



Grain in the Garden: Experiences from Skagit Valley, WA Farm to School Programing

Steve Crider
Viva Farms F2S Lead

Cascadia Grain Conference
Olympia, WA
Jan. 18, 2020



VIVA FARMS

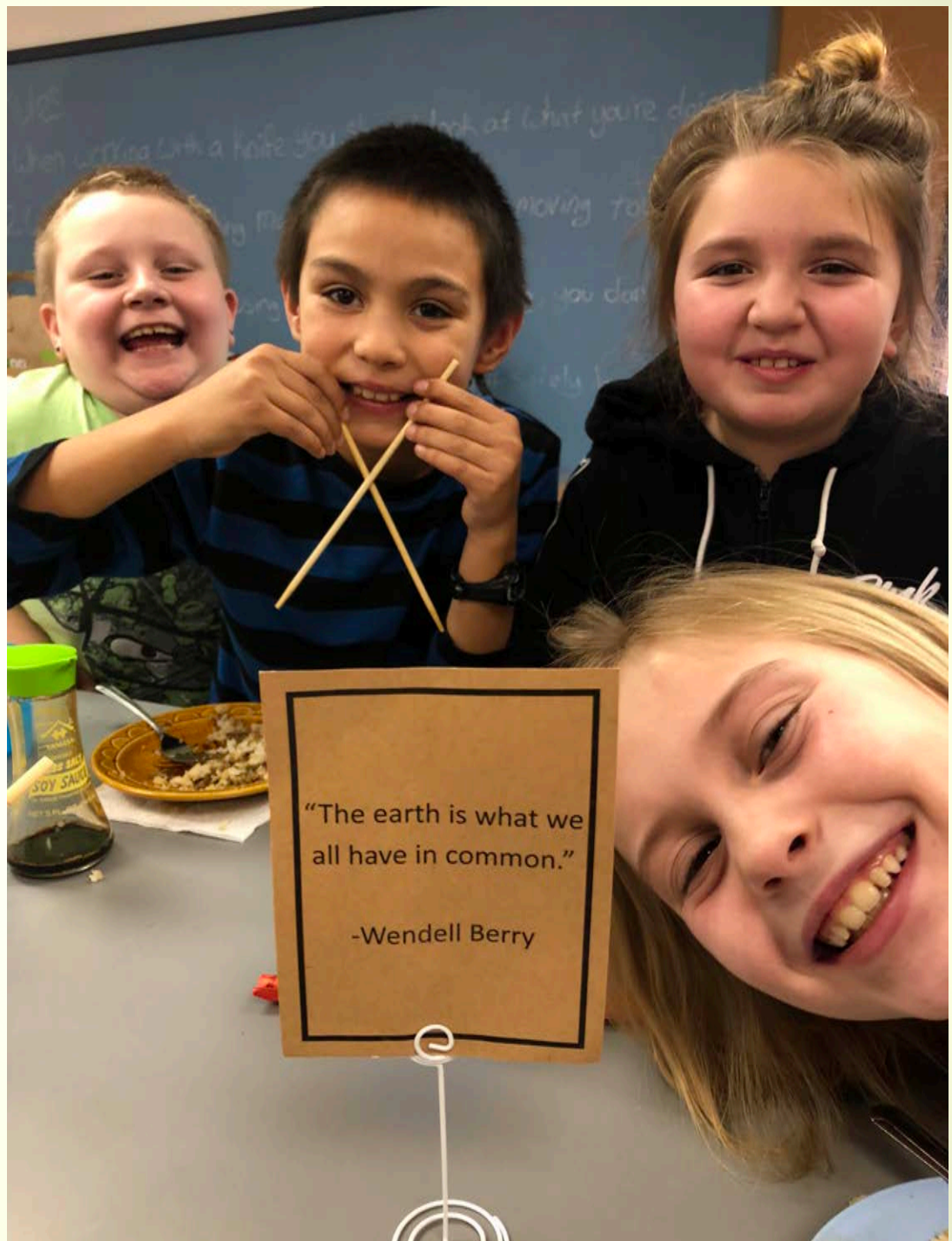
GROWING FARMERS, COMMUNITY & FOOD



Viva's Farm to School efforts were funded by a three-year USDA Beginning Farmer/Rancher Development Grant 2016-19, that included a F2S component.

