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- West Park Place
- Wilson

The First State School Garden Experts!

January—December 2016

HFHK Develops Project-Based Learning at Springer Middle School

Last spring, Springer Middle School students noticed some strange happenings in their school garden as they got ready to prepare the garden beds for the spring vegetable planting. A mysterious creature was tunneling in their garden beds and creating broomstick size holes! After some serious sleuthing both in the garden and online to figure out what could be creating this havoc, they came to the conclusion that their visitor was a vole!

Unfortunately, Springer students were unable to plant in their garden this spring as voles not only like to eat plants, but also harbor disease organisms. While the 7th grade class completed modified planting lessons with a grow lab, Environmental Science students began a unique project to explore innovative solutions to the vole problem, spearheaded by Program Manager, Lindsay Lancaster. From poison, to cats, to flooding, students brainstormed a list of different solutions. Although poison initially seemed like a practical solution, students realized from EPA studies that second hand toxicity would affect other species in the food chain like a red-tailed hawk that consumed a vole. Consequently, students calculated a score for each idea, considering whether the idea would be a long-term solution, cost effective, practical, and environmentally friendly.

After evaluating their ideas, three classes worked together to implement environmentally conscious solutions in concert that modified the garden habitat to make it a little less vole-friendly. Mrs. Romeo's class added castor oil pellets to repel the voles by emitting

scent without harming any plants or animals. Ms. Lyman's class decided to remove the open compost bin and replace it with an enclosed tumbler to prevent voles from entering and enjoying an all you can eat compost-buffet. To fund their plans, students in Ms. Lyman's class decided to have a fundraiser and sold glow-in-the-dark wrist bands with the inscription: "Veggiecate the First State." Mr. Brown's class designed and built a hawk perch to attract red-tailed hawks in search of voles as prey. Students also suggested a renovation project to replace the wood chip mulch with stones in the surrounding



Before: Garden Renovations in Progress.

garden area to encourage the voles to tunnel elsewhere. The students used their math skills to calculate that the fenced garden area is 2,128 square feet and required approximately 30 tons of stones to have a stone barrier four inches deep! With support from the school and with the help of Nature's Call Landscaping, the renovations were completed over the summer.



Alexa Harrison adds castor oil pellets to the garden to deter voles.

The Habitat Modification Project illustrates how a real-world problem, such as a vole infestation in Springer Middle School's school vegetable garden, served as a catalyst for students to not only learn about the interconnections between plants, animals, and people, but also to affect change through environmental stewardship. These collective solutions resulted in successfully deterring the voles from the garden and ultimately a bountiful

Project-Based Learning.... *Continued from page 1*

fall harvest. This real-world problem not only taught students critical thinking, decision making, and leadership skills, but also enabled students to recognize the impact of their actions in making the garden space sustainable for future generations. We look forward to many more continued seasons of growth!



After: Completed Garden

HFHK Launches at Forwood Elementary School in the Brandywine School District

HFHK was thrilled to begin gardening with the fabulous students and teachers at Forwood Elementary this spring. Bringing the Forwood garden to fruition was a team effort that actually began in 2015: With HFHK assistance, Garden Coordinator Leona Williams submitted a Whole Kids Foundation grant to cover the cost of the necessary tools and supplies. Zach, a former Forwood student and Eagle Scout from Troop 527 built the garden. Before Whole Kids' funds became available, Carrie Murphy of New Castle County Cooperative Extension got the students excited about their garden and worked with the "Green Team" to grow lettuce, broccoli and other fall crops.

In spring 2016, with the Whole Kids grant in hand and a Wawa

Foundation sponsorship, HFHK implemented our Education Cultivation Program. Since this was Forwood's first season with HFHK, our staff modeled HFHK lessons for every classroom teacher in the school, with 2nd grade preparing the soil for planting, Kindergarteners and 1st grade planting, 3rd grade watering, 4th & 5th grades harvesting, and 2nd grade cleaning up the garden. The spring harvests included arugula, radishes, lettuce and spinach. The students,

teachers and cafeteria staff were very excited, and did a wonderful job of harvesting and serving the vegetables.

Forwood is HFHK's 26th school, and the 3rd in the Brandywine School District. We are excited that through implementing our hands-on gardening curriculum, Forwood students will have an opportunity to learn garden-based science, and that vegetables can be delicious!



Yes, I want to help Healthy Foods for Healthy Kids, Inc. and its efforts to set up school gardens.

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Level of Support: \$50 \$75 \$100 \$250 Other _____
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Give to HFHK through the United Way write-in option. Write in "Healthy Foods for Healthy Kids, Inc." and code #12479 on your United Way of Delaware pledge form.

