



This newsletter is provided by the S.C. Department of Agriculture

*A Healthy Taste of South Carolina at EdVenture* 1

*School Garden Blog Launched* 1

*June is Palmettovore Challenge Month!* 2

*Heathwood Hall Garden is Certified SC Grown!* 3

*Grow Healthy Kids Program!* 3

*Blooming Butterflies at EdVenture* 4

*Mellichamp Elementary Garden in Orangeburg* 4

## *A Healthy Taste of South Carolina at EdVenture.*



Edventure Children's Museum has your health in mind with "A Healthy Taste of South Carolina". Presented as a part of the Big ED Health Team, a community outreach initiative created by EdVenture to get families interested in living healthier lifestyles, this event is sure to please your appetite for fresh fruit AND good family-friendly information on eating healthy. On Saturday, July 18, 2009 from 9:00 am – 5:00 pm, the South Carolina Department

of Agriculture, the SC Watermelon Association, the SC Peach Council and EdVenture Children's Museum will treat museum visitors to a taste of South Carolina with free watermelons and peaches.

In addition to the fresh fruit being served, the museum will present two theatre shows to both entertain and educate children on the importance of healthy food choices. Throughout the day, Clemson University will present its

show, "Lucy's Tasty Treasures – Life of a Peach". Lucy and her friends have a summer assignment, a creative inquiry project to locate and learn about 24 healthy foods. At 11am & 3 pm, EdVenture will present its Health Theater Show, "Oklahoma Smith and the Pyramid of Food". Laugh and learn about healthy eating and wholesome physical activity.

This a wonderful opportunity for family-fun and starting good eating habits. For more information on these activities or on EdVenture Children's Museum, please visit [www.edventure.org](http://www.edventure.org).

### Upcoming Events:

- Healthy Carolina Farmers Markets: June 9, June 23, July 14 and July 28, Columbia, SC.
- Riverbanks Zoo Farmers Market every Wednesday from 2:30—7:00, Columbia, SC.
- Ag In the Classroom Summer Institute, June 14-20, 2009, Charleston, SC.
- Healthy Taste of SC at EdVenture on July 18, 2009 from 9 a.m.—5 p.m., Columbia, SC.

## *South Carolina School Garden Blog Launched.*

For a free way to share information on a regular, up-to-date basis in between Eat Smart, It's in the Garden newsletters, visit the South Carolina School Garden blog! It will provide you with helpful hints about better gardening, gardening activities, grant opportunities, and much, much more.

If you've never blogged before, it's easy! You can follow the blog by going directly to the website or you can create your



own profile and become a recognized follower of the blog, which allows you to add comments, as well as sharing your own garden stories and helpful tips. Blogging is a great way to get up to date information, as well as immediate feedback and input from the audience based on comments that are posted after the blog feature. Some of our blogging friends

such as the Pauline-Glenn Springs Harvesters, have already started their own Blog and are sharing their updates and pictures on a regular basis! By visiting the blog, you may also participate in a survey of blog followers, which helps guide bloggers regarding information that readers would like to see posted in future blogs. To follow and participate in the blog, please visit: [www.scschoolgardens.blogspot.com](http://www.scschoolgardens.blogspot.com)

## June is Palmettovore Challenge Month!

A Palmettovore is a person who attempts to eat only produce and products grown and processed in South Carolina. Although the term Palmettovore is new, the concept has been around for a long time! Through its new Palmettovore Campaign, the South Carolina Department of Agriculture is putting a personal touch on the tried and true idea of Locovorism with the goal of encouraging more South Carolinians to buy local.

The Palmettovore Campaign cites several incentives for participation including: access to fresher, better tasting, healthier and safer local produce; decreased environmental impact in the form of a traveled food carbon footprint; and support of the state economy. Only 6% of the food being consumed today by people in South Carolina is actually grown in our state. South Carolina has an abundant amount of fresh, locally grown fruits and vegetables available for you to eat. In an effort to further support this new pro-



gram, the South Carolina Legislature has declared June 2009 as Palmettovore Challenge Month. During this month, participants can join a statewide group that is committed to eating locally grown foods and increasing their support of Certified SC Grown. Hugh Weathers, South Carolina Commissioner of Agriculture challenges YOU to take action and become a Palmettovore. To sign up for the Palmettovore Challenge, please visit: [www.palmettovore.org](http://www.palmettovore.org)

One of the easiest ways to succeed during the challenge is to purchase produce at local Farmers Markets. Currently, there are over 80 community farmers markets operating across the state that are filled with fresh, local produce. For

more information about locating your community farmers market please visit [www.agriculture.sc.gov](http://www.agriculture.sc.gov).

