

A group of children and an adult are in a garden, eating fresh produce. The children are of various ages, some are holding and eating small pieces of food. The background shows lush green plants and a clear blue sky. A yellow circular graphic is overlaid on the bottom left of the image.

Farm to Cafeteria Proposal

presented by

Archway Urban Farm*

Contact: farmschool@archway.ca

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*a not-for-profit Teaching Garden

Farm to Cafeteria

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Philosophy

People who have encounters with growing food are not only more aware of where their food comes from, they're also more likely to eat fresh fruit & vegetables.

01

02

Goals

Connect students to their food source and increase knowledge & experience with growing fruit & vegetables

Activities:

Monthly events and learning activities designed to build on the previous lessons to spark wonder and deepen understanding of the fresh food we eat.

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Farm. Eat. Repeat. We all want to eat. We all have to eat. What if our food could do more than just fill our belly? What if it can spark wonder as children learn how plants seem to make something from 'nothing'? What if we see production in action; harvest fresh food just before we eat, and what if learning about growing food helps our senses connect with nature ?

Grow. Teach. Sell. Repeat - that's what we do.

Potential Topics

- 🌱 We need to eat - so do plants!
- 🌱 Hydrogen Hydroxide – plants can't live without it!
- 🌱 What's a Foodprint?
- 🌱 Plants are people too? They get thirsty, they grow and they get tired.
- 🌱 What is soil? (or, dirt is four-letter word)
- 🌱 Garden friends and helpers: earthworms, spiders and ladybugs
- 🌱 You eat with your eyes
- 🌱 Small but mighty: Microgreens
- 🌱 Why is it taking so long? Waiting for plants to grow
- 🌱 Food Waste; plants are the ultimate recyclers!
- 🌱 Make your Own Salad

Timeline

- 🌱 **October - December:** at least 2 outdoor sessions available onsite at Archway Urban Farm
- 🌱 **December - January:** in-class resources made available for instructor use.
- 🌱 **February:** Indoor sessions provided at School
- 🌱 **March - April:** outdoor sessions can resume; indoor options available
- 🌱 **May:** Final Session on-site for 'Make Your Own Salad' or other Finale event.

Look deep into Nature and then you will understand everything better

Albert Einstein

Deliverables (examples)

Lesson Plan Overview: eg. **October:**

- 🌱 Introduction to the Farm site
- 🌱 Vegetable Scavenger Hunt - what crops do you find growing? Talk about seasons (*cool weather crops v hot weather crops*)
- 🌱 Where's North? Plants need at least 6-8 hrs daylight per day to grow; daylength triggers for crops; impact of seasons on crop production
- 🌱 Practice making 'newspaper pots' and planting some Microgreens*
- 🌱 Seeds and seed collection

(Use of sprouted Microgreens for November session to discuss of how plants make something from 'nothing')

This is approximately a 45-60 minute session as outlined.

Seasonal Recipe Cards for Going Home

Simple Pumpkin Soup

1. **Take 1 small pumpkin** - wash, then cut in half and scoop out seeds (*save them for roasting later if desired; see other side for instructions!*). Place pumpkin halves cut side down onto a baking sheet. *Feel free to grease baking sheet or use parchment paper under pumpkin to make clean-up easier.*
2. Take 1 full bulb of garlic and cut off the top. Use about 1 teaspoon of oil and pour over the garlic. Wrap in foil and place on baking sheet. *(If desired, chop up 1 onion and toss with oil - add to baking sheet)*
3. Place baking sheet in the oven and roast pumpkin and garlic (*& onion if used*) at 350°F until pumpkin is cooked through (*a sharp knife slides through pumpkin very easily*)
4. When the pumpkin has cooled a bit, scoop the flesh away from the skin. Squeeze the garlic bulb from the bottom up to release the roasted garlic. Place pumpkin and garlic (*& onion if used*) into a pan and add a little broth OR milk. Blend carefully with a hand blender to create a soup-like consistency. Add more milk or broth a little at a time to thin to preferred consistency. Heat through and enjoy!

Simple Quizzes and/or Essay Questions for In-Class follow up.

Seasonal produce for cafeteria/meal use (as available; additional charges will apply - see our Online Shop)

Connections to other growers/sources of local produce

[Contact: farmschool@archway.ca](mailto:farmschool@archway.ca)

- Our teaching garden provides the perfect setting for hands-on learning and exploration of how food impacts our health, environments, and culture.
- Multiple programs and activities fit classes of all ages, from kindergarten to high-school. Topics can include agriculture, health and wellness, climate, food security, business and more
- Holistic and experience-based learning opportunities grab attention and foster an impactful connection to food and community.
- Fall sessions can include composting, greenhouse gases, cover cropping, soil erosion, seeds and seasonal cycles.