

# Ohio F2S Meeting Notes

March 10, 2022

## In attendance:

- [Carol Smathers](#), Ohio F2S State Lead
- [Haley Scott](#), Farm to School, Ohio State University Extension
- [Lauren Preston](#), OSU Extension Farm to School Intern
- [Erin Polston](#), OSU SNAP Ed, Montgomery County
- [Emily Gladish](#), Parma City Schools Farm to School
- [Brooke Gammie](#), Quarry Hill Orchard
- [Tom Redfern](#), Director of Sustainable Ag at Rural Action
- [Elise Erhart](#), Hamilton County Resource Outreach Specialist
- [Megan Riley](#), PSE Specialist OSU Extension SNAP Ed
- [Denise Natoli Brooks](#), CSU Educator for Southeast Ohio
- [Kristina Windland](#), F2S Coordinator, Stark County
- [Heather Neikirk](#), Agriculture and Natural Resources Educator, Stark County
- [Quentina Konah](#), Health Education Specialist, Public Health Dayton and Montgomery County
- [Lea Kelyt](#), Ohio Healthy Program, Public Health Dayton and Montgomery County
- [Logan Walter](#), CSU Ag and Natural Resource Educator for Northeast Ohio
- [Elisha Sparks](#), Local Matters Curriculum Manager and Food Educator
- [Cynthia Walters](#), Green Schoolyards Coordinator for Cincinnati Schools
- [Marie Economos](#), Family and Consumer Sciences, Trumbull County
- [Maureen Pisanick](#), Founder of Pisanick Partners, Food Service Director Consulting Firm
- [Sarah Elliot](#), USDA FNS Midwest Regional Lead. Happy to be a resource- reach out!
- [Megan Marie Lang](#), Fort Frye F2S Coordinator
- [Barbara Burns](#), Carrollton Village Exempted Schools
- [Angela Huffman](#), Co-Founder of Farm Action working on federal farm policy. Also, a farmer in NW Ohio raising lamb for meat and chickens for eggs
- [Carrie Brown](#), Ag and Natural Resource Educator in Fairfield County
- [Ashley McDonald](#), Ohio Proud and Specialty Crop Block Grant at ODA- apply for specialty crop block grant farming by March 25<sup>th</sup>!
- [Cheryl Graffagnino](#), Program Officer with Osteopathic Heritage Foundation
- [Maria Cohen](#), PAST Foundation, Educational Nonprofit in Columbus
- [Stacey Bettis](#), Food Service Director at 3 districts in Stark County
- [Michael Meltzer](#), USDA FNS with Sarah Elliot, Program Specialist with CACFP, Farm to Summer, and Farm to ECE
- [Elizabeth Douglass](#), Assistant Director of Nutrition, ODE
- [Joe Brown](#), Food Service Director at Columbus City Schools
- [Marc Amante](#), Ag and Natural Resource Educator with CSU in Southwest Ohio
- [Sue Hogan](#), 4H Educator, Franklin County. Project Green Teacher June 6-10<sup>th</sup>! See more info [HERE](#).
- [Karen Bakies](#), American Dairy Association
- [Anne Schneider](#), F2S coordinator for Southwest Ohio region. Welcoming Christine Dash to the team in Cincinnati!
- [Maddie Chera](#), Greater Cincinnati Regional Food Policy Council
- [Brian Davis](#), ODE office of nutrition and USDA foods program
- [Susan Mills Wasniak](#), Agriculture and Natural Resource Educator, Montgomery County
- [Julialynne Walker](#), Community Coordinator with local matters, Market Manager with Brownsville growers
- [Christie Welch](#), Direct Marketing specialist with OSU extension

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- [Rob and Amanda Buehler](#), Buehler Farms
- [Maribeth Saleem Tanner](#), Executive Director of Community Food Initiative in Athens
- [Anna Hass](#), Local Food Connection Food Hub
- [Dave Sokoll](#), Oberlin Food Hub
- [Brenda Brahier](#), SNAP Ed in Ottawa County
- [Rachel Brunot](#), with ACEnet in Athens
- [Patrick Tegge](#), PSC specialist with OSU extension SNAP Ed
- [Tracy Enslen](#), American Dairy Association Mideast
- [Miranda Kipplen](#), Farmer
- [Julie Wayman](#), Local Foods Coordinator in Ashtabula County

## Ohio Farm to School Partner Updates

### Parma City Schools

Upcoming sun gold tomato project. Partnering with Parma PTA and local greenhouse and purchasing over 1,000 tomatoes. Going to distribute tomatoes to students going into first grade. Going to building science curriculum around sun gold tomato plants. Kids are going to take plants home over the summer, water, harvest, eat, and school will have science curriculum in the fall. Lesson topics will include photosynthesis, plant cycle, etc. Sun gold tomatoes will also be planted in school garden. Partnering with SPICE kitchen and Oberlin food hub to educate and serve local tomatoes at the school.

