

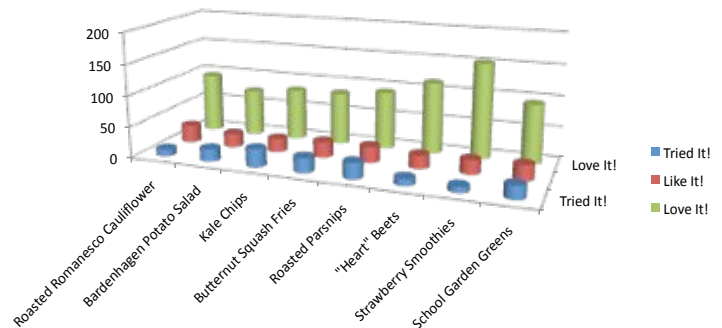
# Traverse Heights Farm to School

## Year in Review 2013-14

Hello Traverse Heights family, friends and staff,

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

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, "heart" beets, mixed berry smoothies, radishes, and even salad harvested from the school garden!



David tries butternut squash fries!

In addition to local food tastings, the Traverse Heights kitchen staff, led by Jill Johnson and Greg Gagnon, has been serving **local food** on the lunchline with help 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 Jill, Greg, Katie or Joanie, thank them for all they do!

This year our farm to school program visited nine classes in grades K-4. Students learned about the **parts of plants**, types of soil, **the importance of physical activity**, and much more! **Students also prepared smoothies, bean dip and a Three Sisters soup in class**, and got to meet local food entrepreneurs and taste their products. Throughout the fall and spring, we engaged students in **garden-based learning**.



Harvesting carrots in the garden



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](mailto:nwmifarmtoschool@gmail.com)

See you next year!

*Megan McDonnell*

*Lianna Brown*

**TBA** LEADING  
**ISD** LIFETIME  
LEARNING

**MICHIGAN**  
**LAND USE**  
**INSTITUTE**

**FOOD**  
**CORPS**  
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