Viva provided training for our farmers in how to qualify and engage with school food service programs, sales, & provided technical support for school gardens. "Grain in Garden" is a new piece that was added in 2018-19 the school year & continues today.

**Image: Concrete, WA F2S
Kitchen Classroom**



Skagit Valley, WA: We start with a few advantages...

Dr. Steve Jones - WSU Bread Lab
leading a 5 am tour of the NREC
Grain Trials, The Grain Gathering,
Mount Vernon, WA, July 2018.



Jeremy Oldfield, Mgr. of Field Academics, Yale Sustainable Food Program in a grain plot at the Yale University Farm







Port of Skagit

Agriculture Innovation Center



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

The Bread Lab

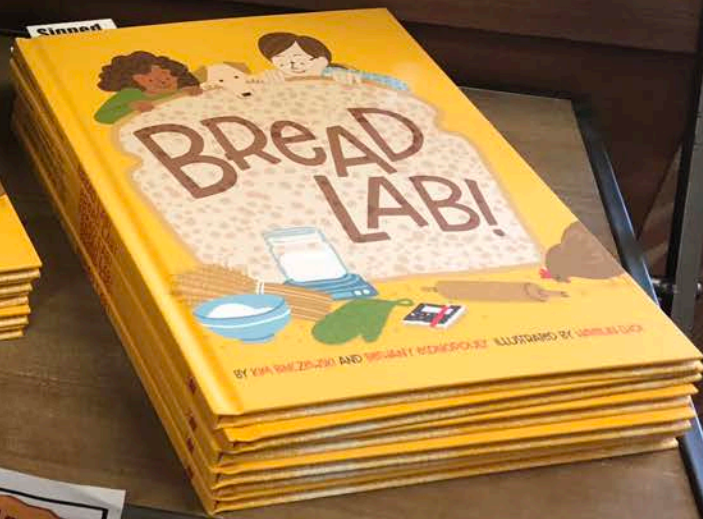
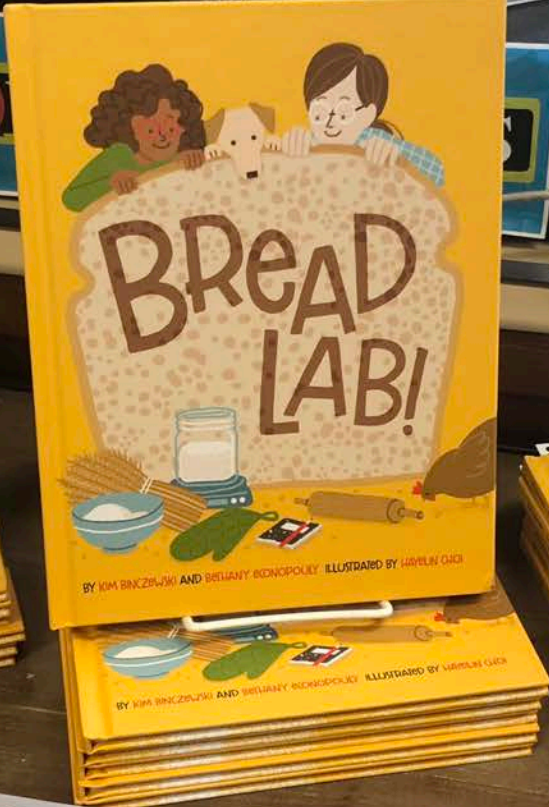
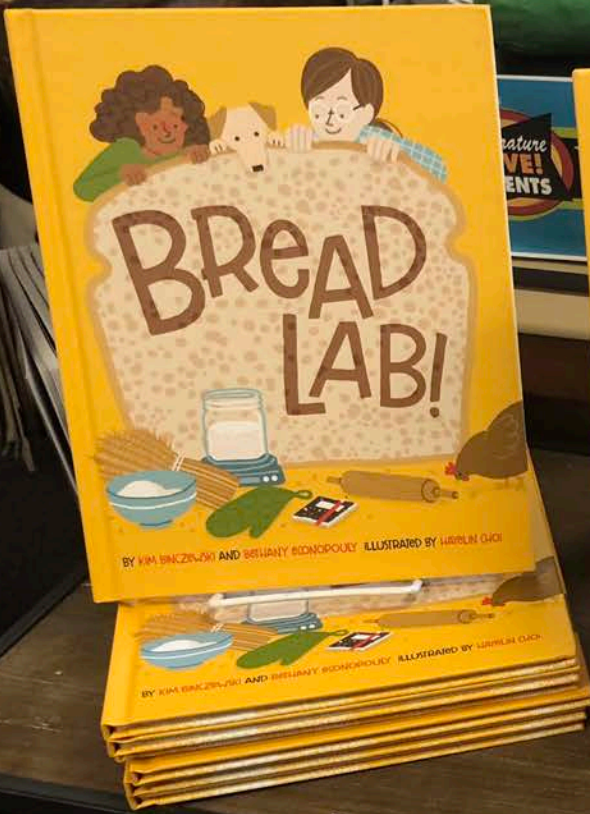
WASHINGTON STATE  UNIVERSITY
MOUNT VERNON NORTHWESTERN WASHINGTON RESEARCH AND EXTENSION CENTER