Partnering with Feed our Future and following harvest of the month calendar. Since tomatoes fall in September, they will have the opportunity to learn more at the beginning of the school year.

Cynthia- kudos for connecting growing and learning. When do you plan to integrate education- during school day or when?

Emily- partnering with SPICE over the summer to create videos and worksheets for students and figuring out what classes but it will be tied into their science curriculum.

### PCSD Nutrition Services – Planting the seeds



- Sungold Tomato Project
- Harvest of The Month



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## Hamilton County Resource

Former Hamilton County Solid Waste and Recycling. Focus on reducing solid waste in the form of outreach, education, and financial support. Specifically focusing on food waste and bringing that education piece to schools.

Just had a field trip for high school students to La Soupe. The organization recovers foods, especially produce, has an amazing kitchen, donates food to community, they compost scraps, etc.

There aren't as many field trips for high school students so introducing them to nutrition insecurity, cooking and how to creatively use food, knife skills, food waste, community organizations. They learn the skills and then do "improv cooking" and making a recipe themselves. First trip was huge success and looking forward to the next.

Maureen: Could this be hybrid like schools zooming in? Virtual tour, would have to get right technology but could be an amazing opportunity around the state!

## Field Trip Focused on Reducing Local Food Waste



### Hamilton County R3Source

- Outreach, education, and support for solid waste reduction
- Create and coordinate field trips with local partners

### La Soupe

- Recover local food – majority produce
- Transform into delicious meals
- Donate to local schools, shelters, and groups in need
- Compost the scraps – nothing is wasted

### Field Trip for High Schoolers

- Learn about La Soupe
- Discuss the causes and effects of local food waste
- Practice chopping/cooking/prep skills
- Community service – prepare food for donations
- Improv cooking – learn how to creatively use ingredients that are already in your home



## Pisanick Partners

- E-cookbook that is free, released quarterly for recipe support and turnkey resources for schools. Share with ECEs, schools, etc.
- On Feed our Future committee and we are creating a heat map of farmers, schools,
  - o Want to capture sites and their stories, capacities, best practices.
  - o Want to connect dots for schools to connect regionally to those with a program. School food service are not competitive, don't want to recreate the wheel

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## Carrollton Village Exempted Schools, Barbara Burns

- Barbara Burns is Food and Nutrition Director and now greenhouse director. Gearing up for annual spring plant sale.
- Started in 2013 planning and designing greenhouse. Hired an outdoor educator this year to serve as liaison between greenhouse and staff coordination. Harvesting produce and integrating into curriculum.
- New coordinator is making smoothies with rainbow chard, strawberries, and yogurt.
- Outdoor educator is key because even after having greenhouse for 8 years, this person was needed for outreach to classrooms.
- Have planters in the greenhouse focused on pizza (basil, oregano, tomato), chicken noodle soup (sage, thyme), Salsa (jalapeno, cilantro)
- Used money from first plant sale to buy materials
  - Cynthia- at what point did the district acknowledge that the coordinator was really needed?
  - Barbara- it took a few years, being an RD, Master Gardener I took it on and spent a lot of time doing it. I wasn't the right person to teach so we happened to find the right person at the right time
  - Cynthia- how is her position funded? Barbara: From the educational service center

## Carrollton Farm to School Updates

- ♦ **Outdoor Educator** started this fall as the liaison between greenhouse, gardens, outdoor education and classroom staff coordination
- ♦ Outdoor Learning Center planned (in addition to Greenhouse)
- ♦ 9 Hydroponic Grow Towers actively growing and producing



School Greenhouse, raised beds, plant sale



## Farm to School Successes 2021-22

- ♦ We have 9 active hydroponic towers that are regularly harvested for use in classrooms or in the cafeteria.
- ♦ We have 8 raised bed gardens for experiments including one with a low tunnel to extend the growing season with harvests up through December.
- ♦ We have an upcoming Secret Garden Sale with more than 2,000 plants that will be offered for sale for students/families and then to the community.
- ♦ We have upcoming egg hatching activities planned for nearly 10 classrooms of students.
- ♦ Invited into nearly 25 classrooms throughout the school district this year so far to collaborate with teachers to provide meaningful, enriching experiences to help students understand where their food comes from and how it grows.
- ♦ Hosted 10 field trips to the school garden and greenhouse from September through November that included on-the-spot taste testing experiences.

Wow! What a year! And it's only March 1st!



