



NH Farm to School Case Studies

Moore Elementary School Garden
Candia, NH

Master Gardeners help Moore School get garden started

Lorrie O'Connor, a Rockingham County Master Gardener, and Nancy Maloney, a teacher at the Moore School, worked together to plan and start the garden in Candia this spring. All materials to construct the garden were donated by area businesses and community members. The four raised beds are located near the school and are easily accessed by students. The beds are gridded into square foot plots with each student having their own plot to observe

and maintain. The beds were planted by the first and third grades who grew radishes, lettuce, spinach, and swiss chard. Every Friday, the third graders come out to the garden to weed, water and harvest. They are also required to keep a notebook about what they see happening in their square foot. The first grade uses the garden on Mondays. Some of the produce harvested like the radishes are washed and eaten right away. The lettuce and spinach became part of the salad mix served in the cafeteria. A cover crop is planted over the summer that will be turned under to nourish the soil in September, so no real summer maintenance

will be needed by volunteers. When school begins again, the new first and third grades will plant fall crops to be harvested and enjoyed by them.

Worm composting is happening in one of the classrooms. Scraps from the kitchen are added to it and the final compost helps to feed the garden. The next step for the school is to start composting food waste from the cafeteria.

By

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NH Farm to School (NHFTS) is a statewide program working to connect NH farms and schools. Farm to school connections enable schools to serve healthy, locally grown foods in their cafeterias, integrate farms, food, and nutrition into their curriculum, and explore food and agriculture-based learning opportunities. NHFTS is a program of the University of New Hampshire's Sustainability Academy, and is grateful for the generous support of Share Our Strength and the New Hampshire Charitable Foundation.

