



Newsletter provided by the
SC Department of Agriculture

South Carolina Department of Agriculture



Eat Smart...It's in the Garden

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Upcoming Events

- Smokin at the Farmers Market Commissioner's Cup Barbeque Cook-Off March 23 & 24
- Touch a Truck sponsored by the Junior League of Columbia April 14, 2012 State Farmers Market
- Commissioner's School Application Deadline April 16. See page 5 for more details.

Carolina Dirt Fair: Featuring Celebrity Chef Hugh Acheson

By: Suzie Webster

We are excited to announce the launch of the 1st Annual Carolina Dirt Fair produced by Carolina County Parks. Kicking off on Friday, April 27, the Dirt Fair will include a full weekend of activities. The Kick Off Cook Off at GrowFood Carolina will feature a battle between culinary students from Trident Tech and the Charleston Art Institute. Saturday night will bring the 3rd Annual Charleston Wild & Scenic Film Festival sponsored by Half-Moon Outfitters. The festival will offer a selection of films chosen and presented by partners; Coastal Conservation League, Lowcountry Local First, Earth Force, SC Aquarium, and Charleston Parks. The films will be featured on the Cinebarre inflatable widescreen.

The weekend will end Sunday with the largest local food celebration in South Carolina hosted by the Carolina Green Fair and Charleston County Park and Recreation Commission at Mullet Hall. Located on Johns Island, Mullet Hall is a unique agricultural experience that educates attendees on the cycle of local farming and the

food we eat. During one of the many instructional sessions of the Dirt Fair, five-time James Beard nominee and restaurant owner, Chef Hugh Acheson, will demonstrate cooking with local, seasonal ingredients and will join Kiawah Island Resort chefs in creating food courses for the Sunday evening farm-to-table dinner and hoedown.

The Carolina Dirt Fair is an event that offers all levels of fun, education, and family friendly activities. Visit our website for more information on locations and schedules:

www.carolinagreenfair.com



Carolina Dirt Fair

A celebration of local agriculture, gardening and the fine food of the South

Friday 4/27– Sunday 4/29

Charleston, SC

Featuring Celebrity Guest Chef
Hugh Acheson

Partners in Active Learning (PALS)

By: Elizabeth Shuler



The PALS program is a mentoring program that places members of high school Future Farmers of America organizations with students in elementary or middle schools in their area. This program helps teach young students first hand the science and business of a career in agriculture.

Partners in Active Learning provide high school students the opportunity to serve as positive role models for the younger students. It is important for them to help their 'mentees' learn to set goals and build positive self-esteem.

Overall, PALS helps the FFA students and the elementary students learn the value of helping others.

For more information on the PALS program visit their website:
www.ffa.org/programs/outreach/pals

Adaptive Gardens of the Lowcountry

By: Leslie Wade

Plants are almost ready... Is your great thumb?

Adaptive Gardens will have vegetable, flower, and herb plants for sale the first week in April! Plants have been grown by the students who participate in horticultural therapy programming offered by Adaptive Gardens on Thornhill Farm.

Numerous varieties of tomatoes, peppers, cucumbers, melons, yellow squash, zucchini, eggplant, basil, dill, cilantro, parsley, and bright summer flowers are growing beautifully in the greenhouse.

Plants will be available for purchase on the Thornhill Farm, at the MUSC Earthday



Celebration on April 12 from 11:00 a.m.– 2:00 p.m., and other options for purchase are available by contacting us at info@adaptivegardens.org.

So, get your beds filled, your rows plowed or your pots filled; plants will be ready soon!

**Most plants will be available in 4" pots for \$3.00 dollars per plants.*

**Potting mix is, also, available for \$6.95 per four gallon bag.*

**All proceeds from the sale of plants aid in the continuation of horticultural therapy for individuals with special needs. Organizations benefiting from Adaptive Gardens' horticultural therapy programs include: Wando High School Special Education Classes, Georgetown High School Special Education Classes, Windwood Farm Home for Boys, Lincoln High School Vocational Programs,*

Santee Senior Center, Georgetown Board of Disabilities and Special Needs, Charleston Center, Gregg Middle School, and The Joy School.



