



Lincoln

Fall 2019 Newsletter

Elementary

Welcome to the FoodCorps Seasonal Newsletter!

This newsletter highlights the great farm to school programming offered at Lincoln with the FoodCorps service member. Enjoy!

What is FoodCorps?

FoodCorps' mission is to connect kids to healthy food in school. We are a nationwide team of AmeriCorps leaders, serving in 17 states and the District of Columbia. We focus on delivering hands-on lessons in gardening, cooking, and tasting healthy food; improving school meals; and encouraging a school-wide culture of health. Mill City Grows hosts Lowell's two FoodCorps Service Members. Service member Haela Booth-Howe (pictured right) serves Lincoln Elementary. For more information about programming or to join the SGLT, please email haela@millcitygrows.org.



Harvest of the Month Taste Tests are Back!

In October, students gobbled down **pear** grilled cheese (pictured below). Coming soon in December, students have a chance to try **carrot** hummus.



Bountiful Harvest from the School Garden

In September, twelve classes went out to the garden to harvest produce for the back to school night. We collected over 86 lbs. of eggplants, tomatoes, zucchini, and collard greens. And almost all of it all went home with local families at the Back to School Night!

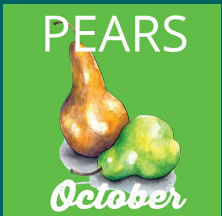
Since May, we've harvested over 300 lb. of produce, all of which has been sent home with families and staff or used for school programming.



FoodCorps x Fourth Grade = Tasty



Students talked about the difference between fresh and processed foods. They tasted cherry tomatoes from the garden and then practiced knife skills making fresh *pico de gallo*.



We talked about foods that make us *go, grow* and *glow*. In this lesson, we made hearty yogurt parfaits with local pears!



Building upon prior knowledge of fresh, minimally-processed food and balanced meals, students practiced “re-imagining” their favorite snacks. We toasted up some Takis-inspired kale chips!



There's more where that came from! Fourth graders will continue learning about local food, nutrition, cooking, diverse cuisines and agriculture in Content Literacy this Winter and Spring. We'll pick back up in January, so stay tuned!

Tell Me More!

21st Century Garden Club

These kids have cooked with and tasted a variety of seasonal fruits and veggies. They've made *salsa verde*, pear parfaits and harvested beans from the garden to make a corn, bean & squash dish (below).



Popcorn Party with Mrs. Trainor

We learned about the origins of some of our favorite foods and the difference between whole and processed foods. Then we cooked up some tasty popcorn and flavored it with a variety of spices.

3rd Grade Garden Heroes

Mrs. Francisco's class joined in the salsa fun, comparing their homemade *pico de gallo* to Taco Bell's mild taco sauce. The following week, they went to the garden and harvested over 15 lb. of green tomatoes, cleared out two beds and planted cover crops for the Winter!



Mrs. Mello's TV Stars!

In October, several students from Mrs. Mello's class (pictured above) were interviewed by Lahey Hospital about what they like about cooking in the classroom and the school garden. One remarked, “I like learning how to cook because it makes me feel like a parent.”