



# ODE Farm to School Newsletter



May 1-15, 2020

## FARM TO SCHOOL: INSIDE THE ISSUE

We continue to be inspired by the work, dedication, creativity and care that meal sites and Farm to School educators are putting into their programs as we all continue to operate and conduct our work in this new environment. Read on for the latest from the Farm to School team.



### Oregon Harvest for Schools

The newest videos are here! In this issue, we feature **Carrots** in [Spanish](#) and [English](#). **Parsnip** posters are also available in Spanish and English for download and printing at the [Oregon Harvest for Schools website](#).

### Farm to School Resources

Reminders about connecting with local food producers, micro-purchasing, recipes highlighting local produce and guidance on [ODE's COVID-19 response and resources webpage](#).



### Farm to School Spotlight

We want to highlight the great work being done around the state during these difficult times. This week we focus on **Neighbors for Kids in Depoe Bay**. In future issues, we are interested in featuring and learning about what other meal sites are doing as well. If you have pictures and stories you'd like to share please let us know at [FarmtoCNP@ode.state.or.us](mailto:FarmtoCNP@ode.state.or.us).



## Our newest videos are here featuring Carrots in both Spanish and English!

The beginning of May brings new additions to the Oregon Harvest for Schools (OH4S) video series.



A Spanish language version of the [Carrots video](#).



An English language version of the [Carrots video](#).

Oregon Department of Education Child Nutrition Program's and OSU Extension's Food Hero campaign have teamed up to launch this series which will include a total of 50 videos when complete. The series aims to educate students on healthy, Oregon food. You can check out all three videos on the [Oregon Harvest for Schools website](#).

To find local vendors selling Carrots or any of our other fruits and vegetables, please visit the [Oregon Harvest for Schools portal website](#).

Please visit the [USDA Food Buyers Guide website](#) for more information on USDA crediting for Carrots in Child Nutrition Program meals.

## OH4S PARSNIP POSTERS!

Now available in both Spanish and English for download and printing at the [Oregon Harvest for Schools website](#).

**OREGON PARSNIPS**

In Oregon, parsnips are in season from July to December.

Before the potato was introduced in the 1700's, the parsnip was the most prominent root vegetable in Europe.

**NUTRIENTS FOUND IN PARSNIPS**

- Parsnips are a good source of potassium, which helps promote bone development.
- The vitamin C in parsnips helps the body's immune system, which is what keeps you feeling your best.
- Parsnips are a good source of fiber. Eating foods with fiber helps promote a healthy weight.
- Parsnips are an excellent source of folate, a nutrient that is important for healthy pregnancies and the creation of red and white blood cells.

Parsnips can grow up to 20 inches long; they are more tender when shorter.



Parsnips are a cold-weather root vegetable that resembles a top-heavy, ivory-colored carrot. In fact, the carrot and the parsnip are relatives.



Frost converts some of parsnip's natural carbohydrates into sugar, so they taste sweeter after frost.



Parsnips have a mild celery-like fragrance and a sweet, nutty flavor.



**CHIRIVÍAS DE OREGÓN**

En Oregon, las chirivías están de temporada de julio a diciembre.

Antes de que se introdujera la papa en los años 1,700, la chirivía era la verdura de raíz más destacada en Europa.

**NUTRIENTES QUE SE ENCUENTRAN EN LAS CHIRIVÍAS**

- Las chirivías son una buena fuente de potasio, que ayuda a promover el desarrollo de los huesos.
- La vitamina C en las chirivías ayuda al sistema inmunológico del cuerpo. Es lo que nos hace sentir bien.
- Las chirivías son una buena fuente de fibra. El comer alimentos con fibra nos ayuda a mantener un peso saludable.
- Las chirivías son una excelente fuente de folato. El folato es muy importante para embarazos saludables y ayuda con la creación de glóbulos rojos y blancos.

Las chirivías pueden crecer hasta 20 pulgadas de largo; son más tiernas cuando son más cortas.



Las chirivías son una verdura de raíz que crecen en temperaturas frías y parecen a una zanahoria blanca y suada. De hecho, la zanahoria y la chirivía son parientes.



Las heladas convierten algunos de sus carbohidratos en azúcar, entonces saben más dulces después de una helada.



Las chirivías tienen una fragancia suave similar al apio y un sabor dulce y a menudo más tiernas cuando son más cortas.





# Farm to School Resources



**Oregon**  
Department  
of Agriculture



## DID YOU KNOW ?

Oregon has 770 School Gardens!

