



NH Farm to School Case Studies

John Fuller Elementary School Garden
North Conway, NH

Falcon Farmers Garden Club- a great place to grow!

The garden at John Fuller Elementary was started by the school nurse a few years ago in order to promote health and nutrition. Lara Preece, a kindergarten teacher at the school, has since taken over. After receiving a \$10,000 Love Your Veggies grant from Hidden Valley Ranch, the school was able to purchase materials for raised beds, a composting worm bin and other garden supplies. Classrooms also have odor-free compost buckets to collect apple cores and other fruit

or vegetable scraps which are then emptied into the compost bin near the garden. Other grant monies were used to have instructors from Tin Mountain Conservation Center come in to teach each grade science lessons on composting.

Falcon Farmers is a student submitted name for the garden club, the caretakers of the garden, which was voted on by the student body. The garden club, led by Lara, meets after school on Mondays as part of the after school program, Project Succeed. Teachers also use the garden in various ways for example after

reading the book "Stone Soup", the students pick vegetables and reenact the story in their classroom. The cafeteria also benefits from the garden as harvested vegetables are added to soups and salads for lunch. Signs in the cafeteria let students know when they are getting their own garden produce. The garden is planted with items that can be harvested in September and October like carrots, potatoes, tomatoes, pumpkins and onions. The kids especially like digging around for potatoes and pulling up carrots. Continued donations and fund raising help maintain the garden.

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.

