

Newfield Workshop Sessions

Adam Michaelides, Compost Education Program Manager, CCE Tompkins

Compost: Healthy soil = healthy plants = healthy people. Add to your understanding of compost and practical composting skills. Consider how to best compost what comes out of the school garden, and the school lunchroom – turn your spoils into soils! Learn how to engage school staff and students in the process using simple props and activities.

Chrys Gardener, Community Horticulture Educator, CCE Tompkins

Seed Starting: Starting plants from seed is a fun and educational activity for your class. Learn which are the easiest seeds for children to grow, which plants can be grown in winter and early spring under lights, and how to make a simple, inexpensive light stand for starting seeds indoors.

Josh Dolan, Community and School Garden Specialist, Finger Lakes Eat Smart NY/CCE Tompkins
Starting and Sustaining Successful School and Community Gardens: Josh Dolan of FLESNY will draw on his 10 years experience working with school and community gardens to instruct participants on how to initiate and sustain successful gardens and garden programs.

Josh Dolan, Community and School Garden Specialist, Finger Lakes Eat Smart NY/CCE Tompkins
Welcome and Intro: Josh Dolan will provide an introduction and overview of the programs and resources available through the Finger Lakes Eat Smart New York school and community garden program

Fiona Doherty, Educator Enrichment Specialist, Cornell Garden-Based Learning

Theory Behind Garden-Based Learning: Gardening enhances the quality of life in numerous ways. Garden-based learning programs result in increased nutrition and greater environmental awareness along with higher learning achievements and increased life skills for students. Fiona will share the research findings behind garden-based learning along with the importance of effective youth engagement.

Fiona Doherty, Educator Enrichment Specialist, Cornell Garden-Based Learning

How to use your garden everyday: curriculum integration

In order to sustain the garden, your team must actively use it and integrate it into your regular curriculum. Gain tools that will help you plan garden activities into your weekly lessons.

Wayne Gottlieb, Dewitt Middle School

Lauren Salzman, Teen Urban Farmers Program Manager, Ithaca Children's Garden

Andrew Battles, Newfield Central School

Becky Crawford, CCE Cayuga County and FLESNY

Rochester Workshop Sessions

Joshua Cornue, Teacher, Roberto Clemente School 8

I am Joshua Cornue, a teacher at Roberto Clemente School 8 in the RCSD. Last year, I ran an enrichment program for students in grades 3-6 called Garden Gurus, in which we learned about community gardens, lasagna/compost beds, and healthy eating habits. Last fall, we created three lasagna beds of compostable material, let them “bake” all winter, and then started a variety of transplants in our school’s greenhouse. Every fruit or vegetable in our garden was grown from seed in the greenhouse or planted directly in our beds this spring. We also ran a summer program in which students learned about the benefits of eating local food. Students worked collaboratively to learn about a variety of local produce, and found recipes for a recipe book that featured those items. We culminated the summer by having the students shop for local ingredients at the Rochester Public Market and work collaboratively to prepare some of the recipes featured in the recipe book. We are looking to continue to improve and grow our school garden in the coming year.

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Jarmila Haseler, Horticulture Educator, CCE Monroe
Is your soil light and fluffy? Does it have dark color and fluffy consistency? These are all indicators of a good quality, nutrient-rich soil. One way to improve the quality of garden soil is through addition of garden compost. Organic composting is a great way to improve and keep your soil performing well. It is also an essential part any sustainable garden. Come and learn about a home composting operation, how and where to set up your compost bins and hear

about the simple steps to manage your compost pile. Examples of different home-made composting set ups will be shown to help you make the best choice for your garden.

Laura Held, MS Nutrition, Finger Lakes Eat Smart NY Community Nutrition Educator at Foodlink
This workshop will a) acquaint participants with the free, USDA Team Nutrition garden-based education curriculum, which FLESNY utilizes for lessons: *Grow It, Try It, Like It!* for PreK, *The Great Garden Detective* for grades 3 & 4, and *Dig In!* for grades 5 & 6; and b) offer a lesson planning template and techniques that can be utilized to implement any lesson for any age range. The Lesson Planning template will be a blank 4As lesson plan. I'll have a PowerPoint and handouts which will show that, the curriculum, the 4As technique, etc. Currently, *Grow It!* and *Dig In!* are both available to order from Team Nutrition. You might want to order them in bulk to offer to conference participants? Per the website, "To inquire about bulk orders please send an email to teamnutrition@fns.usda.gov"