Send to: Healthy Foods for Healthy Kids, Inc.
P.O. Box 847
Hockessin, DE 19707

Or donate/volunteer online at www.healthyfoodsforhealthykids.org

All donations are tax deductible under section 501(c)3 of the IRS Code.

Thank you to our HFHK Community

- Grantors:** Delaware Community Foundation, State of Delaware Grant-In-Aid, Whole Kids Foundation for Pleasantville Elementary, Delaware Department of Agriculture micro-grant for Pleasantville Elementary, Christ Church Christiana Hundred.
- Individual donors:** The Brody Family, Anita & Tom Bucknum, Sundra & Ethan Christensen, Madeline & Chuck Dobbs, Belinda Adams Eddy, Laura Fontana, Hetty & Hans Francke, Amy W. & Dr. Eric T. Johnson, Roanne & David Karzon, Kristen Kuipers, Lindsay & Rob Lancaster, Nancy Littleton, C. Anthony & Brenda McDonald, Margo & Hal Measley, Richard & Nancy Mercante, Eugene & Betty Mitchell, Lyndon & Grace Narita, Drs. Jonathon Narita & Thianda Manzara, Mary Narita, Renold & Dorothy Narita, Dr. Linda O'Hara, Carol Purse, Maureen Romeo, H. Murray & Ann Sawyer, Bernard & Julianna Saydlowski, John T. & Faye Shannahan, Libby Sullivan Trammell & George Trammell, Larry & Mary Van Deusen, Anne & Richard Wier, Highmark Walk for a Healthy Community Donors (unless listed above): Julie Anderson, David Arthur, Carol & Joe Bonella, Dr. Barbara Boyce, Sarah Bucic, Sabrina Chambers, Jason Cohen, Stephanie Cory Gorris, Michelle Elmore, Angela & Edmund Gifford, Pam Hanlon, Kristen Kuipers, Leslie Manzara, Kathryn McDonald, Gerry McVey, Drs. Kevin & Hermona Pandya, Sharon O'Hara, Gary Peters, Christine Robinson, Milt & Jill Simonds, Dr. Frances Taccone, Nicole Tobin, Kathleen Travas, Wendy Turner, Danielle Van Drew, Charles Vincent, Dr. Amy Vollmer and Anthony Stella, Kathleen Waslyn, Ann Whittemore, Anne & Dick Wier .
- Organizational donors and sponsors:** Candace Foundation, Fox Run Saladworks, Garden Gate Garden Club, Harvest Market, MetLife Foundation Volunteer Project Fund, Microsoft Corporation (in kind), More Brandywine Valley Homes LLC, United Healthcare Community Plan, Wawa, World Centric, WSFS.
- Providers of in-kind services:** Michael W. McDermott & Suzanne Holly of Berger-Harris, PHS Corporate Services.
- The truly fabulous school principals, teachers, staff, and parent volunteers who make our programming possible,** especially: Christina Child Nutrition Services Supervisor Andrea Solge & Nutrition Specialist Kendall Wagner & their team, Colonial School District (SD) Nutrition Services Supervisor Paula Angelucci & Nutrition Specialist Scott Schuster & Operations Manager Tammy Roop and their team, Colonial SD Operations, Red Clay SD Nutrition Specialist Jessica Farrand & Manager Jessica Terranova & team. Brandywine SD Specialist Colleen Carter and Supervisor Pam Gouge & team.
- Principals/Administrators:** Eric Stephens, Jeanette Ganc, Douglass Timm, Patricia Prettyman, John Martin, David Distler, Dr. Gina Moody, Ledonnis Hernandez, Norman Kennedy, Erin McNulty, Mariellen Taraboletti, Dr. Tracy Woodson, Natalie Birch, Dr. Eric Mathis, Robert Farr, Barbara Land, Susan Donahue, Jenine Thomas, Maribeth Courtney, Nneka Jones, Holly Sage, David Kubacki, Paul Webster, Matthew Auerbach, Laura Helton, Jennifer Alexander, Holly Van Such
- Garden coordinators:** Sharon Brubaker, Maria duPont, Nada Jones, Liz Cain, Melissa Schuibbeo, Walter Gendron, Lindsey Nakano, Denise Robinson, Mary Jo Reighart, Sheryl Murphy, Kim Benson, Paula Woolfolk, Nancy Myers, Michael Izzo, Scott Martin, Dwight Jones, David Brown, Maureen Romeo, Caitlin Gibbons, Irene Skelly, Natalie Alexander, Kara Patti, Maryann McConnell, Nancy Rybinski, Vicky Harpster, Kelli Batten, Sarah Kise, Rebecca Krieg, Tom Reist, Linda Alles, Desiree Faison, Sarah Garrett, Wendy Turner, Alex Strobel, Gina Beyer, Erica Colicchio, Elaine Mendelson, Leona Williams, Diane Mahotiere.
- School and Community Dinner volunteers:** Anne Adams, Anita Bucknum, Wayne Corbin, Amy W. Johnson, Margo Measley, Libby Sullivan Trammell & George Trammell, Anne Wier, Garden Gate Garden Club, WSFS.
- Farmers:** David Marvel of National Farm to School, Pam Stegall of Calvert Farm, H.G. Haskell of SIW Vegetables, Nancy Bentley of Fair Weather Farm, Trebs Thompson of Whimsical Farms, Cindi Filasky of Filasky's Produce, Melody Mason.
- Partners and Networks:** NCC Cooperative Extension: Educator, Horticulture Carrie Murphy, Master Gardeners Lois Ashworth, Hetty Francke, and Master Food Educator Sally Reiss. Healthy Kids Delaware: especially Debbie Neff and Randi Novakoff, and Community Dinner exhibitors. Delaware Urban Farm and Food Coalition, especially Carrie Murphy & Gail Hermanau, Delaware Children in Nature, especially Franchesca Garland. University of Delaware Community Nutrition class faculty & students.
- Our wonderful HFHK Board members, with SPECIAL THANKS TO IWS/METLIFE & CREATIVE FINANCIAL FOR USE OF THEIR FACILITIES.**