Adaptive Gardens of the Lowcountry

P.O. Box 162

McClellanville, SC 29458

info@adaptivegardens.org

www.adaptivegardens.org

Planting Seeds and Building Community

By: Reece Lysterly



Over the past few years, the Greenville community garden movement has gained significant momentum and now boasts more than 40 community gardens in schools, churches, neighborhoods, businesses, and non-profits across the county. In response, Gardening for Good provides a central hub for community garden activity in order to improve the health of residents and neighborhoods and transform Greenville through gardening.

On March 19, Gardening for Good will kick off the 2012 growing season with a FREE networking event and garden celebration at the Warehouse Theatre.

All are invited to an evening featuring local foods, community garden resources and more! Gardening for Good will facilitate a conversation on the current state of community gardens in Greenville and how to work towards an abundant growing season in 2012. Whether you are an

active community gardener, novice home gardener or just interested in growing your own food, come learn about Gardening for Good's community garden network and how you can be involved.

Please make a reservation online at:
www.ggardeningforgood.com



Planting Seeds and Building Community

March 19, 2012

5:00 P.M.– 7:00 P.M.

The Warehouse Theatre

37 Augusta St.

Greenville, SC 29601

Cost: FREE

Gardening for Good is a network of local community gardens that utilizes of the energy of the community garden movement to coordinate neighborhood redevelopment efforts, improve the health of residents and neighborhoods, and transform Greenville through gardening.

Farming Update from Legare Farms *by Helen Legare-Floyd*

Every month, Helen writes a monthly update talking about all of the going-ons at her family farm, Legare Farms in Johns Island, SC. Check out these excerpts from her monthly newsletter.

The Legare Family would like to share with you some good and bad news about the lawsuit against our family. The good news is that the lawsuit is now settled. We felt like we would have been vindicated in court, but could not continue to mount legal fees. The bad news is— we will be paying legal fees for many years to come.

We don't think anyone, including us, realized the power of the press and social media. We are thankful and humbled by the support both on Facebook and the website. Many people ask why the Hughes did not just drop the lawsuit. This would not have been beneficial to the Legare family since it could have been re-filled at anytime and legal fees would have started over. We are happy with the settlement and quite frankly would have agreed to everything in the settlement had the Hughes simply asked before filing a lawsuit. The settlement is quite different from the original lawsuit. We never tried to stop the Hughes from reaching their home and have not changed any conditions since they purchased their home. The lesson to learn here is; do your research before purchasing property so that you know where your right of way is located and what a right of way across other people's property entails. Learning

what a right of way means might be a good idea too.

Back on the farm...

January is a slow month on the farm, which is good since we've been tied up with so much other stuff. We are getting the fields ready to plant and will be actually planting onions and potatoes next month. Staying busy with feeding and watering animals and making sure everybody has enough bedding to stay warm through the cold days. I've

been standing and watching the animals a lot lately, no better time to think than while watching the farm animals. I realized that nothing is cuter than baby pigs and nothing uglier than a big pale male pig. We have a new baby donkey that was born last week. This is our first ever baby donkey and has truly been a gift. She was born the night I needed to be reminded why we were fighting for this farm and she was my sign that it was worth fighting for. We are really enjoying the warm January since there is less work when it isn't freezing. Animal water isn't frozen, we aren't dripping water to keep our pipes from freezing, and working outside isn't a miserable way to spend the day.

Rent a Chick

You and your family can rent two baby chicks for two weeks for \$25.00. At the end of the two weeks, return the chicks to the farm to live with the other chickens in our flock. This is a wonderful experience for the children to see first hand the wonders of new spring life. A \$10.00 deposit is required to reserve your chicks. Pick up dates are

April
6th
(10am
to
6pm)
and
7th
(9am-
12pm)
or
April
20th
(10am-
6pm)

and 21st (9am-12pm). Return dates are two weeks from the date you pick up the chicks. Call us 843.559.0788 to reserve with a credit card or go to our website www.legarefarms.com under education and click on the 'Rent a Chick' for the reservation form and return with a check.

