awareness, investigation with senses, use of adjectives
  - (5 NGSS standards)
- **Soil and Plants**: soil, geology, minerals, plant needs
  - (15 NGSS standards)
Education on the Farm

K-8

#4- June Field Trip Series

-Potato Planting: History, Ethnobotany, Genetic Traits, World History (12 NGSS)

- Science & Vocab Scavenger Hunt: vocabulary, scientific method, observation, inference (6 NGSS)

- Salad Harvesting: Plant I.D., plant growth, agro-ecosystems (10 NGSS)
Education of the Farm

Grades 9-12

- Sustainable Agriculture Class: 70 students/yr
  - Receive science credits for class
- Intensive sustainable ag. Course through Environmental class at HS: 60 students/yr
- On farm summer internship: 6 students/yr (science credits and scholarship)
The first year of highschool summer interns for the Seed to Table farm
Botanical drawing and monthly observations of student’s plot
High school student intern harvesting basil alongside college intern
Head lettuce harvest for food bank. Student, Tessa is going on to study agriculture in college.
Keys to Success as a Teacher

#1: Small group sizes and or organized management

#2: Communicating with the farmer that this is EDUCATIONAL and your needs as teacher
  - Negative experiences for students and farmers if not

#3: Balance of instruction and activity

#4: Providing materials to students when they go home
  - PROMOTION of Program
Keys to Success starting a Program

#1: Understanding of the traditional school system and the standards the admin. and teachers must meet

#2: Providing standards to each teacher, each time k-8 students participate

#3: Our priority is to teach and learn, never to just get work done on the farm

#4: Providing materials to students when they go home

- PROMOTION of Program
Thank you to all of our sponsors!
Cultivating: healthy kids, environmental stewardship, farm relationships and the local economy
Rogue Valley Farm to School educates children about our food system through hands-on farm and garden programs, and by increasing local foods in school meals. We inspire an appreciation of local agriculture that improves the economy and environment of our community and the health of its members.
What is Farm to School?

- Connecting schools and farms to improve nutrition, agriculture, economy and the environment.
- National Movement
  - Independent organizations
  - 50 states, over 2,500 programs
- Educational Programs
- Farm to Cafeteria
Promoting Solutions

Farm to School programs

- Educate students about healthy eating and lifestyles, healthy environment, and healthy community
- Improve nutritional quality of school meals
- Connect kids to the local environment
- Support local farms and the local economy
- Promote outdoor activity
Programs offered by RVF2S

On-farm Harvest Meals
Local Procurement
Tasting Tables
Digging Deeper

School Garden Support:
School Garden Coordinator Program
After School Garden Clubs
FoodCorps
Building community through farm based education: 
Harvest Meals
Farm Site Considerations

Willing farmers

Agricultural producer marketing food to the local community

Located close to schools

Diverse agricultural operations within and among farms

Outdoor kitchen
Farm Site Contracts

Field Access
Stewardship
Logistics
Compensation
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WFFC’s educational activities:

- Lessons on where food comes from
- Farm field trips
- Preparing foods in the classroom
- School garden sessions
- Tasting tables
Farm field trips include:

- Meeting the farmer
- Touring the farm
- Tasting in the field
- Helping task
- Students harvest for themselves
- Make a snack in the classroom or on the farm
Farm Field Trip Toolkit for Teachers

Step-by-step guide for successful field trips

Includes:

- funding sources
- supplemental classroom lessons
- and a list of recommended local farms
Important Components

• Helping task

• Harvest opportunities

• Tasting opportunities
Important Steps

1. Secure funding
2. Coordinate with the farm
3. Coordinate lunches and buses
4. Recruit volunteers
5. Plan and deliver in-class lesson
6. Create a schedule for the day
7. Confirm with the farmer and finalize plans
8. Confirm with volunteers
9. Field trip prep
10. Field trip (day of the trip)
11. Follow-up
12. Reporting & evaluation
Oregon Farm to School and School Garden Network

• Email listserve
  (for garden educators, non-profits, schools)

• Farm to School and School Garden Summits

• Regional Trainings

• Technical Assistance
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