



# ODE Farm to School Newsletter



*December 1-31, 2020*

## FARM TO SCHOOL: INSIDE THE ISSUE

This has been a challenging year to say the least. We have been inspired by all of the work, patience, care and creativity that has gone into alternative meal distribution sites and systems as well as alternative educational offerings and programs for students at a distance. We wish you all the best as we enter a new year and hope it brings many bright spots and reasons to celebrate!



### Oregon Harvest for Schools

The newest videos are here! In this issue we feature [Onions](#) in English and [Turnips](#) in English with Spanish versions coming soon!

### Grant Updates

The first round of Competitive Procurement Grants have been awarded. We will update everyone via our listserv as soon as the application for the second round is posted.

### FFVP Update

SY 20-21 funds have been set-up and allocated in EGMS. Be on the look out for your grant agreements in early January that need to be signed and fully executed before claims can be entered for reimbursement.

### Farm to School Spotlight

This week we focus on ODE Farm to School Education Grantees **Curry Watersheds Partnership (CWP)**, **The Village School** and **Kings Valley Charter School**. We are interested in featuring and learning about what other programs and meal sites are doing as well. If you have pictures and stories you'd like to share with us for future issues please send them to us at [FarmtoCNP@ode.state.or.us](mailto:FarmtoCNP@ode.state.or.us).



**Oregon School Garden count for the month of December: 771!**

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



## Our newest videos are here featuring Onions and Turnips!

The month of December brings new additions to the Oregon Harvest for Schools (OH4S) video series; [Onions](#) and [Turnips](#) in English with Spanish versions coming soon!



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



A English language version of the [Turnips 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. For a comprehensive list of the videos we have available to date visit the [Oregon Harvest for Schools website](#) and click on the Videos tab under "Other Items."

To find local vendors selling onions, turnips 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 onions and turnips in Child Nutrition Program meals.

## [School Wellness & Afterschool](#)

### [Wellness Awards are Now](#)

### [Open!](#)

**Application Deadline:  
February 1, 2021**

The Oregon Department of Education, the Nutrition Council of Oregon, the Oregon Dairy and Nutrition Council, and OregonASK are teaming up to reward exemplary School & Afterschool Programs for creating and sustaining a culture of wellness for youth and staff. With consideration to the current circumstances, this year's wellness award committee has chosen to simplify the application. The gathering of the required information and completing the application is expected to take between 1-3 hours.

Two awards per category will be rewarded.

- School Programs selected will receive statewide recognition, a personalized plaque, and a custom banner, as well as a \$2,500 award to be used to further nutrition, physical activity and/or other wellness efforts within their school.
- Afterschool Programs selected will receive statewide recognition, a personalized plaque, and a custom banner, as well as a \$1,000 award to be used to further nutrition, physical activity and/or other wellness efforts within their program.

As a sponsor of the awards, Oregon Dairy and Nutrition Council provides the cash award and a recognition banner for each winner.

Interested in learning more about the application process? Please register for the Wellness Awards Application Overview Webinar.

- [Thursday, January 7, 2021, 2:00PM - 2:30PM](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

For additional guidance, including award rules, required materials, and the selection

# Updates on the USDA Fresh Fruit and Vegetable Program (FFVP)

Thank you for your patience during the transition to a new FFVP program year. FFVP SY 2020-2021 awards are now set-up and allocated in EGMS, however they are on hold until the grant agreements go out and are fully executed. We expect grant agreements to go out in early January.

Please continue to submit claims by the following dates.

- **October** claims must be submitted by no later than **Wednesday, December 30, 2020**.
- **November** claims must be submitted by no later than **Friday, January 29, 2021**.
- **December** claims must be submitted by no later than **Monday, March 1, 2021**.
- **January** claims must be submitted by no later than **Wednesday, March 31, 2021**.

You can view the full calendar of claims deadlines on the [FFVP website](#). Final approval emails to enter claims into EGMS will be sent when grant agreements have been signed and fully executed.

Again, please note that claims still need to be sent to us on time at [FarmtoCNP@ode.state.or.us](mailto:FarmtoCNP@ode.state.or.us). Anything received after 60 days from the month being claimed will need a one-time exception should you choose to use it. However, there will be no penalty for the fact that they will be entered into EGMS past the 60-day mark.

We have had some questions so as a reminder we also wanted to provide a short list of allowable and unallowable items for FFVP.

## Allowable operating expenses:

- Fresh fruits and vegetables (except those mentioned in unallowable costs)
- \*Napkins, paper plates, utensils, bowls, small equipment, etc.
- \*Fuel surcharges
- \*Operating labor costs (these three starred costs cannot exceed 30% of the total claim)
- Administrative labor costs (cannot exceed 10% of the award)

**Unallowable expenses:** As a reminder, the Fresh Fruit and Vegetable Program is intended to introduce kids to fruits and vegetables that would not typically be on a meal tray. We consider the fruits and vegetables listed below to be standard fare that would typically be available and therefore not allowable under this program.

- Apples (red delicious, golden delicious, gala and granny smith), bananas (yellow), oranges (navel), baby carrots/standard orange carrot sticks, unless there is an unavoidable situation; grantee must provide explanation in claim request.
- Canned, frozen or dried fruits and vegetables; fruit snack-fruit leather products; carbonated fruit, flavored fruit, fruit juice, fruit or vegetable pizza, nuts, cheese and other foods that are neither a fruit nor a vegetable.

Please let us know if you have any questions and thank you again for your patience!

## Farm to School Competitive Procurement Grant

We will be posting an RFA for another round of the Competitive Procurement Grant soon.

