

Kentucky Farm to School Network: School Garden Grant Application

School Name: Kingston Elementary

School Address: 2845 Battlefield Memorial Highway, Berea, KY 40403

Grades Served: Preschool Thru 5th

Number of Students Served: 580

Contact Name: [REDACTED]

Job Title: [REDACTED] Instructor

Phone Number: [REDACTED]

Email: [REDACTED]@[REDACTED].kyschools.us

Garden Plan

- 1. What types of fruits and vegetables do you plan to grow? ***Remember, you must grow some type of berry in your garden.*****

[REDACTED], Ky is zone 6b with a growing season that runs from May 15th to October 15th. We feel as though a variety of fruits and vegetables with varying growing periods would be best. Ones that sustain a longer growing period such as pumpkin and squash, tomatoes, and peppers will show our students the full gamut of the plant's life cycle over several months. This will also give the maximum opportunity for the students to care for and study the plants.

Plants with a shorter growing period such as radish and lettuces will keep the students engaged with a quicker reward as other things grow.

Growing fall and winter crops such as kale, lettuce, spinach, cabbage, and any other brassica will keep the learning going for up to 4 seasons year around so that we may maximize and provide variety in the experiences.

Below is a list of fruits and vegetables that we have priced out but we will conduct a survey of our Faculty / Staff, and our students/ families to help prioritize the final purchase plan. Mr. Stewart will look at statistical data on local produce sales and nutritional data to identify our local needs. The end goal is local food that people can eat, and that they acquire the knowledge to know what to do with the produce.

Fruits : Dwarf Apple Trees – Granny Smith, Yellow and Red Delicious, etc.
Mulberry Trees

Thornless Blackberries
Thornless Raspberries
Blueberries
Strawberries

Vegetables: Green Beans – Bush, Peppers, Potatoes, Sweet Potatoes, Carrots, Sweet Corn, Tomatoes, Lettuce, Spinach, Kale, Parsnip, Cantaloupe, Pumpkins, Watermelon, Squashes, Beets, Cabbage

2. What type of support do you have for a school garden from the school and/or school district (e.g. teachers, existing classes, students, principal, superintendent, etc)?

We are very lucky to live in a town that values sustainable living, growing food, and learning about our planet Earth. We have support in every direction including Berea College, local farmers, Madison County Food Service, Madison County extension office, and other programs in our district. Because of the community we live in, we have many parents, teachers, and staff that will support this endeavor as well. There are 3 staff members willing to take the lead role in this project and many that have stepped up to play supporting roles.

We also believe the pandemic has united many people in their excitement for gardening and being able to support yourself. We have shown our principal the plan and he is in full support of any enriching activities that we can bring to the student body and to our community at large. The stress levels in our community (and country) are still high and we believe this garden project can be a source of encouragement, renewal, and hope.

We are planning on forming a Gardening Club at Kingston Elementary that will be composed of K-5 students as well as parents, faculty, and staff. A sampling of those who have expressed their support to this project include our Principal – Mr. Jeff Mounts, Ms. Karlene Alcorn – Cafeteria Manager, Ms. Jenny Simpson – Special Needs Instructor, Ms. Mary Schenk – Kindergarten Instructor, Ms. Angie Daniels – Family Resource Center Director, Ms. Cindy Saylor – Guidance Counselor and, Tom Stewart – Safety Monitor, just to name a few.

Our plans also include approaching and forming (or continue) collaborative relationships with our High School Agricultural Instructors, Madison County Extension Office, 4-H groups, Girl Scouts, Kingston STEAM (Science Technology Engineering Art Math) classroom, Kingston STLP (Science Technology Leadership Program) participants and Save The Children participants and others as opportunities arise.

3. Describe what steps you have taken/will take to ensure your garden has the resources and care it needs. Consider seasonal care, irrigation, summer break, etc. Specifically describe how you plan to care for the garden during the summer and school breaks.

We are applying for the grant at this specific point in time because we had enough interest and support from the staff and students to make this a sustainable program. We have also found your grant that provides the financial support needed to get this program started.

Irrigation: Water is readily available at our school. There is a frost free spigot that is near an open area that can be utilized to grow crops. Around the building there are also numerous outlets and hose hook-ups that we can utilize.