BAKING SCHOOL



Kevin Morse giving a tour of Cairnspring Mills at the Port of Skagit, Burlington WA.



Join us for a **FREE EVENT** at Village Books in Fairhaven

with author **KIM BINCZEWSKI**

Book Launch!

BREAD LAB!

Join us in celebrating the launch of this great new book about the science and magic of making bread together. Author Kim Binczewski will be joined by Bessie Boudinoff of Boudinoff's and Kathy, rye phone, and bread. And yes, there will be samples of bread!

Co-sponsored by The Bread Lab of VBI.

Saturday, September 15, 2pm

Village Books • 1100 Main St. • Fairhaven, MA • www.villagebooks.com



Grain in the Garden

Small plot of Barley and Skagit
1109 Winter Wheat, April 2019

La Conner Elementary School Garden,
La Conner, WA.

- Providing both Winter & Spring Wheat & Barley Seeds
- AY 2018-19 = 4 partners, 2 varieties
- AY 2019-20 = 15+ partners & schools; 5 Wheat & 9 Barleys
- Seed Saving encouraged



Food Service and Local Procurement

Cairnspring Mills whole wheat organic Edison flour and T85 Edison flour being used in the Anacortes School District Central Kitchen, March 2019.

Current Uses:

- WW Rolls
- Foccacia
- Scones & Biscuits
- Cobblers



CAUTION - HOT



I love my food



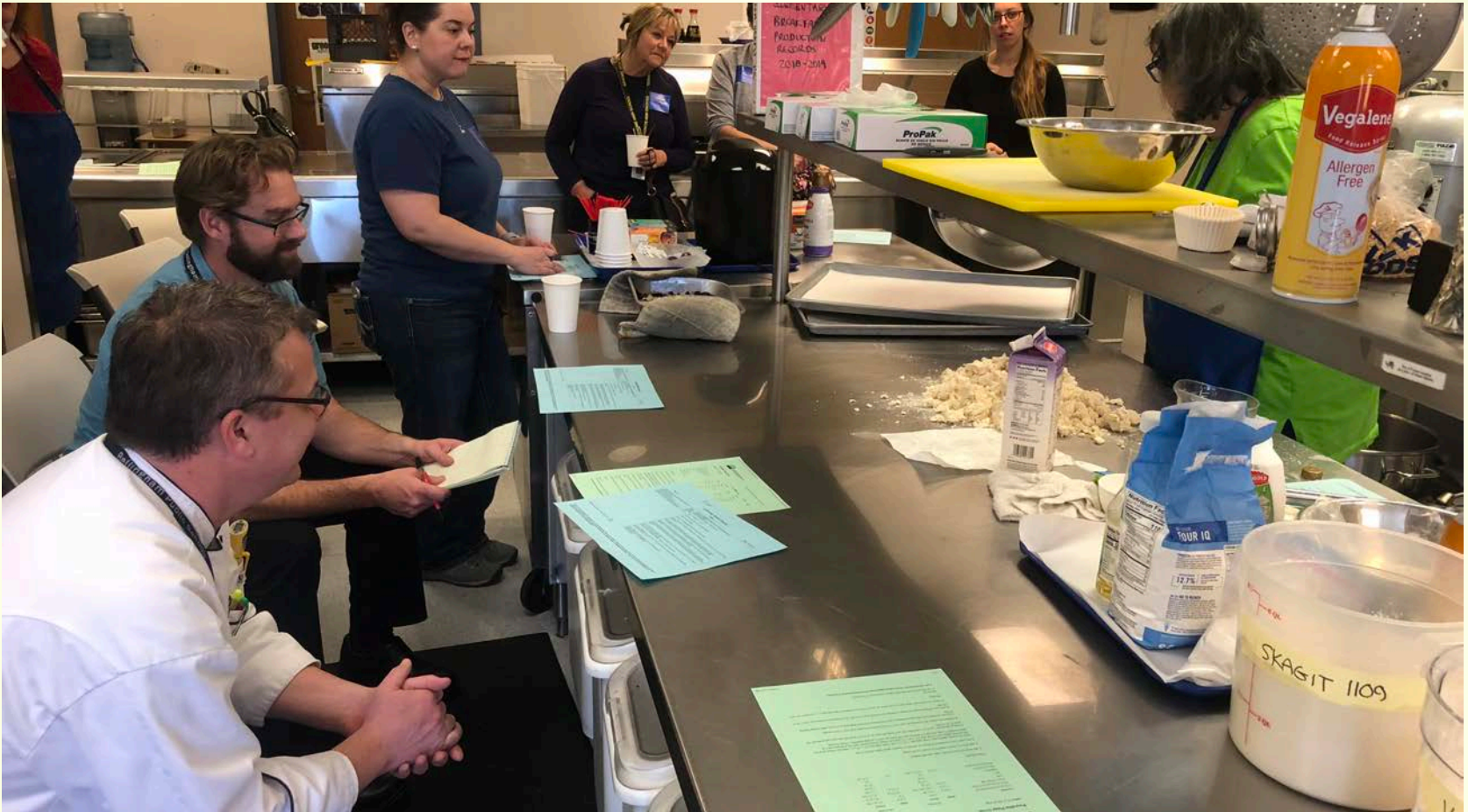




Anacortes School District “Taste of Washington Day”, Oct. 2018 – featuring an “all local” ingredient list and first large scale production & serving of the Cairnspring Mills Edison Honey Butter Roll



Using pastry and lower protein flours in school food service offerings: scones, biscuits, desserts and toppings.