Battle of Charleston

Battle of Charleston is a Civil War re-enactment held at the farm. On March 23, we will have a living history day for school children so if you are a teacher or know one, get in touch for the details. This is a really good time with lots of activities for all ages. We have food, music, soldiers, cannons, and a battle, what

more could you ask for? Check out the website www.battleofchas.com for more information.

CSA

Community Supported Agriculture vegetable program. This will be the 5th year for the Legare Farms to offer a vegetable program. If you are not familiar with how a CSA works, you buy a share in our vegetable crop and then we deliver vegetables to you for 15 weeks— 9 weeks in the spring/summer and then 6 weeks in the fall. Our CSA is a little different from others because we stay with our vegetables during pick up so that we can form that relationship with you. I can't form a community with you unless I get to know you and you get to know me and my family. We have 2 size shares available: Full share is a half bushel per week (a half bushel is about the size of a shopping basket like you pick up and carry at the grocery store) and a half share is about half that much but of course you won't get a half watermelon or half pumpkin! More info is on our website www.legarefarms.com along with the form to complete to join.

Summer Camp Dates

June 11-15 ages 6-8

June 18-22 ages 9-11

July 18-22 ages 6-8

July 23-27 ages 9-11



Garden Mini-Grant for Teachers

In an effort to teach school children that agriculture is an integral part of our everyday environment, the South Carolina Farm Bureau Young Farmer and Rancher program will offer a classroom garden mini-grant program for teachers in public and private schools.

The mini-grant program will provide a \$500 mini-grant to a school in each of the four South Carolina Farm Bureau districts for teachers who qualify through an application process.

Teachers must design a project garden that contains production agriculture crops such as wheat, corn, oats, peanuts, fruit and/ or vegetables.

Goals and objectives must be clearly stated and measurable, and the project must directly involve their students.

In addition, the project must be advised by a county Farm Bureau volunteer leader, preferably a Young Farmer and Rancher member, county Farm Bureau Board member, or county Women's Committee member.

Proposals must be submitted on a South Carolina Farm Bureau mini-grant application form which is available at county Farm bureau offices or online on their website:

www.scfb.org

Deadline for applications is **October 1** and applicants may submit only one pro-

posal per year. Mail complete applications to:

**P.O. Box 754
Columbia, SC 29202**

Or fax to:

803.936.4452

The South Carolina Farm Bureau represents all South Carolina farmers and farm land owners. They serve the entire agricultural community through education and a unified voice in government for the benefit of everyone, since agriculture is an integral part of our state and all of our lives.



Lucy's Tasty Treasures Promotes Healthy Eating

A program that takes a farm-to-table approach to promote healthful eating and physical activity is being offered to elementary schools this year through DVD's, SC Educational Television's ITV system, podcasts, and comic books.

The program, called "Lucy's Tasty Treasures", was developed by Katherine Cason, state program leader for food safety and nutrition, to help combat the obesity epidemic. It follows children on a treasure hunt to locate and learn about healthy foods, such as fruits and vegetables, dairy and whole grains.

The curriculum is being used in 30% of South Carolina schools, with orders from approximately 100 teachers in nine other states. It is also

used by Expanded Food and Nutrition Education Program (EFNEP) educators in more than 260 schools and by the non-profit Zest Quest® children's health initiative in 14 schools.

www.clemson.edu/lucystastytreasures has lesson plans, healthy recipes, and supplementary materials.



Blueberry Muffins



- 2 cups flour**
- 2 1/2 tsp. baking powder**
- 2 tbsp. sugar**
- 3/4 tsp. salt**
- 1/2 cup butter**
- 2 eggs**
- 3/4 cup milk**
- 1 tsp. orange zest**
- 1 1/2 cup fresh South Carolina Blueberries (or frozen if not in season)**

Preheat the oven to 400 degrees. Lightly grease a muffin pan. In a large bowl, combine the flour, baking powder, sugar, and salt. With a pastry blender or two knives, cut the butter into pea size pieces and add to flour mixture. Make a well in the center of the dry ingredients. In a small bowl combine the eggs and the milk. Mix well. Add mixture into the well in the flour mixture and mix until moistened. Fold in the orange zest and the blueberries.