Another great way to meet the Palmettovore Challenge is by visiting local restaurants that participate in the Fresh on the Menu Program.

These restaurants have pledged to use at least 25% South Carolina ingredients in their menu items when in season. Many of them also feature fresh South Carolina produce as specialty menu items when in season. A complete list of all Fresh on the Menu Restaurants is available at [www.FreshOnTheMenu](http://www.FreshOnTheMenu).

The Palmettovore Campaign is just another great initiative under the Certified SC Grown program by the South Carolina Department of Agriculture. Their aim is to help consumers identify South Carolina produce and products whenever they are shopping, whether at a grocery store, farmer's market, road side stands or at their favorite local eatery. Ask for South Carolina. Nothing's Fresher. Nothing's Finer.

A Palmettovore is a person who attempts to eat only produce and products grown and processed in South Carolina.

Commissioner Weathers, Palmettovore supporters and the SC Fruits and Veggies at a press conference in Columbia on May 20, 2009.



*Heathwood Hall: First Certified SC Grown School Garden!*



Heathwood Hall Episcopal School in Columbia, SC is the first school to have its garden recognized as a Certified SC Grown participant! The Certified SC Grown program is sponsored by the S.C. Department of Agriculture to help recognize and identify producers of fresh South Carolina

produce. Heathwood Hall Episcopal School completed the membership application listing the types of produce it is growing and selling through its annual sale. This past spring, Heathwood Hall Episcopal School held its annual plant sale on Saturday, April 22nd. The event was well attended and well supported by students and ven-

dors alike. For more information about how your school garden can become a member of the Certified SC Grown program, please visit: [www.certifiedscgrown.com](http://www.certifiedscgrown.com)



*Grow Healthy Kids Program!!* By Viviane Trama.

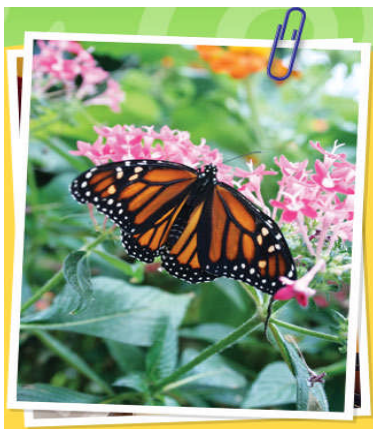
The **GROW HEALTHY KIDS** program is an initiative to improve and protect the health and well being of school children in Greenville County. Children will plant, care for the garden and harvest produce in their school organic garden, and then learn to prepare foods they have grown. In addition to horticultural experiences, students engage in hands on environmental science activities that teach leadership, life skills, and healthy nutrition.. The **GROW HEALTHY KIDS** program is possible due to a partnership between Greenville Organic Foods Organization, aka GOFO, Clemson Cooperative Extension Service and the 4-H of Greenville County. The mission is to effectively help improve children's poor eating habits, correct the chronic problem of childhood obesity and diabetes and encourage children to protect the environment and be good stewards

of the Earth. The program is offered to Greenville elementary schools and carried out by GOFO and Clemson coordinators, schools staff, a master gardener and community volunteers. Participating schools may teach the 14 week curriculum during the fall and spring season as an after-school program or supplemental to the science curriculum. The program is free to schools and their participating children. School staff and volunteers receive training and assistance from program coordinators and a master gardener. They also receive garden supplies including organic seeds and plants, hand tools and accessories, lesson plans and a raised bed garden in the school backyard. There are currently 8 elementary schools (Taylor's Elementary; Brook Glenn Elementary; Grove Elementary; Sue Cleveland Elementary; Greenbrier Elementary; Fountain Inn Elementary; Mona-

view Elementary and Sterling Community Center) participating in the GROW HEALTHY KIDS program and 4 more will join in the fall. For more information contact Viviane Trama at 864-787-4999 or Cyd Brown at 864-232-4431 ext 125 or visit [www.greenvilleorganicfoods.org](http://www.greenvilleorganicfoods.org)



### ***“Blooming Butterflies” Exhibit at EdVenture Children’s Museum.*** By Dana Todd.



Thousands of butterflies are taking flight at EdVenture Children’s Museum. EdVenture’s newest attraction, “Blooming Butterflies,” is a 2,500 square-foot outdoor enclosed nature exhibit featuring more than 20 species of native butterflies. The exhibit opened in May and is a year-round educational resource, with live species on the premises during spring, summer and early fall each year.

