

Interlochen Farm to School

Year in Review 2013-14

Hello Interlochen family, friends, and staff,

As the garden begins to bloom and students head off for the summer, I wanted to share some of the highlights from our farm to school programming this year. As a FoodCorps service member hosted by the Michigan Land Use Institute, I visit Interlochen twice a month to **teach about healthy food**, conduct **cafeteria taste tests of local food**, and engage students in **garden-based learning**.



from the **"10 cents A Meal" grant** which provides support for food service dollars spent on local food. This helps get the freshest, healthiest, food on the students' plates, as well as boosts our **local economy**! When you see Brenda, thank her for all she does!



This year our farm to school program visited seven classes in grades K-5. Students learned about the **parts of plants**, types of soil, **the importance of physical activity**, and much more! **Students also planted lettuce in the school garden**, and later **harvested the lettuce** which was served in the cafeteria taste test!

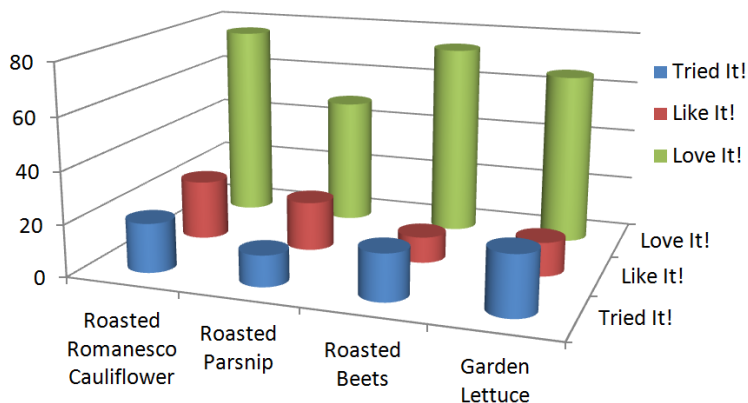
To find out more about Farm to School, look for the Farm to School link on the TCAPS Food and Nutrition website and **'Like' us on Facebook at Farm to School in Northwest Michigan**. You can also sign up for the **Farm to School Volunteer Newsletter** by emailing nwmifarmtoschool@gmail.com

Happy Summer!

Lianne Brown



Lunchroom Tasting Results!



This year in the Farm to School Lunchroom Tastings we have sampled Roasted Romanesco Cauliflower, Bardenhagen Potato Salad, Fresh Carrot sticks, Butternut Squash Fries, roasted parsnips, beets, radishes, and even salad harvested from the school garden!

In addition to local food tastings, the Interlochen kitchen staff led by Brenda Stowe has been serving **local food** on the lunchline with help

