

# Farmers' Market Salad Bar Programs



## 2004-2005

### **Kindergarten Cafeteria Tour**

- ❖ Visit the cafeteria on a Wednesday morning when the fresh produce has arrived from the Farmers' Market to be used on the school salad bar. Identify fruits and vegetables and sample a favorite.

### **Edible Education – all grade levels**

- ❖ Age appropriate food preparation activity in classroom with nutrition lesson using 5 A Day Message promoting fruits and vegetables for better health.

### **Pyramid Power – all grade levels**

- ❖ Science based nutrition lesson centered on the Food Guide Pyramid.
- ❖ Designed to meet grade level standards for Health and Science.

### **Farmers' Market Tours – grades 2 and up**

- ❖ Every Wednesday beginning October 6, 2004 thru June 8, 2005
- ❖ Students receive hands-on knowledge of seasonal produce from the market and \$1.00 market coupon
- ❖ Blue bus tokens provided

### **Salad Bar Gardens Co-op**

- ❖ Have a Master Gardener give your class 2 lessons in your garden on soils, tool safety and planting.
- ❖ Receive free seeds, seedlings and amendments
- ❖ Students receive a free salad bar lunch for each harvest donated to their school salad bar

### **Garden Workshop** – October 20<sup>th</sup>\*\* – John Adams Middle School 3:30 – 5:30

- ❖ California Foundation for Agriculture in the Classroom Presentation: California Curriculum Guidelines for Agriculture and Nutrition Awareness
- ❖ Gardening Angel/Parent volunteers: instructions on how to start and maintain gardens
- ❖ Recommended plantings and free seeds
- ❖ Sign ups for Spring seedlings and SAMOHI visits

### **Santa Monica High School Garden Visits**

- ❖ Sign ups will be out in November for a visit to SAMOHI Garden and Greenhouse.
- ❖ Students will be taught by Biology students about photosynthesis, cell structure, worm composting
- ❖ Order seedlings to be started at high school for your school garden in the Spring of 2005.

**For more information or to reserve, email [richwine@smmusd.org](mailto:richwine@smmusd.org)  
Or call 450-8338 ext. 259**

\*\*subject to change