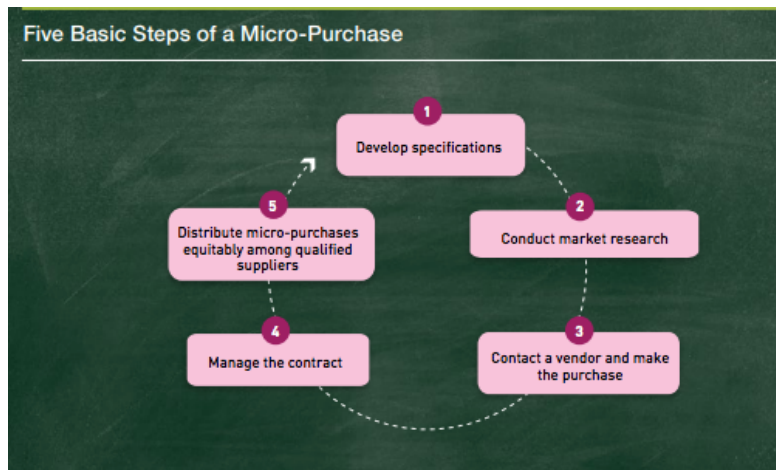
Take a look at the [Oregon Farm to School and School Garden Map](#) to explore and learn more!

## **Connecting with Local Food Producers**

The Oregon Department of Agriculture and the Oregon Department of Education are working to connect producers and processors with schools and meal sites. Please visit our [collection of producer and processor's information](#), along with products available, categorized by region. If you would like additional help with sourcing, please let us know and we will connect you with our Regional Procurement Hub leads. The [Oregon Harvest for Schools Portal](#) is another great tool available to help buyers source Oregon food products.

## **Micro-purchasing for Farm to School**

A micro-purchase is an acquisition of supplies or services using simplified acquisition procedures, the aggregate amount of which does not exceed the micro-purchase threshold of \$10,000. This is a great way to purchase local ingredients for school meals in a simple process.



## **Preparation Methods**

Visit the [Oregon Harvest for Schools](#) web page to find delicious recipes featuring a wide variety of fresh fruits and vegetables grown in Oregon. OSU Extension's [Food Hero website](#) also has an extensive collection of healthy, low-cost recipes to explore.

## **Guidance and Waivers**

Visit ODE's [Child Nutrition Programs COVID-19 Response and Resources page](#) for the most recent information available on how the 2019 novel coronavirus is affecting Child Nutrition Programs in Oregon. The page includes Oregon and USDA waivers, information on the Pandemic Electronic Benefit Transfer, grant opportunities and more.





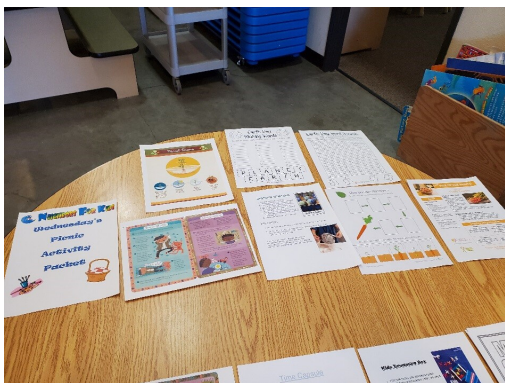
**April Pick of the Month Activities - Carrots & Earth Day Activities**



**Staff preparing and distributing SFSP meals**

## FARM TO SCHOOL SPOTLIGHT: NEIGHBORS FOR KIDS

Neighbors For Kids (NFK) is using fun, innovative and safe practices during the COVID-19 public health crisis, implementing activities funded by their recently approved Oregon Department of Education Farm to School Education Grant. The “Healthy Coastal Kids” Project is now serving youth from Lincoln County, Oregon with the goal of promoting healthy food choices, gardening skills and agriculture within the state of Oregon.



**Enrichment activities for student learning at home**

Because of stay-at-home measures, staff have been creative planning the project’s activities that are being distributed to students weekly. Kids are taking part in “Pick of the Month” tasting table activities, nutrition education and cooking projects which highlight a different Oregon-grown vegetable or fruit each month. While social distancing, children and families have an opportunity to learn about, cook, eat and even grow each Pick of the Month!

Along with offering the ODE Farm to School grant-funded activities in April, NFK has expanded the organization’s efforts responding to hunger and food instability. They are operating SFSP COVID-19 non-congregate feeding out of their site in Depoe Bay, preparing and distributing a healthy Breakfast and Lunch to children five days per week. The Cook also used Carrots in weekly meals, to help showcase the pick of the month. “The need is growing and we are proud to join the efforts of school districts and food pantries across the state, as we together support the needs of our communities,” stated Toby J. Winn, NFK’s Executive Director of Development.



**Sock Bunny Arts & Crafts Activity**

In addition to the above mentioned efforts, NFK’s “Picnic Baskets” being distributed to families have other fun, enriching activities to support learning and positive social interaction within the family. These include arts and crafts, science, reading, games and more, thanks to donations from grant foundations, businesses and individuals in the community.



May 1-15, 2020 | Vol 1 Issue 03

Emily Griffith, Editor | [Emily.Griffith@ode.state.or.us](mailto:Emily.Griffith@ode.state.or.us)

Questions or suggestions for future issues? Please send an email to Emily.

---

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to the USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

2. fax: (202) 690-7442; or

3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.