



Lincoln

Fall 2018 Newsletter

Elementary

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 to the right) serves Lincoln Elementary.



Harvest of the Month Taste Tests

This year, Mill City Grows is partnering with LPSFNS to host a Harvest of the Month Taste Test each month. In October, 78% of Lincoln students reported that they liked the pear compote and in November 73% liked the kale salad!

Besides supporting the local economy, eating local and seasonal food is also good for our health! There is a much shorter time between harvest and table, meaning it is less likely that the nutrient value has decreased in the crop.

This partnership not only encourages students to try seasonal crops in new, fun ways, it also supports our local farmers. We sourced our pears from Brookdale farm in NH and the kale from Red Fire Farm in MA.



Harvest Day



Students helped to harvest and package carrots, Swiss chard, collard greens, tomatoes, oregano, thyme and sage. We set up a table outside after school for students, parents and teachers to take home the produce.



Kindergarten

Before Harvest Day, Mrs. Kelly's class got a chance to harvest some carrots and participate in a mindful tasting. They learned about roots, stems and leaves of the carrots and used their five senses to enjoy tasting the garden fresh snack!



First Grade

After their trip to Smolak Farm, Mrs. Gould's class worked together to make a pumpkin, apple, carrot soup! Students learned about combining Fall crops into a delicious recipe; they practiced knife skills, and they all tried something new. Shout out to a calm, cool and curious group of young chefs that really know how to work together as a team!

Second Grade

In October, Mrs. Ryan's class tasted the rainbow when they made a fresh fruit salad. They practiced knife skills, used addition to write their recipes and sampled a variety of fruits including strawberries, grapes, kiwi, banana and apples.

Mrs. Chin-Chap's class helped to put one of our school garden beds to sleep after Harvest Day by planting winter rye. They learned about the importance of always having roots in the soil and that some crops can actually survive the long winter.

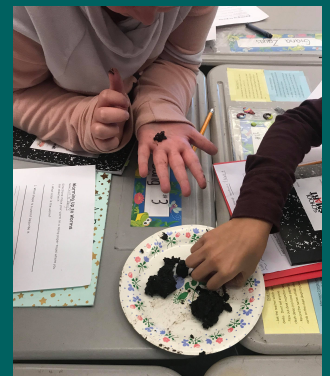
Third Grade

Ms. Regina's class worked together to plant a late season bed of spinach in the school garden in October. They used their knowledge of area and multiplication to figure out how many seeds to plant. Sadly, their spinach's growth was thwarted by our early snow in November.

Ms. Regina's class is also full of a bunch of brave tasters that sampled a *second* Harvest of the Month recipe in November. Ask them how to make a "Shamrock Shake" with kale and fresh mint!

➤ Fourth Grade Composters

This fall all the fourth graders have learned all about composting. They can tell you what makes up healthy soil, what is biodegradable, and how worms help us make great compost for our garden. Ms. Catanzano and Mrs. Krug's classes have taken ownership over worm bins and will be caring for the worms all through the winter and early spring until we can move our compost to the school garden. Ask them who their Worm Captains are this week and what their worms are hungry for!



Pearly Special Shout Out to a truly caring carrot and kale blazer, **Mrs. Guthrie!**

Mrs. Guthrie is a Harvest of the Month enthusiast! She has promoted the Harvest of the Month crop in her PE classes all year and invited Ms. Haela to make HOTM smoothies with third and fourth grade classes. Ask about our pear smoothie, fruity kale smoothie and "Shamrock Shake."