



Lincoln

2018-19 Year in Review

Elementary

Celebrating Success

Welcome to **Abraham Lincoln Elementary School's** FoodCorps Year in Review. This report highlights the great farm to school programming offered this year, in collaboration with the FoodCorps service member. It also provides a sneak peek into what's to come. 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 to the right) serves Lincoln Elementary.



Continuing Garden Improvements

This Spring we've had outstanding efforts from Lincoln students and teachers, Mill City Grows staff, and high school students and teachers from Middlesex School who have come out to the garden to pick up trash, plant, weed, mulch and water. As you can see, the current state of the garden clearly reflects these efforts! Let us not forget that it takes a village to maintain a garden of this size, but together we can do it.



August 2018



May 2019



Vision for the Lincoln Garden

Through input from teachers, administration and students, we are creating a more clear vision for the Lincoln School Garden. This years successes have inspired us to continue the traditions of school-wide April planting culminating in a June Salad Celebration and June planting for Fall harvests. We hope to continue to use this space to grow food for in-school tasting and give away tables for Lincoln students and families.



Fall Harvest and Spring Salad Days

In April, twelve classes came out to plant lettuce, kale, peas, radishes, scallions and strawberries. 21st century groups also planted lettuce, peas, beets. We'll harvest all this produce on June 10th and make a giant salad that will be served in the cafeteria.











Two third grade classes started strawberry seeds in the classroom with a low success rate. But, luckily, the STEM Academy at the Rogers donated 12 strawberry plants to our garden that were carefully transplanted by Mrs. Francisco's class. They are already starting to fruit!

In October, students helped to harvest and package carrots, 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.



Harvest of the Month Taste Tests

Each month, students tasted recipes featuring the MA Harvest of the Month crop, sourced from Mill City Grows urban farms or other local farms. Our most popular recipes of the year were the **Spiced Pear Compote** and the **Cranberry, Apple, Kale Salad**. Students also loved comparing Cabot pepper jack and cheddar cheeses. We're looking forward to more HOTM Taste Tests in the upcoming school year with the procurement and preparation support of Aramark. Check out the MA Farm to School website for more recipes!

 <p>PEARS <i>October</i></p> <p>78% loved spiced pear compote!</p>	 <p>KALE <i>November</i></p> <p>73% loved cranberry, apple, kale salad!</p>	 <p>CARROTS <i>December</i></p> <p>63% loved roasted carrots!</p>	 <p>APPLES <i>January</i></p> <p>50% loved apple & carrot slaw</p>
 <p>BUTTERNUT SQUASH <i>February</i></p> <p>60% loved butternut squash dip!</p>	 <p>DAIRY <i>March</i></p> <p>84% loved Cabot cheddar, pepper jack or both!</p>	 <p>POTATOES <i>April</i></p> <p>44% loved Greek yogurt potato salad!</p>	 <p>SEAFOOD <i>May</i></p> <p>54% loved kelp, radish, tat soi salad!</p>

Harvest of the Month Smoothies and Snacks

Two classes also got an extra taste of our seasonal crops during P.E. this year! We learned about why the Harvest of the Month is what it is each month – some being storage crops, others growing fresh that month and seasonal traditions relating to animal products. We also talked about how these crops are part of a balanced diet and how they support their growing bodies!



POTATOES

I tried it
|

I liked it
|||

I Loved it!
|||||
|||||

Ms. Catanzano's
Room 201
4-2-19

organic
HOME FRIES
garlic-paprika-
salt-pepper

Recipe:

- Russet or yellow potatoes, organic if possible
- Garlic powder
- Paprika
- Salt and pepper to taste
- Olive oil

Directions:

- Cube potatoes and steam or boil for 5 minutes
- Sautee potatoes in olive oil on medium-low until crispy.
- Add seasonings of choice. We liked garlic, paprika, salt and pepper.

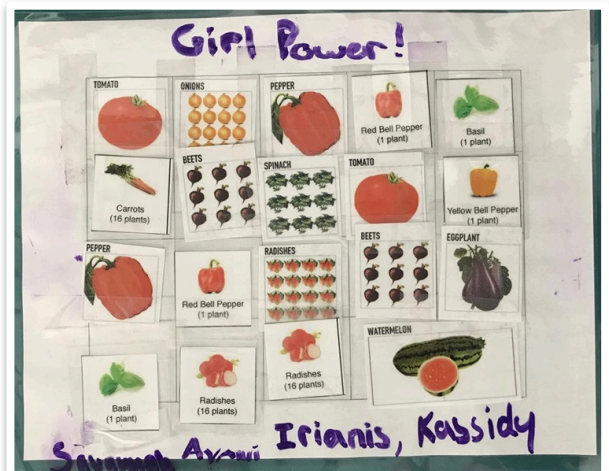
While the Greek yogurt potato salad we tasted in the cafeteria was one of the least popular recipes, the organic potato home fries was Ms. Catanzano's fourth grade class favorite Harvest of the Month snack all year!

21st Century After School Program with Mill City Grows



21st Century students make salads, smoothies, pickles, butter, tortillas and more. Pictured here is a spring salad made with Mizuna, snap pea greens, bell pepper, carrot and cucumbers.

A favorite recipe this Spring was sautéed snow peas. We used olive oil, soy sauce and garlic powder.



When we can't be out in the garden, we're inside planning what we can grow! 1st-4th graders practiced square foot gardening. It came as a surprise to many that you can grow 18 beets in the same space you can grow one watermelon.



Lincoln Students Recreate Recipes from around the Country

The fourth graders have continued their regional cooking lessons throughout the year. Most recently we made student-approved recipes served on the lunch line at schools in California, Ohio, and Arizona.

Northeast

With each season comes a different fruit in New England. In December, the students studying the Northeast made cranberry sauce, in February they made apple sauce and in May they made strawberry rhubarb crisp.

Southeast

3/23 students knew Black Eyed Peas weren't just a band! Check out this Southern Succotash featuring black eyed peas, lima beans, corn yellow onions and cherry tomatoes!



Midwest

For our Midwest recipes, we made two variations on a corn and bean salad. Although this wasn't a favorite, it's still fun to try new things – right?! And our young chefs had another chance to practice their slicing, dicing and seasoning.

Southwest

Veggie quesadillas were another one of the favorites this year. We made one version with refried beans, cheese and another with peppers, onions and cheese. Both were *muy deliciosos*!



West

Students learned about agriculture in the West and all the seasonal crops they provide for the rest of our country. We've made many batches of guacamole, but most recently, a Thai chili & lime noodle dish (pictured left). We used Soba noodles, carrots, snap peas, scallions, mint and cilantro. Fresh and zesty flavors had them asking for seconds and thirds!



Summer Spotlight



Garden Maintenance

This summer we are coordinating garden maintenance with CTI, Mill City Grows' J-Squad and other community partners. We hope that you also stop by to weed, water, or just enjoy the garden!



Harvesting Guidelines

Please come by the garden this summer with your families and check in on the plants! We just ask that you follow these few simple guidelines:

1. Please do not harvest from beds labeled **1-9**, this is dedicated to the Lincoln students for their Fall Harvest Day. You may take some produce from the other, un-labeled beds.
2. If you use anything from the shed, please return it.

- Thank You -



Fall 2019: What's to come?

Farmer Haela will be back for another year of FoodCorps! In the upcoming year we will see more of her in school, collaborating with Content Literacy, coordinating school-wide planting and harvesting, facilitating taste tests, leading the after school garden club and much more! Please email haela@millcitygrows.org with any questions about how you can get involved!