Fill the prepared muffin cups until 2/3 full. Bake 20-30 minutes or until golden brown.

Touch a Truck

By: Beth Crocker

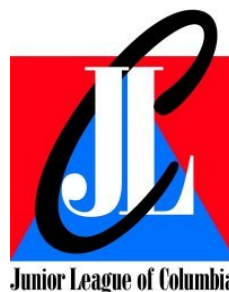


Touch a Truck, the newest Junior League of Columbia fundraiser and family event, will be held from 10:00 am to 2:00 pm on **Saturday, April 14, 2012 at the State Farmers Market** on Charleston Highway. The Farmer's Market will be transformed into a world of big rigs and heavy machinery for young and old.

Touch a Truck features all things that go! Kids will have the opportunity to explore big vehicles like farm tractors, fire trucks, cement trucks, bulldozers, and school buses and meet the fine people who build, protect and serve the Midlands. This community event also features family-friendly entertainment, plus information on healthy eating from JLC's Kids in the Kitchen, W.P. Rawl Farms, as well as planting a fresh basil plant to take home! Other features include an appearance by the Palmettovores, music from Lunch Money, face painting, and other

amusements round out the fun. Come join us!

Admission: \$6 per person (Children 1 and under are free with a paying adult.) Tickets will be available for purchase at League Headquarters, online and at the event.



Junior League of Columbia
www.jlcolumbia.org

What do you
Think?

Would you like to
see a Summer
School Garden
Workshop this
summer?

Send your replies
to scschoolgardens@gmail.com

SC Commissioner's School for Agriculture 2012

By: Elizabeth Shuler

The South Carolina Commissioner's School for Agriculture is a premier summer academic program that exposes students to opportunities, majors, and careers related to agriculture and natural resources. During this week long camp, students spend time in workshops, discussions, laboratories, and in the field. The program covers both broad topics revolving around the agricultural industry as well as career specific areas. Students get to choose from Animal and Veterinary Science, Forestry, Wildlife and Environmental Science or Horticulture, Turfgrass and Agronomy as their area of interest.

Students must be a rising high school junior or senior

and must submit the application and related materials by the deadline: April 16, 2012. The selection committee will review the students application which includes a short essay, resume, letters of recommendation, and a high school transcript.

A nonrefundable deposit of \$50 is required upon acceptance. The deposit is credited towards tuition.

South Carolina Residence:
\$376

Out of State Residence:
\$650

Parents are responsible for providing transportation to and from Clemson University. Students will stay in Clemson dormitories for the week and all of their meals are provided.

To obtain an application or for additional information:

SCCSA Applications

Clemson University

F153 Poole Ag. Bldg.

Clemson, SC 29634-0306

Application are also online:

www.clemson.edu/cafls/sccsa

Photos from 2011



South Carolina Department of Agriculture



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We're on the Web!

www.scschoolgardens.com
www.scschoolgardens.blogspot.com
www.facebook.com/scfarmtoschool
www.twitter.com/scfarmtoschool

School Gardens Program

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 garden-
ing 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, contact:

Beth Crocker, (803) 734-2193, bcrocker@scda.sc.gov.

Photos from Nevitt Forest's visit from 'Chef Combo'

By: Elizabeth Shuler

Chef Combo made a recent visit to Nevitt Forest Elementary School's After School Program. During the visit, Chef Combo shared different varieties of PPM- winter squash so the kids could explore their different shapes and sizes. The kids helped Chef Combo and a few members of the Clemson Staff prepare the "Noodle Mania" recipe from the Farm to School February Lesson. The students and teachers raved on this hands-on experience and loved the taste of the spaghetti squash! This lesson showed the teachers that it is really easy and fun to include the Palmetto Pick Activity into their lessons