Specifically designed for children but of interest to nature lovers of all ages, “Blooming Butterflies” provides hands-on scientific exploration of

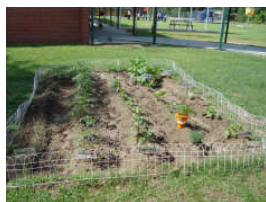
lifecycles, genetic diversity and environmental adaptation of butterflies. The outdoor learning lab features butterflies indigenous to the Southeast and a variety of native and subtropical vegetation. Magnifying instruments and informational signs throughout garden walkways allow visitors to examine nature up-close. A garden shed provides a viewing window where chrysalises can be seen during various developmental stages.

“Visitors can expect to be surrounded by hundreds of individual butterflies,” says EdVenture President and CEO Catherine Wilson Horne. “We

have used the best of local and national talent to create ‘Blooming Butterflies.’ It is designed to educate both children and adults about butterfly interaction with the natural environment and life cycle development. From children to gardeners to nature enthusiasts, there is something for everyone to learn and enjoy.”

Admission to “Blooming Butterflies” is free to EdVenture members and only \$3 for non-members with standard museum admission. For more information on the exhibit or to purchase advance tickets, visit [www.edventure.org](http://www.edventure.org).

### *Mellichamp Elementary Garden off to a Great Start.*



*1st Grade Garden at Mellichamp.*



*Garden tools outside the 1st Grade Classroom.*



Mellichamp Elementary School in Orangeburg has successfully kicked off their school garden program! These 1st graders have planted tomatoes, squash, zucchini, some herbs, peppers, eggplant, cucumbers and watermelons! The students have also planted some common herbs as part of their garden.

The children are excited to tell visitors about their garden and are looking forward to tasting these vegetables in person.

Many of them seem especially excited about trying eggplant, noted their teacher Amy Clegg. The garden is located right outside the classroom door so that the students can check on the progress of their garden multiple times each day.

The students have been actively involved in the planting, weeding, watering and overall upkeep of the garden. Ms. Clegg also noted that because this is a community school and

many of the students walk to class everyday, they plan to have the community students and members remain involved with the garden upkeep over the summer months.

Another related project being conducted by the enthusiastic students at Mellichamp is the collection of recipes for a cookbook featuring all of their favorite SC vegetable dishes. What a great way to involve family members. Great job!!!

## South Carolina Department of Agriculture

Wade Hampton Building  
P.O. Box 11280  
Columbia, SC 29211-1280

Phone: 803-734-2210  
Fax: 803-734-2192  
E-mail: [bcrocker@scca.sc.gov](mailto:bcrocker@scca.sc.gov)

---

We're on the Web!

[www.agriculture.sc.gov](http://www.agriculture.sc.gov)

---



# S.C. Department of Agriculture

*The South Carolina Department of Agriculture started the School Garden initiative to provide schools and communities alike with the opportunity to learn healthy eating habits, as well as providing an effective and fun way to instill the appreciation for local agriculture and food production in our children and everyone else involved in the garden. Incorporating the health benefits of gardening activity with the educational process of development reinforces the Department of Agriculture's goals related to promoting the consumption of locally grown products.*

*For more information about the S.C. School Gardens program and to share information about your school garden program, please contact Beth Crocker at (803) 734-2193 or [bcrocker@scca.sc.gov](mailto:bcrocker@scca.sc.gov)*



In Columbia, SC.

## *Riverbanks Botanical Garden Summertime Fun!*

These days, it can be difficult to find outdoor activities that are family-oriented and in a fun, friendly atmosphere. The horticulturists at Riverbanks Zoo are providing zoo visitors with the opportunity to spend time with each other while also learning about numerous plants and animals. This is done every Saturday from 11:00am until 1:00pm when the Riverbanks Zoo Botanical Garden hosts free gardening demonstrations!

Activities for children include explorations in vine-covered tunnels and tepees in the Play Garden as well as Garden Scavenger Hunts. All of the activities provide kids with the opportunity to learn interesting facts about a variety of plants and some crawly creatures!

In addition to the gardening demonstrations on Saturday, the Botanical Garden also hosts a variety of classes in their Garden Series Pro-

gram. Topics for these classes range from general gardening tips to highlighting the value of having a particular flower in your garden. Registration for each class starts at \$7.00, in addition to general admission, and can be completed online or by contacting the Garden Staff. More information about the Riverbanks Garden Programs can be found at <http://www.riverbanks.org/education/garden.shtml>.