These beautiful greens were served in the Pleasantville cafeteria shortly after harvest.

Teacher quote

I believe school garden learning programs are an important and powerful curriculum tool for today's students. ... When schools partner with a strong organization such as Healthy Foods for Healthy Kids, the result is undeniable: powerful learning for children through a real-life lens and local action.

*~ Wendy Turner, Mt Pleasant Elementary,
2017 Delaware State Teacher of the Year*



The **Mission** of Healthy Foods for Healthy Kids is to design and implement food and garden-based educational programs for Delaware schools that support content standards and promote student health.

Our **Vision** is to inspire and motivate youth to develop lifelong wholesome eating habits by experiencing the joy of growing, cooking, and eating garden-fresh vegetables.

2016 Event Highlights

Veggie-cate the First State: HFHK Founder Dishes on Vegetables at TEDx Wilmington

Did you ever wonder what inspired our founder, Dr. Thianda Manzara, to start Healthy Foods for Healthy Kids? On August 24, 2016, she had the opportunity to tell her story as one of the speakers at the TEDxWilmington Conference. She shared the roots of her passion for food and cooking, how her career in biology research and teaching led her to the conclusion that “vegetables are the key to life,” and how these came together in her quest to Veggie-cate the First State. See her presentation here: <https://www.youtube.com/watch?v=iACUVkXvjll>.



Photo by Moonloop Photography

The Delaware School Nutrition Association Recognizes HFHK

The Delaware School Nutrition Association (DSNA) was kind enough to bestow their 2016 35th Annual Non-Member award to HFHK Founder Thianda Manzara “In recognition of her exceptional contributions to DSNA and her commitment to the health and well-being of Delaware’s children.”

Nominator comments included:

- ◆ In 2013, Thianda co-authored and was awarded a federal USDA Farm-to-School Implementation Grant. Thianda’s grant was the very first national grant received in Delaware to promote farm-to-school activities.
- ◆ As a result of Thianda’s dedication and hard work, there are a total of 25 active and sustainable school gardens throughout the state of Delaware to date. Schools gardens are thriving in Brandywine, Red Clay, Christina, Colonial and Cape Henlopen School Districts.

We at HFHK are truly grateful and humbled by recognition received from our Nutrition Services partners who work tirelessly to ensure that the student-grown vegetables are served in unique and creative ways in the school cafeterias.

HFHK Presents Diana D. Leitch Award

HFHK presented our first Diana D. Leitch Award for Excellence in School Garden Collaboration to Deborah Salvucci, the wonderfully creative and enthusiastic cafeteria lead at Brader Elementary. Debi’s garden creations make students cheer for veggies, and she emulates Diana’s indomitable spirit. Diana Leitch was a founding member of the HFHK pilot program at Springer Middle School, and a Le Cordon Bleu trained chef, whom we lost in 2014.

HFHK wins first State of Delaware Grant-In-Aid

HFHK commends Program Manager Lindsay Lancaster and Board Members, led by Dr. Frances Taccone for their successful efforts to spread the word about HFHK to the Delaware Legislators. Their tireless outreach efforts resulted in HFHK receiving state Grant-In-Aid funding for the first time. We are grateful for the state support of our work, which will help us serve more Delaware students and schools.

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Spring harvest of lettuce, arugula, carrots, beets, peas from the Douglass Alternative School garden.