# Ohio F2S Meeting Notes

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## Producer training

### Ohio Selling to Schools Producer Training Plan

- Based on National “Bringing the Farm to School” Producer Training
- Trainings will be recorded and made into a series that is available on producers’ own time
- 20-30 minute recorded “episodes”
  - Plan to show real life application of previous lesson
- Option for regional A&R educators to host workshops and use the recordings for statewide training or follow up Q&A
- Plan to start by July, 2022 and finish by January, 2023



## Episode Topics

- Farm to School 101
- Local Food Sourcing and Procurement in School Meals
- Farm to School Market Channels
- Selling to School Districts– direct sales to schools--> audience
- Choosing the Right Product
- Product Development
- Meeting the Demand of School Meals
- Crop Production and Planning
- Livestock Production Planning
- Navigating Food Safety Standards when Selling to Schools
- OPTIONAL: Beyond the lunchroom– additional child nutrition programs CACFP/SFSP



# Ohio F2S Meeting Notes

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## Topics with Presenters

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- Farm to School 101– ODE/ODA
- Farm to School Market Channels– Christie Welch, OSU Direct Marketing Specialist
- Meeting the Demand of School Meals – Michelle Wallace, CSU
- Crop Production and Planning– Marc Amante, CSU
- Navigating Food Safety Standards when Selling to Schools



## Presenters Still Needed for:

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- Local Food Sourcing and Procurement in School Meals
- Selling to School Districts– direct sales to schools--> audience
- Livestock Production Planning
- Choosing the Right Product
- Product Development
- Optional: Beyond the lunchroom– additional child nutrition programs CACFP/SFSP



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## Farm to Summer

Please brainstorm regional ideas in breakout rooms and throughout the next couple months!

### Farm to Summer

- ODE Office of Nutrition Summer Food Service day tomorrow!
- Farm to Summer Week of June 20
- Thinking cucumber crunch and F2S Promotion All Week



## Current Funding

- LFPCA is providing funding to a state agency to purchase local foods from socially disadvantaged farmers and ranchers. Distribution site will target underserved communities.
- ODJFS is leading this application and will work with DNO as distributor. Michaela Oldfield has advocated for local foods to be used.

### **Anna Haas, Local Food Connection Food Hub through What Chefs Want in Cincinnati.**

- Food hubs are really important to get local foods to schools. LFPCA offering an influx of money to get food to underserved communities. Opportunity to really change food system.
- Requesting help to learn about food hub work around the state. Encouraging us to think about what needs are in the next 5 years and where we see this work going. Look out for an upcoming survey!

### Current Funding Opportunities

- LFPCA
  - ODJFS is leading agency
  - Funding will not be an allowable expense for child nutrition programs
- Ohio Food Hub Outreach



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## Farm to Early Care and Education Local Food Purchasing

Looking for farmer and ECE connections

### Farm to ECE Local Food Purchasing

- Piloting local food purchasing with early care sites in the following areas:
  - Cleveland
  - Springfield
  - Sandusky (Erie county)
  - Circleville
  - Massillon
  - South Side of Columbus



## List of school gardens and school farms

### List of School Gardens and School Farms

- Although we know this won't always be perfectly up to date, a repository would be great!
- Ohio Farm to School website, School Gardens of Ohio, linked in monthly newsletter, other ideas?
- Please start populating school gardens/farms in regional breakout meeting notes



# Ohio F2S Meeting Notes

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## Monthly Farm to School Newsletter

- Monthly newsletter delivered to school food authority contacts across the state
- There has been a focus around a certain fruit or vegetable like a HOTM item, growing method like hydroponics, or regional highlight.
- Have really liked the entire region highlight. Please reach out to [Lauren](#) or [Haley](#) if you'd like to highlight efforts in your region.

## Monthly Farm to School Newsletter

- Local Buying and Selling Relationships
- School Gardens and Farms
- Grantee Updates
- Locally sourced meals
- Regional Farm to School Initiatives
- Hydroponic producers
- What would you like to see highlighted? Share in breakout rooms!

### Ohio Farm to School Monthly Newsletter Cultivators + Classrooms + Cafeterias Issue #5 | March 2022



Spring School Garden Program Participants at Amersville Elementary in Zanesville, Ohio

#### Welcome!

Welcome to the March edition of the Ohio Farm to School Newsletter featuring Farm to School efforts throughout southeastern Ohio. We hope you find inspiration in these Farm to School programs featuring innovative public, private and nonprofit partnerships that benefit both students and communities.



#### Carrot Cultivators

**Riehm Produce Farm L.L.C.** is a diversified farm in Northwest Ohio operated by 4th and 5th generation farmers. The farm grows over 300 crop varieties, ensuring there is always something new for customers to try. Riehm's products can be found in school systems and restaurants throughout Ohio and can be ordered through [Local Food Connection](#).