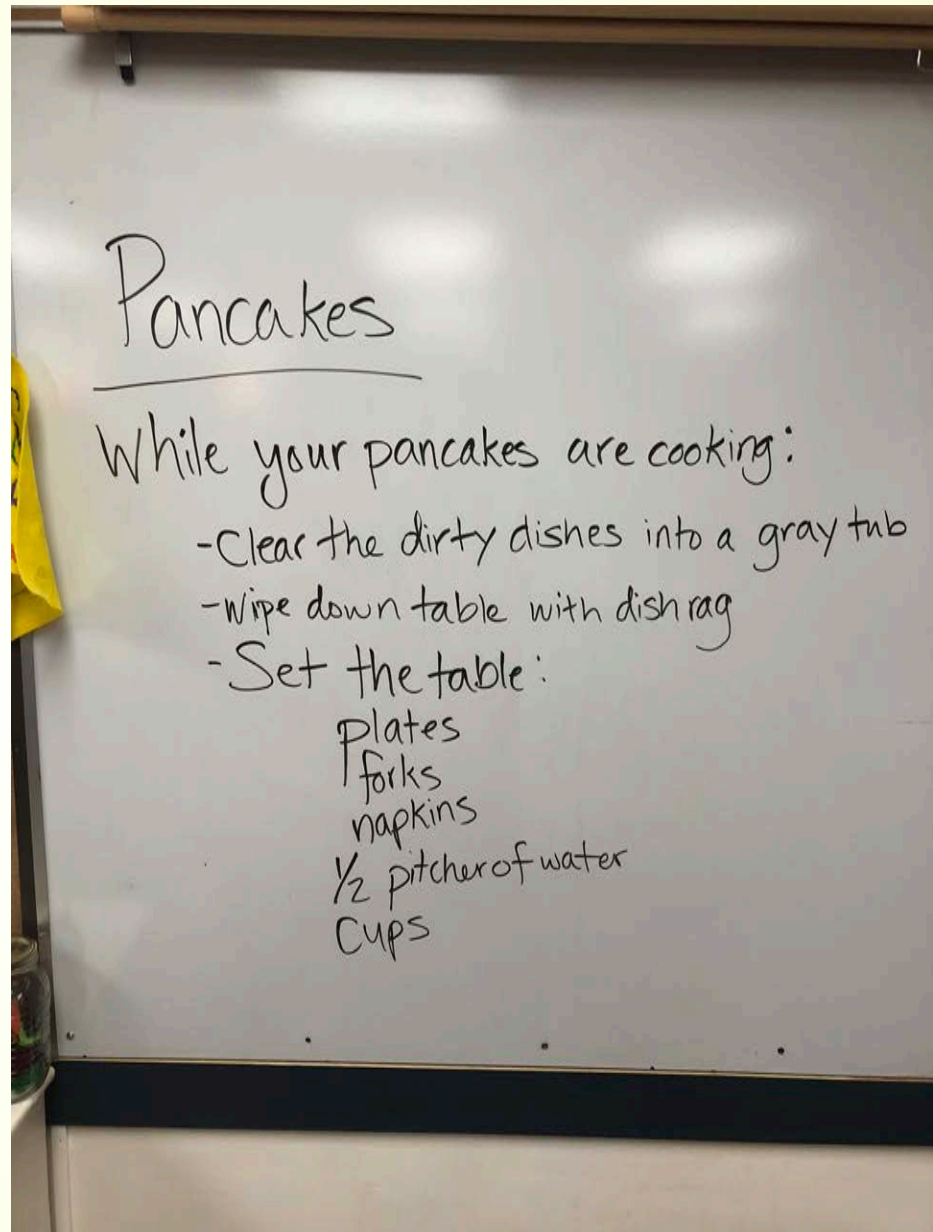
Food Service Training and Awareness

March 2019 “Using Local Grain and Pastry Flour in Food Service” Workshop, La Conner School Kitchen, hosted by F.S. Dir. Georgia Johnson. Attendees received 3 professional credit hours for participation.

Curriculum

In general, integrating School Gardens and School Lunch into the academic life of a school remains one of the biggest challenges and major opportunities.

- Teachers are already maxed out with their classroom work and student responsibilities.
- Programing in general is woefully underfunded. Sustainability?
- Dedicated or trained staff who have gardening expertise can be a limiting factor.
- Garden programing that supports mandated learning and achievement goals, STEM, NGSS: see Common Threads Farm.org
- Image: Concrete School Garden Teaching Kitchen (retrofitted portable classroom) – Jan. 2019



USE OVEN MITTS
WHEN MOVING HOT OBJECTS FROM
THE OVEN OR MICROWAVE
DO NOT RUN
Concrete
FARM TO SCHOOL

EVERY CHILD DESERVE
AN EDIBLE EDUCATION

Small amount of information
about the items in the kitchen



Concrete
FARM TO SCHOOL

Concrete
FARM TO SCHOOL

Concrete
FARM TO SCHOOL

Concrete
FARM TO SCHOOL

Anacortes Middle School

The Bread Lab's Kim Binczewski leading a whole wheat scone making class with middle school students in the highly popular elective "School Garden to Kitchen" class. This program includes a garden, well equipped teaching kitchen, and science/art/humanities (STEAM) components.



Where do we go from here?

- Secure more funding to continue this work. Pending Grants?
- Food Service Recipe Development, broadly shared.
- Build on Skagit 6-10-19 F2S Five County event & network development.
- WSDA F2S – Community of Practice conference calls
- Pursue Pre-K & Headstart opportunities for fresh produce & whole grain
- Open Source model
- Explore! Share! Support!
- Seeking out others working & creating in this space – *NOT* re-invent the wheel.
- Still a long way to go!!!





