

ISSUE

07

WINTER
2021—2022



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@CISDChildNutrition
Twitter: @CISDNutrition
Larry Twitter:
@CISDFarmerLarry
Hashtag:
#CISDSchoolGarden

Coppell ISD School Garden Newsletter

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Farmer Larry says:
ONIONS: JANUARY 1ST

PLAN ON PLANTING!
POTATOES: FEBRUARY 1ST

Planting the onions in January gets them established early.

Harvest dates are the leading factor in the crop plans for school gardens. Starting and planting the veggies early in the semester means the crops will be ready to pick in May before the learners leave for the summer. They will have a large, fun, successful harvest to remember.

FARM FRESH FRIDAY—FEATURES AND DATES

MONTH	FFF DATE	FARM FRESH FRIDAY	RECIPE	SCHOOL PLANTING OPTIONS	HARVEST
AUGUST/ SEPTEMBER	9/17/2021	Black Eyed Peas	Use recipe from Purple Hull Peas	Cauliflower, Cabbage, Swiss Chard, Bok Choy, Spinach, Kohlrabi, Lettuce, Carrots, Radishes, Broccoli-, Kale-Lacinato & Curly, Beets, Turnips, Cilantro	Black Eyed Peas, Sweet Potatoes
OCTOBER TEXAS AGRICULTURE MONTH	10/15/2021	Sweet Potatoes—contest Kitchen Staff votes Winners An- nounced on FFF	Roasted with Herbs		
NOVEMBER/ DECEMBER	11/19/21	Bok Choy	Ginger-Roast Bok Choy	Garlic (Bulb)	Radishes, Spinach, Kale, Lettuce, Carrots, Bok-Choy, Swiss Chard, Cabbage
JANUARY	1/21/2022	Cauliflower	Pickled	Onions (Early), Cilantro, Rosemary, Thyme	Cauliflower, Swiss Chard, Bok-Choy, Spinach
FEBRUARY	2/25/2022	All Month & FFF Grapefruit	Promote on menu and sample	Cabbage, Bok Choy, Peas, Potatoes, Herbs, Kale, Beet, Lettuce, Radish, Carrots, Swiss Chard	N/A
MARCH	3/25/2022	Radish, French Breakfast	French Radish Sandwich	Kale, Lettuce, Spinach Swiss Chard, Bush Beans	Herbs, Lettuce, Radish, Bok-Choy
APRIL	4/22/2022	Chard, Daikon	Salad		Swiss Chard
MAY		TBD—Potatoes, Onions, Garlic	Roasted with Herbs	Beds to Bed, Cover Crop	Garlic, Onion, Potatoes, Peas



The Coppell Biodiversity Education Center has re-opened their building to the public on Tuesdays, Thursdays and Saturdays from 9-12.

Nature Investigation Packs and Eco-Investigation Kits are available to rent or purchase respectively. The packs contain instructions, information and tools for a self-guided, hands-on discovery experience which will enhance the knowledge the learner is getting in the garden.

THE HARVEST DANCE: HOW TO SCHEDULE THE BEST HARVEST EVER!

Teachers: Have a planned schedule that they need to follow for when a class/group can go to the garden.

Café Managers: Have a lunch schedule that they must follow every day.

All: Need to communicate with each other.

Before Harvest

Teachers and Café Managers need to determine

1. What will be harvested?
2. What containers are needed?
 - a. What size?
 - b. How many?
 - c. When do the containers need to be clean and ready?
3. When will the harvest happen?
 - a. Day? Time?

Café Managers

1. Reach out to Chef Helen about handling and preparation
2. Get clean containers ready for harvested food
3. Plan how to handle the harvest once it gets into the kitchen

Teachers

1. Check in day of harvest or before with the Cafeteria Managers
2. Get the clean boxes/containers from the kitchen to the garden
3. Tell your learners how the harvest will be prepared in the kitchen

IMPORTANT!!!

1. Cafeteria Managers are very busy between about 10:30 – 1 PM. Teachers are very busy in the garden. Working together, plan the best time for the learners to deliver food to the kitchen. There may be times between one lunch service and the next.
2. Veggies going to the kitchen must be in a container. Child Nutrition Managers can be very picky about “soil”. It’s “dirt” when it gets to the kitchen.
3. If the Manager is serving lunch, the harvest cannot be the priority.
4. The kitchens close at 2 PM. If the harvest is scheduled after that time, work together to create an alternate plan.
 - a. There may be a place to hold the produce until the following morning
 - b. The produce may not need refrigeration: onions, potatoes, etc.
 - c. A Child Nutrition staffer or Farmer Larry may be available
5. Class times may change because of weather or mud. Just keep in touch.

LET FARMER LARRY KNOW YOUR PLANS!

FARMER LARRY on ONIONS

Coppell Community Garden is ordering onions. Larry should have them on hand by the second week of January.

January—Onions

February—Potatoes



cloth has been ordered. Farmer Larry will let you know about availability

COMPOST NOTES

Schools that are composting kitchen waste have received their buckets and lids. Teachers and Cafeteria Managers should have set their protocols by now.

Larry's recommendations:

- New compost bins should have no more than 1 bucket of kitchen material per bin.
- Do not add material after compost bin is built.
- If you can't turn the compost at least 2x per week, don't add new kitchen material.
 - ◆ Don't add new material 2 weeks before long School Holidays. I.E. Thanksgiving, Winter Break and Spring Break.
 - ◆ Discontinue using compost material one month before the end of school.
 - ◆ Turning frequently is the best way to keep our little friends away.
- Leaves are falling and now is a great time to collect them for composting.
 - ◆ Collect the leaves and put into black plastic bags.
 - ◇ Each elementary school should have 6 bags.
 - ◆ Schools new to composting can set up their bins using the leaves and let them work over the next months.
 - ◆ Schools that are actively composting do not need to follow this procedure but should collect leaf bags for future composting.

If you need any clarification or have suggestions, please do not hesitate to contact Farmer Larry.

NOVEMBER FARM FRESH FRIDAY—BOK CHOY!



SWEET POTATO CONTEST



DENTON CREEK ES
NESSIE - JULIA



CANYON RANCH ES
FAT LIZARD -
SAMANTHA

THANK YOU!
TO EVERYONE WHO ENTERED, AND
TAUGHT, AND DUG, AND SERVED,
AND VOTED!

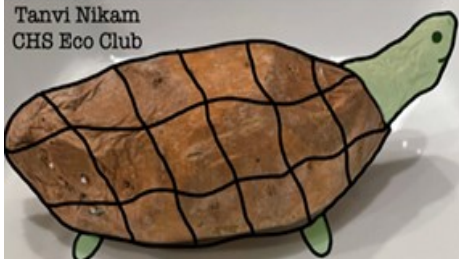
HOPE YOU LOOK AT YOUR WORLD
IN A NEW WAY.

MOST IMAGINATIVE



CHS ECO
CLUB

Tanvi Nikam
CHS Eco Club



TURTLE
- TANVI

WE HAVE A
TIE!!

LAKESIDE
ES



SEAHORSE
- TEJA

SWAN
- KINLEY



AND THE WINNERS ARE:



DENTON CREEK ES
BANANA - CLARA

CANYON RANCH ES
DINOSAUR -
REAGON



BEST LOOK-A-LIKE

CRE—STEPHANIE DESKIN
DCE—MARTHA BROWN LSE—MELISSA WARREN
CHS ECO CLUB—JODIE DEINHAMMER

LAKESIDE ES
JALAPENO PEPPER -
VINCENT



CHS ECO
CLUB

WHALE -
TANVI



Tanya Nikam
CHS Eco Club