Seasonal Care: The amount of people that have shown interest makes it sustainable to have a rotating schedule of who cares for the crops during summer days. Our school programs will be here during the month of either June or July. That leaves only one month in the summer that we will make a rotating schedule of care. We have two janitors at our school that are seasoned gardeners and are very excited to join our garden club. They work year-round at the school, and they will not be solely responsible for the summer garden care, but they will be helpful in the rotation of people taking care of the garden.

3. Why would a school garden benefit your school and students?

“There is increasing evidence that gardening provides substantial human health benefits. ... Studies reported a wide range of health outcomes, such as reductions in depression, anxiety, and body mass index, as well as increases in life satisfaction, quality of life, and sense of community.”

There are so many benefits to a school garden. Starting with getting students back outside and into the dirt. It is a fact that dirt boosts children's immune systems. It has also been known to boost moods, and it will get our students more active. Having a school garden will give our students a sense of community. Having a common interest and goal will help students in our school have something to work towards.

Our school is a low income school. The potential for our students to give back to the community in the form of food would be amazing for the community and give our students a sense of pride and accomplishment. In preparation for this grant we walked around the cafeteria to analyze what student's were bringing in their lunches from home. 90% of the food was processed and packed food. The only variants from this were homemade sandwiches, oranges, bananas, and grapes. We believe the garden is a way to make our children psychically healthier by having impacts on the family's diet.

Participants will also learn skills specifically related to Agriculture / Gardening. Such as determining what crops would grow best in this area/zone, cost analysis of

seed, types of plant material (media), fertilizer, equipment required to produce a “product”, how to care for the plant material, obtaining and planting the seed and ultimately be engaged in activities that would support self sufficiency.

There are social-emotional learning and character traits that gardens also provide.

Teamwork	<i>Cooperation</i>
<i>Empathy</i>	<i>Responsibility</i>
<i>Perseverance</i>	<i>Communication</i>
Patience	Respect
Honesty	Kindness
<i>Respect</i>	<i>Cooperation</i>
<i>Empathy</i>	<i>Perseverance</i>
Patience	Honesty
Citizenship	Comradery
Sharing	Physical labor
Learn units of measure	Pride
Success	Disappointment
Focus	Environmental

4. What is your long-term vision for the garden?

The long-term vision is for our community to be healthier and happier by returning to a connection with our land and the food that we eat. We are hoping children/families will try new foods and incorporate them into their daily diets. Success will breed sustainability and growth.

We also would like to expand on the garden club and make it bigger to include other curriculum opportunities such as rabbits or chickens (which would add another level of responsibility and connection to the earth) and use manure to help make compost for our garden as well as more food for our community. To be able to provide food for family events, food to send home with families that need it, and to have abundance to provide those families that would just like to try something new. This is the ultimate goal. Once the foundation is laid we believe this project can be self-sustaining because of the excitement and participation levels.

Education

1. Describe how the garden will be used to support your school’s educational curriculum and student outcomes.

The opportunity for learning is huge with a school garden. Many students don’t know how food is made. To them it just shows up at the grocery store. Curriculums abound such as the life cycle of a plant, life cycle of a worm, lessons on soil health, as well as ecosystems lessons, and lessons of seasons. Our

school's STEAM teacher is very excited to do lessons on measurement, change over time, and to use the produce waste in her art projects.

There are curriculum opportunities for all of our student population to work on life skills such as cooking and preparing simple meals which is a specific, but important part of our school's MSD classroom. There are many social skills learning opportunities for special education students and typically developing students alike in sharing the harvest with the school and community. For young students as well as the MSD population there is a great opportunity to generalize information as the students carry information learned in the garden back into the classroom, the school, the community, and even their home. Being able to tie the garden into local and national holidays would be a great curriculum builder as well as helping to generalize information.

Then there is the obvious benefit that a garden has for any child; it fosters Work ethic as well as responsibility for another living thing. Our school works on monthly character traits: **Teamwork, Responsibility, Communication, Kindness, Respect, Cooperation, Empathy, Perseverance, Patience, Honesty, Citizenship, Comradery, and Sharing.** The garden project would allow the students a deeper understanding of these character traits by learning value in their hard work, successes, failures, disappointment, and pride.

2. Who is/will be involved in these enrichment programs/lessons? (community partners, parent groups, teachers, etc.)

Our district food service program is known across Kentucky for their innovative approach to connecting our food back to the farms they come from. The director has sourced many produce supplies locally. We plan to involve several organizations in the garden plan. We are currently in a collaborative project to grow lettuce inside our cafeteria in grow boxes. We look forward to expanding this relationship.

