



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

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Upcoming Events:

- **Farm Bureau Mini-Grant** —October 1st—Grant Applications due for Farm Bureau School Garden Grant. www.scfb.org
- **South Carolina State Fair**, October 14-25, 2009.
- **Autumn Festival at Black's Farm**, Oct. 1—Nov. 6, 2009, York, SC.

Educators Earn Credit by Learning About Agriculture

Fifty elementary and middle school educators from across the state recently completed a rigorous week learning about the importance of family farmers and domestically produced food, fiber, and fuel at the SC Farm Bureau (SCFB) 2009 Summer *Ag in the Classroom* Teacher Institute in Charleston, SC. Participants came away from the institute better equipped to teach their students about the sources of their food, fiber, forestry products, and fuel.

Each participant, a certified teacher currently teaching in a public or private school in SC, earned a complete set of grade-specific lesson plans aligned to the State curriculum standards to use in the classroom this fall. They also left the institute with numerous resources that can be used to teach students about agriculture and the bene-



fits farmers add to the economy, the environment, and the community. Institute participants also received three hours of graduate credit (good towards their teacher recertification) from Clemson University, courtesy of Farm Bureau's 501©(3) *Ag in the Classroom* program.

SCFB President and Sumter County farmer David Winkles

said, "If agriculture is to maintain its status as SC's largest business sector, we've got to help people understand the link between their food, fiber and shelter and the farm. Farm Bureau's *Ag in the Classroom* program is a tool to help us accomplish that goal through our state's teachers."

In addition to insight into their learning styles, teachers also heard from agriculture and education experts and took a tour of several local farming operations and agribusinesses.

Farm Bureau's *Ag in the Classroom* program also offers year-round in-service workshops to SC's pre-kindergarten through middle school teachers, schools, and districts. For more information, please contact SCFB Ag Literacy Program Director Vonne Baker at 803-936-4409 or vvbaker@scfb.org.

Kids Get a Taste of the Farm at Black's Autumn Festival. By Blair Boozer

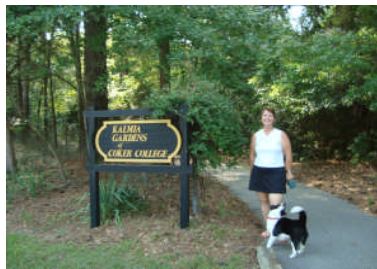
In October, Black's Peaches in York invites children to experience a day on the farm during their Autumn Farm Festival. The 12th annual festival kicks off its celebration October 1 and continues through November 6. During the festival, about 4,000 little ones visit Black's Peaches to learn more about farm animals and how the food they enjoy makes the journey from field to plate. Manager, Beth White says the festival shows kids another

world that many may not be familiar. "Most kids today have never been on a farm or seen live farm animals. The festival brings the farm to life for these kids". The festival's activities are designed for kindergarten through second grade children and include a hayride, corn maze, story time, hay trampoline, and of course seeing a variety of farm animals. Children get to enjoy homemade ice cream and are given fresh apples or a pumpkin to re-

member their day on the farm. Tours are open to school groups and families with small children. Tickets are \$8 and teachers attend at no charge. For more information or to schedule a tour, please contact Beth White at 803-684-2333.



Kalmia Gardens Discovery Garden. By Mary Ridgeway, Director



Mary Ridgeway, Director of Kalmia Gardens, & her dog.

I am thrilled to tell you all about our newest addition to Kalmia Gardens...the Discovery Garden!

The fence has been erected and all the planter boxes have been built and filled with soil. This was certainly a group effort and many thanks are in order: We had lots of help from eagle scouts and their scout troops, individual donors, garden clubs, master gardeners and dedicated volunteers of the Gardens to make this dream come true.

The Discovery Garden will be used to teach children who participate in Kalmias education classes such as Junior Master Garden Class, the Week in The Wild campers, and many more about their world through the growing of vegeta-

bles, herbs, and flowers to feed themselves as well as our creatures in nature such as the butterflies and birds.

Through our teaching, children and their families will realize that food just does not grow in the grocery store. It is grown somewhere else first and then transported to the store.

So if you learn how to grow a garden for yourself, you will know how that food was grown, what fertilizers were used, how long it takes for food to mature and when the correct time of year is for planting and harvesting.

We also intend to offer a child-friendly cooking class to teach how to make dishes with the vegetables that have been grown. A big hope is to produce so many vegetables that

we can share them with the local soup kitchen here in town also. Water is so important to any type of growing so in the Discovery Garden rain barrel systems will be used for much of our irrigation. Kalmia Gardens and Clemson Extension have a partnership with a project called Carolina Clear. This group teaches people the importance of collecting and conserving water and also how to keep our watersheds pure.

It is our hope the Discovery Garden will be a fun place to learn about what is needed to feed humans and creatures in nature as well. Please come to Hartsville SC and give us a visit! For more information about Kalmia Gardens and the Discovery Garden, please visit: <http://www.coker.edu/kalmia/>

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Farm Bureau School Garden Mini-Grant Program



The South Carolina Farm Bureau Young Farmers and Ranchers is sponsoring a classroom mini-grant program designed to teach children the importance of agriculture and how it relates to our everyday lives.

The mini-grants will fund indoor and outdoor gardens for both public and private schools in South Carolina. There are two categories of grants offered through the classroom garden program. Teachers can apply for the raised bed outdoor garden kit valued at \$500 or the indoor garden kit valued at \$250. The garden kits provide teachers with lesson



plans and all materials needed to help their garden grow. The number of mini-grants awarded will be based on available funds and the number of applicants. All applications are due October 1, 2009.