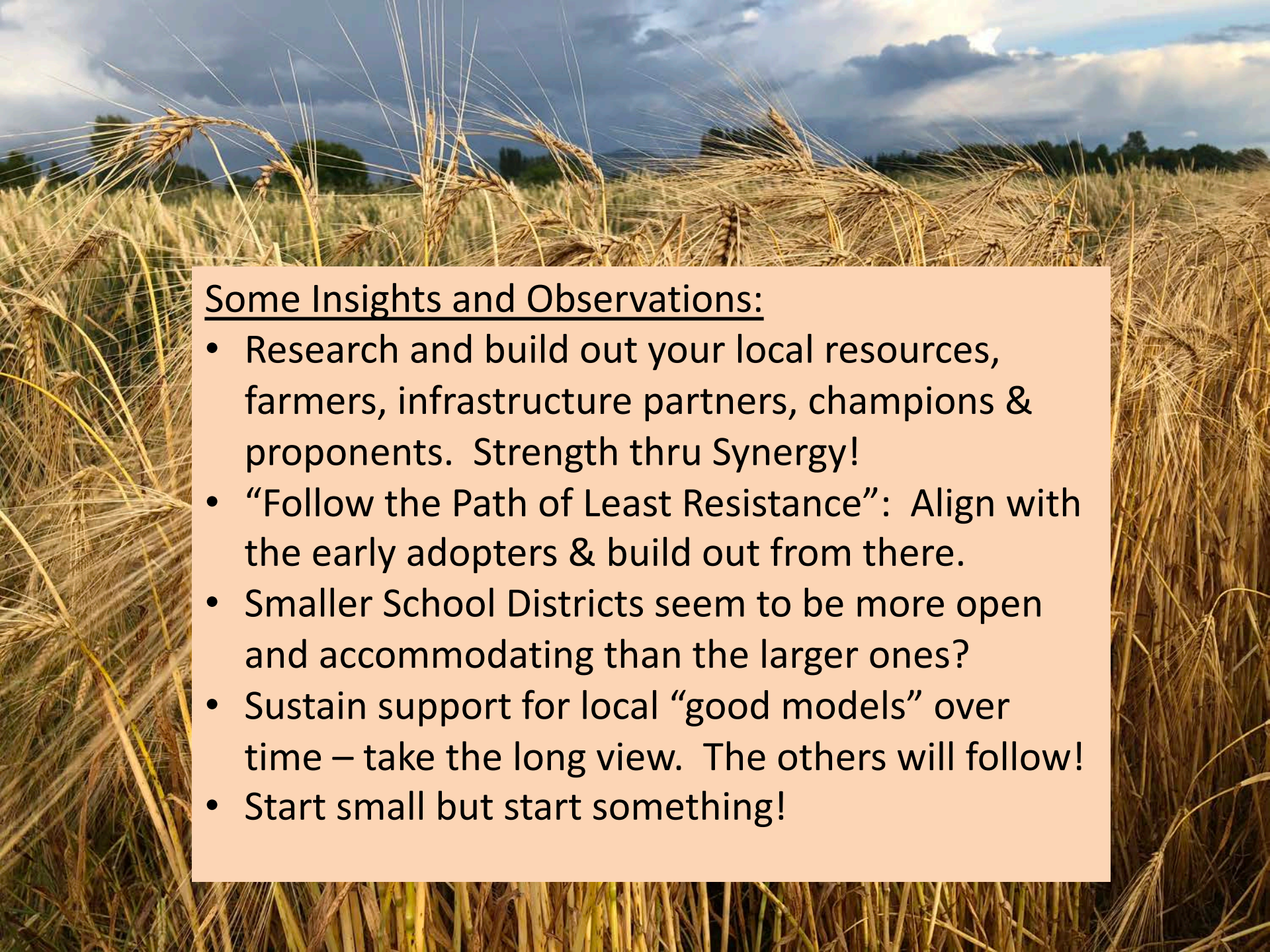
Central Kitchen

Real food, made with love



Completion: Fall 2018
Architect: Dykeman
Contractor: FABER Construction

*“..Thank you,
Bellingham voters!”*

A photograph of a field of golden wheat under a cloudy sky. The wheat stalks are in the foreground, and the background shows a line of trees under a blue sky with white and grey clouds.

Some Insights and Observations:

- Research and build out your local resources, farmers, infrastructure partners, champions & proponents. Strength thru Synergy!
- “Follow the Path of Least Resistance”: Align with the early adopters & build out from there.
- Smaller School Districts seem to be more open and accommodating than the larger ones?
- Sustain support for local “good models” over time – take the long view. The others will follow!
- Start small but start something!

Thank You!

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