Our [REDACTED] girl scout troop is going to partner with us a few times a year to help with maintaining the garden and in getting food into the hands of families (packing boxes). The local high school, public library, extension office, and local colleges are also resources that have collaborated with us before and would be willing to do lessons and some of them would be excited/ are equipped to teach cooking classes. We also look forward to forming new relationships by collaborating with the UK interns.

Our MSD classroom is going to have monthly lessons out in the garden and learn real life skills that can help sustain them in life. [REDACTED]'s STEAM classroom is going to use the garden as an outdoor classroom and use some of the produce in their lessons. The garden both enriches the lessons and allows funds to be allocated into getting additional resources.

The following have expressed support and will be involved:

Ms. [REDACTED] – Exceptional Student Instructor

Ms. **Mary Schenk** – Kindergarten Instructor
Mr. **Tom Stewart** – safety monitor

Mr. **Jeff Mounts** – Principal
Ms. **Dindy Saylor** – Guidance Counselor
Ms. **Angie Daniels** – Family Resource Center Director
Ms. **Karlene Alcorn** – Cafeteria Manager
Ms. **Charlene Pingleton** – Janitor
Mrs. **Rachel Chasteen** – librarian

Others who have been (or will be) approached regarding their involvement include, but is not limited to:

Mr. Scott Anderson – Food Service Manager
Tri-County Fertilizer
Southern States
4 – H
Girl Scouts
Kroger
Crab Orchard Auction
Madison County Extension Office

3. Explain how the harvests from the garden will be utilized to promote local produce consumption. (e.g. summer school programs, cooking classes, school cafeteria, giveaways, etc)

We plan to have collaborative cooking classes with our partners at University of Kentucky, and we are going to reach out to current collaborative partners at **Madison Southern High School**, **Berea College**, **Madison County Extension Office**, and **Madison County food service**. We think with our combined experiences, resources, and passion for local food, we can provide a variety of cooking classes to our families.

Food can also be shared through our school's Family Resource Center (FRC). They provide support to students and their families who have a need – Food, Clothing, etc.

We have a Share Cabinet located on the exterior of our FRC office at school that is accessible 24 / 7 to anyone who has a need for food.

When harvested, food can be made available to those in need an availability can be posted on our schools website / Facebook page.

Food bags go home with students once a month, and this program also continues into the summer months as long as there is money for food. Our garden project would help supplement food and extend how long we can provide food to our families with the most need.

Our FRC also hosts family nights once a month that provide meals to our families. It is our long term goal that the garden food can help to provide some of this food during family nights.

In addition we have two summer school programs that operate out of our facility. One is Kingston's summer school and the other is operated by our "Save the Children" grant. These families will all have access to the garden and bounty of food. This would be another good opportunity for food cooking classes.

4. Describe ways that the school garden and cooking and nutrition education programs could be integrated into summer programming.

We have the two summer programs here at school. Both contain a physical education component. We could not only involve students moving their bodies by helping maintain the garden, but add a nutritional component that highlights what to do with the garden fresh vegetables and berries.

The summer programs have had food pickup the last two years and so we could try to continue that this year. We could add the cooking class element to the food pick-up. We can vary the types of lessons and cooking classes by utilizing our many community partners and some of our staff.

Financials

1. Have you received a different grant for a school garden in the past? Yes/**No**
2. How do you plan on using the grant funds? (\$4,000 for garden supplies and \$1,000 for cooking supplies) ***Please provide an itemized budget (can be general categories).*

Garden Supplies:

\$1,813.19- Walmart gardening supplies (storage shed, shovels, gloves, tomato cages, wheelbarrow, garden hose, soaker hose)

\$ 245.73- Rural King (t-posts and wire to make vegetable support structures)

\$1,225.54- Gurneys (fruit plants and vegetable seeds)

\$ 500.00- Delivery of compost/ manure to enrich garden soil plot

Cooking Supplies:

\$1,000- Walmart (cooking supplies- mason jars, vinegar, groceries for cooking classes)

Some ideas include: pickles, spaghetti squash, beet brownies, pot pie, zucchini fries, vegetable soup, and freezer meals. We are open to more ideas from a working partnership with the UK interns, ██████████ County food service, and the ██████████ County extension office.

The total of this proposed budget is \$4,784.46. We believe once we meet with the garden club students and survey the staff/ community that we can find a few extra things that they want to grow to maximize the budget and reach the full \$5,000 grant amount.