Teachers who are interested in applying for the mini-grants or who have questions about the classroom garden program should contact Faith Lawrimore at 803-936-4287 or flawrimore@scfb.com.

plans and all materials needed to help their garden grow. To be eligible for consideration of a mini-grant, the garden project must directly involve students and be ad-

First Lady Helps University Grow Locally Grown Movement. By Emily Brady

Mrs. Moore-Pastides is University of South Carolina's first lady, Patricia Moore-Pastides, is a Palmettovore! She can often be found clipping herbs and checking on the ripeness of the vegetables in her garden. Similar to another well-known first lady, Mrs. Pastides has made a point to expand the existing garden and cook with its bounty when possible since taking residence at the President's House. "The President's House has always had herbs growing in the garden, but I was told by our groundskeeper that I am the first, first Lady to actually use them," said Moore-Pastides. "He asked me what else he could grow for us, and that's when we began expanding." In addition to herbs, groundskeeper Fred Drafts has

planted a variety of tomatoes, zucchini, cabbage, eggplant, cucumber, fig, blueberries, okra, and during the winter months there was plenty of greens, broccoli, cauliflower, potatoes and carrots.

With her background in public health, Pastides is concerned with nutrition and healthy cooking. An avid chef, especially of Mediterranean cuisine, she enjoys collaborating with special events chef, James Ellison, to create menus highlighting garden grown ingredients. For a recent reception hosted for the Southeastern Piano Festival, Chef James prepared cabbage braised with Star Anise and roasted potatoes with truffle oil. Pastides has also given potted herbs from the garden as

gifts to guests hoping to encourage the locally grown trend and promote sustainability.

Mrs. Moore-Pastides promotes eating fresh and local not only in her garden but across campus and in the community. She has a table at the Healthy Carolina farmers market where she hands out locally grown produce, and she also donated more than 44 pounds of produce from her garden to Harvest Hope Food Bank.

Moore-Pastides says she sees the University's progress with connecting agriculture, business and the growing sustainability movement. In fact, she has set up the Pastides Health and Sustainability Fund to support health and sustainability related projects. She is also working on her first cookbook, Greek Revival: Cooking for Life, and she hopes that proceeds will go towards the Sustainability Fund.



Mrs. Pastides and the head chef at the President's House at the University of SC.

Kids in the Kitchen with the Junior League of Columbia. By Emily Brady

With the end of summer approaching and school resuming, the Junior League of Columbia's *Kids in the Kitchen* is busy cooking up a full calendar of events for fall 2009. *Kids in the Kitchen* is an educational program offered through the Junior League of Columbia to teach children and their parents about the importance of making healthier eating and lifestyle choices. The Association of Junior Leagues International established *Kids in the Kitchen* as a response to the rapid rise in childhood obesity rates, and in 2006, the Junior League of Columbia launched the initiative locally adopting the mission of the South Carolina Institute for Childhood Obesity and Related Disorders.

Kids in the Kitchen and the Junior League are always looking for creative, effective ways to educate and change people's lifestyle habits for the better. Some of



the creative programs used in the past include working with local chefs, community organizations and nutritionists to provide cooking lessons and demonstrations to families and health fairs.

Kids in the Kitchen also has a website, www.kidsinthekitchen.org, featuring healthy recipes, eating and fitness tips as well as an interactive nutrition game, hosted by the Cartoon Network, *Kids in the Kitchen's* International Corporate Sponsor.

Currently, the Junior League of Columbia has the following educational opportunities planned for the fall: partnering with the SC Juvenile Diabetes Research Fund

to host a diabetic friendly cooking demonstration at Let's Cook on September 1; working with Bradley and Arden Elementary Schools to provide healthy snacks at their Smart Start events in September; and packing backpacks with fresh fruit and nutritious treats for students at Jubilee Academy. Plans for the future also include health and fitness days at other Richland One schools. In addition, *Kids in the Kitchen* will continue incorporating fresh, locally grown produce and products when possible. For example in the past, we have handed out Rawl Farms Nature's Candy fruit snacks and made fruit kabobs with fresh, local produce.

If you are interested in partnering with the Junior League and the *Kids in the Kitchen* program for a healthy eating and lifestyle activity at your next school or community function, please contact: April Allen at aallen@onealinc.com or Adrienne Coleman at acoleman71@aol.com.

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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

To post your comments and to learn more about exciting events going on with school gardens in South Carolina and other areas in between newsletter issues, please visit our blog at: www.scschoolgardens.blogspot.com

S.C. Department of Agriculture Survey & Blog

Recently the S.C. Department of Agriculture sent out a link to schools throughout South Carolina asking questions about their school gardens or plans to implement a garden in the future. We are asking all schools to participate in this survey, whether teachers, school nurses, principals or any other staff persons who wish to respond and tell the Department about their school garden program. The information from the survey will be used by the Department to identify



potential grant recipients in the future. If you would like to participate in the Department's survey, please go to: http://www.surveymonkey.com/s.aspx?sm=PcsTATbr_2fH

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You may also wish to visit this survey link, as well as reading information from other grant sources, by visiting our blog at: www.scschoolgardens.blogspot.com. We try to post current information on the blog in between the newsletter issues and we welcome your feedback, comments and suggestions on the blog as we share information and success stories about school garden programs throughout South Carolina.