We have a balance of \$164,260.17 available for this next round. We will have more funds available during subsequent rounds of reallocation.

Applications for the next round will be posted on the [Farm to School grants webpage](#) and we will update everyone via our listserv when this occurs.

The Competitive Procurement Grant is available to any recipients of a non-competitive Oregon Farm to School Procurement grant who have a zero balance of their initial non-competitive Oregon Farm-to-School Procurement Grant award.

This includes grantees who have spent all of their funds as well as grantees who had their grant funds zeroed out due to the recent budget cuts.



# Farm to School Spotlight: Curry Watersheds Partnership (CWP)

By Cathy Boden—YEP! Education Specialist

**CWP's Youth Education Program (YEP!)** provides hands-on youth education in outdoor settings, promoting curiosity, critical thinking, and community connections.

Funding by our ODE Farm to School Education Grant is providing education that focuses on three areas:



**Cooking Classes** in partnership with Port Orford-Langlois School District's after-school program involves 15 students, 6-12 grade, cooking at home with their families. In response to at home education, the YEP! Team started creating videos to explain how the classes would be different this year, along with safety and cooking tips. Each student receives a tote complete with the basics for starting their very own kitchen. Each month the YEP! Team selects a seasonal Food of the Month.

Using the [Food Hero website](#), and community shared recipes, students select a recipe they choose to cook. After students inventory their supplies and submit a shopping list, items are purchased and bagged for the family to pick up at the school lobby. Students follow up with a reflection page, and send along a picture of their dish. [Questions and techniques are shared with students who want to know more](#). Cranberries, [Hubbard Squash](#), Valley Flora Apples started out our season. Additional videos are being made to connect students with the local food selected each month! Students cooking at home has helped connect our education directly with families.

**School Gardens** evolved from education gardens to production/demonstration gardens while schools have been closed. Growing and harvesting food for our families have been top priority and showcases one of the many benefits of school gardens. As younger grades returned to school, small cohorts have been able to enjoy outside, hands in the dirt garden activities that involve STEAM principles.



Left: Garden scavenger hunt. Right: Composting bins made from Port Orford cedar, unique to our region, milled by a local family business.

**Community Farm Experiences** are being created in the place of school farm field trips. When field trips are your thing, and that's not possible, we had to get creative! Inviting families out to the cranberry bog to hand glean cranberries was our first success. Next we are developing Salmon Watch Field Trips on Ag land, Industrial land, and in the forest of our Elk River watershed, comparing the different landscapes that our iconic salmon call home.



Left: Families enjoy picking their own cranberries for Thanksgiving. Middle & Right: Students visit Ag land to learn what ranchers do to help protect salmon spawning grounds.

# Farm to School Spotlight: The Village School

- By Toña Aguilar

In October, The Village School connected with Heirloom Orchards in Hood River for an Apple Taste Off! They provided information and visuals for five of the heirloom apple varieties they grow. We printed these up along with instructions for our taste off and distributed them, along with one of each apple variety, to students in their school food bags on Tuesday, October 13th. Families had a week to taste the apples and vote on their favorite.

We encouraged children to: "Read about the five apple varieties with your family. Cut each apple into slices. Taste each one, paying close attention to the texture and flavor. Is the apple crisp, mealy, sweet, tart, citrusy? Write down your notes on the back of each apple card. Decide which is your favorite and why. Write that down on the back of the apple card as well. Take a photo of your favorite apple and your tasting notes and send it to the Village School Kitchen."

Most students had never heard of any of these varieties. As you can imagine we got a lot of "yummy" reviews as well as a few "sour," "very sour," "sweet and sour" and even a "sour, slight onion undertone, not too crisp." And, we received this review of the Mutsu which ended up being our school's overall favorite: "unparalleled rich sweet flavor." It was a wonderful event!

Thank you for the yummy food!  
Here's a photo from our contest. The Mutsu barely edged out the Northern Spy for first place! What a fun Fall activity! ❤️



# Farm to School Spotlight: Kings Valley Charter School

By Lua Siegel, Farm and Garden Program Manager



## New School Year!

Though our in-person gardening lessons have been suspended since last spring, our activities continue. Not only have we continued our weekly gardening lessons to all students in grades K-5 (online), but maintenance work in the garden has continued and monthly work parties have been started.

## Gardening through Zoom

Gardening online is far from the fun we have outdoors, but the students are participating bravely and as enthusiastically as possible. Kits being sent home help maintain enthusiasm and the hands-on character of our program.

## Integrating Science, Technology, Engineering and Math into our Gardening Program

A Tower Garden has been added thanks to funding from the Oregon Department of Education. Though the device is in testing mode, it is hoped that older students will observe how this device is built and works and then create their own less expensive designs and versions of a vertical hydroponic growing station.



## From Seed to Cooked Meal

Last spring, we planted our first crop from seeds grown in our greenhouse that were harvested over the Summer and Fall. From seed to harvest. We can now go further thanks to a grant from the Benton County Cultural Coalition to build a mud oven. Following safety precautions and limiting our numbers of volunteers, we had some precious opportunities to learn and build together.



## Partnership with Luckiamute Valley Charter School (LVCS)

At the end of last year, we entered a partnership to share our experience and learning to help initiate a new school gardening program with both campuses of our neighbors at Luckiamute Valley Charter School. New partnerships, funding sources, and situations are being explored amid this pandemic! Plant donations have been collected and planted to establish our first garden at Bridgeport Elementary School (LVCS).

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1400 Independence Avenue, SW  
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