Photo Courtesy of Riehm Produce Farm

#### Hydroponics in Ohio Schools



**Coventry Middle School** (Akron, Ohio). Under the leadership of middle school teachers Richard Dudley and Adam Shoemaker, and with generous financial help from [Crop King](#) of Lodi and the Coventry Schools Foundation, **Coventry Middle School** students are growing vegetables hydroponically in 2021. Students from the school's senior Green Team started growing cucumbers, tomatoes, and lettuce as well as composting food waste scraps from the cafeteria. Funds from Crop King supported a new state-of-the-art hydroponics lab that operates two [ECHO](#) [Hydroponics](#) systems, and two [NET](#) systems, an aeroponics system for fish, and students will soon be growing microgreens. The students maintain pH and nutrient levels as well as pollinate, germinate, and promote appropriate plant growth. The lab provides hands-on lessons about photosynthesis, ecosystems, plants and animals.



Top photo: A Green Team member hand pollinates tomato plants. Time in the lab promotes interest in STEM and agricultural careers.



Middle photo: Coventry's Green Team has expanded to include cafeteria food waste reduction. The students conducted a food waste audit and set up composting bins. The popular club continues to grow with both students and community partnerships, including local sustainability experts.

Bottom photo: This impressive hydroponics lab began with a science teacher's vision and a \$600 purchase of containers. Food grown will be provided to the cafeteria or food pantries.

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## Regional Breakout Room Discussions

[Click here for each region's note document](#)

### Regional Farm to School Networks

- **Northeast** – Cuyahoga County Board of Health
- **West Central**– Dayton and Montgomery County Public Health
- **Central** – OSU Extension Farm to School
- **East Central**– OSU Extension Stark Co
- **Southwest** – Green Umbrella
- **Southeast** – Rural Action and CSU Extension
- **Northwest**– ?
- **North Central**– ?



CFAES

## Breakout Room Discussions

Share...

1. Farm to School updates, challenges, or successes in your region.
2. Thoughts on producer training plan including presenters for “episodes” or participant certification
3. Farm to Summer Plans by Region
4. Farm to Early Care/Producer and ECE Connections
5. Start list of school gardens and school farms
6. What would you like to highlight in the statewide Farm to School newsletter?



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## **East Central, update from Heather Neikirk**

- Kristina has a list of school gardens in the area and county career center has a school farm
- Making producer ECE connections
- Stacey Bettis went to Washington- waivers expiring and not quite sure where reimbursement is going and FSD unsure what summer plan will look like.
- Working on 5<sup>th</sup> grade experiential learning field trip

## **Southeast, update from Denise Natoli Brooks**

- Annual day at Chesterhill for 2<sup>nd</sup> graders coming up
- Need for GAP certification, wholesale training, incorporate into producer training and ideas within region that can be shared and replicated
- Summer food bus happening again in hocking area
- Plans for summer buying plans for families
- Started list of school gardens and farms- don't have all counties in the region represented so need for additional outreach

## **Southwest, update from Maddie Chera**

- Getting to know each other, discussing transitions in organizations in Cincinnati
- Maddie taking on leadership within Greater Cincinnati Regional Food Policy Council- undergoing strategic planning process
- Got to hear from Tony and Elise at Hamilton County Resource. Opportunities for education around food waste
- Erin working on SNAP Ed close to Dayton area
- Started a list of school gardens through feed our future and Cincinnati public schools

## **Central, update from Carol Smathers**

- Challenges that schools and ECEs are facing including regulation, reporting changes, supply chain challenges, etc.
- Regional group members doing a lot community engagement, policy change, etc.
- Hearing that despite challenges, there are successes for schools to try something new
- Need to get word out about how assistance dollars can help support local foods and gardening- SNAP can be used to purchase seeds
- Excited to go beyond apple crunch to cucumber crunch and third event to highlight smoothie slurp with dairy, berries, etc.
- Need more presentation from other counties

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## **Northeast, update from Maureen Pisanick**

- August 4<sup>th</sup> food service conference virtual
- Pisanick partners hosting August 3<sup>rd</sup> training, recorded for continued professional development. Having local farm items available, harvest of the month kits, etc.
- Challenges- we don't know what funding will be. A lot of ambiguity for food service directors.
- Fighting for greater local presence on DoD catalog
- STEM activities at Parma city schools from Steven at SPICE
- Would like more information on producer training episodes. Maureen interested in farm to recipes
- Looking forward to farm to summer and local menu takeover every day of that week
- ECE- done recipe development and engagement in Lorain County head start
- List of school gardens- would love to be organized on heat map
- Farm to school newsletter- would love a recipe blog

## **West Central, update from Quentina Konah**

- Planning on reaching out to those on the call in the region
- Talked about current supply chain issues in schools. Looking at more equitable ways to bridge gap. Would like to learn about best practices in Lorain County head start from Maureen
- Really like producer training

**North central and Northwest groups had a couple people who decided to join networks in regions nearby with more folks in the group**