



Farm Fresh Initiative

Farm Fresh Webinar Series

Coppell ISD – January 27, 2021



Food and Nutrition Division
Farm Fresh Initiative



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 1/27/2021
www.SquareMeals.org

Coppell ISD Garden to Tray Approach



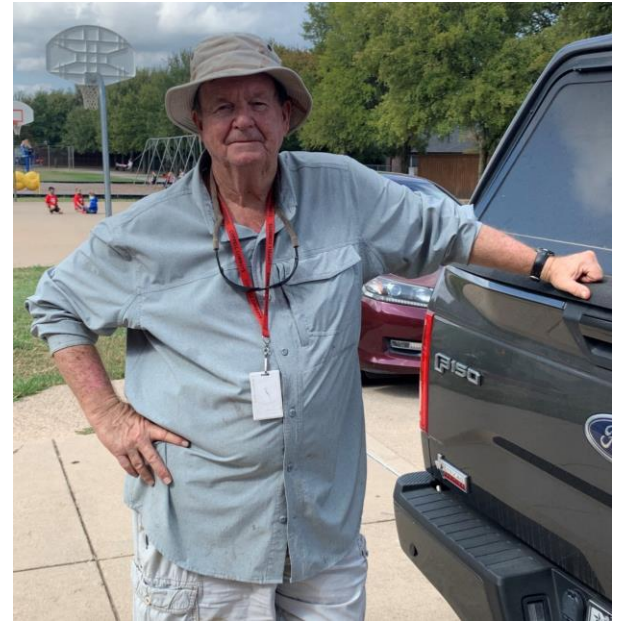
Jean Mosley, MS, RD
Director of Child Nutrition



Alicia Braun, RD, LD
Registered Dietitian &
Menu Planner



Helen Duran
Chef & Culinary Trainer



Larry Thompson
Master Gardener &
School Garden Coordinator

About Coppell ISD

- 17 Schools
- 13,500 Students
- <12% Free & Reduced
- ~40% Vegetarian



About Child Nutrition School Gardens

- 2017 – 5 Active School Gardens
- Received X3E's Grant in 2018-2019 & 2019-2020 SY
- 2021 - 13 Active School Gardens
- Expansion Plan – Active Gardens Across All 17 Schools





Best of the Bunch

- TDA Texas Farm Fresh Challenge
 - Serve Local
 - Teach Local
 - Be Social



What's so special about Texas Oranges?



Support Local

- Local Farmers
 - Fruits & Vegetables
- Local Distributors
 - Milk
 - Bread
 - Protein
- DoD Farm to School
 - Fruits



Sample Menu

MONDAY

14

No School!



TUESDAY

15

National School Lunch Week!

- Hamburger with Texas Beef ★
- Cheeseburger with Texas beef ★
- Chipotle Black Bean Burger
- Pizza Protein Box
- Grape or Strawberry Uncrustables PB&J
- Smile Fries
- Salad Bar ★
- Pineapple Tidbits
- Fresh Texas Fruit ★
- Assorted Milk ★

WEDNESDAY

16

National School Lunch Week!

- Cheese Pizza
- Pepperoni Pizza
- Hummus Box
- Grape or Strawberry Uncrustables PB&J
- Fresh Green Salad
- Corn
- Flavored Applesauce
- Fresh Texas Fruit ★
- Assorted Milk ★

THURSDAY

17

National School Lunch Week!

- Oven Fried Chicken with Freshly Baked Roll
- Bean & Cheese Burrito
- Pizza Protein Box
- Grape or Strawberry Uncrustables PB&J
- Chili Sweet Potato Fries
- Rips Veggie Juice Slush ★
- Mandarin Oranges
- Fresh Texas Fruit ★
- Assorted Milk ★

FRIDAY

18

National School Lunch Week!

- Rock 'n Roll Mac & Cheese with Garlic Breadstick ★
- Yogurt & Granola Meal
- Broccoli with Lemon Pepper
- Fresh Baby Carrots
- Sliced Pears
- Fresh Texas Fruit ★
- Assorted Milk ★
- Farm Fresh Friday! ★



Totally Texas Tray





Growing Support

- Started with a strategic CN goal:
 - Gardens in every school
 - Gained support from Superintendent & School Board
 - Partnered with SHAC
- Applied for X3Es: Education, Exercise & Eating Right Grant
 - Grant goals
 - Hire part-time garden coordinator to help organize and oversee gardens
 - Increase teacher training
 - Utilize garden produce in School Cafeterias
 - Promote Farm Fresh Friday



Year 1

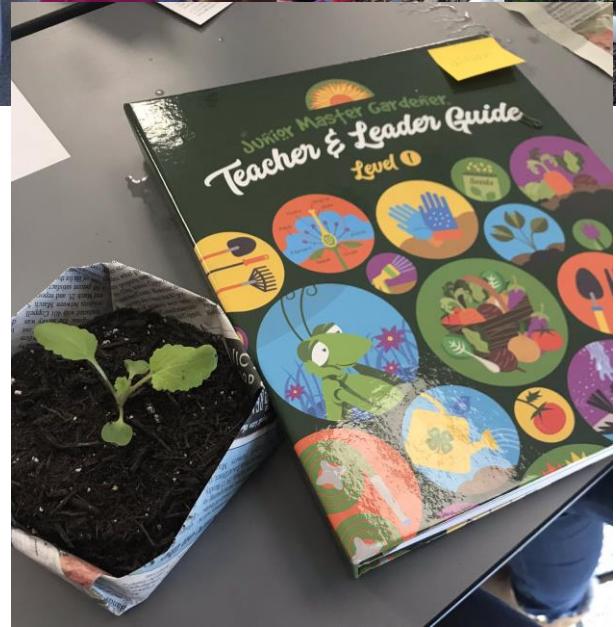
A learning experience

- 5 Gardens
- Hired Garden Coordinator
- Created a Crop Plan
- Outreach
- Attempted Square Foot Gardening
- Garden Training with Teachers



Year 2 Making Improvements

- Grant 1 Extended
- Grant 2 Awarded
- Hired New Garden Coordinator
- Second Garden Training
- Created Garden Protocol
- Updated crop plan
- Started growing!



Year 3

Sustaining Our Progress

- COVID-19
- Grant 2 extended
- Develop different ways to educate
- Created permanent part-time position for Garden Coordinator



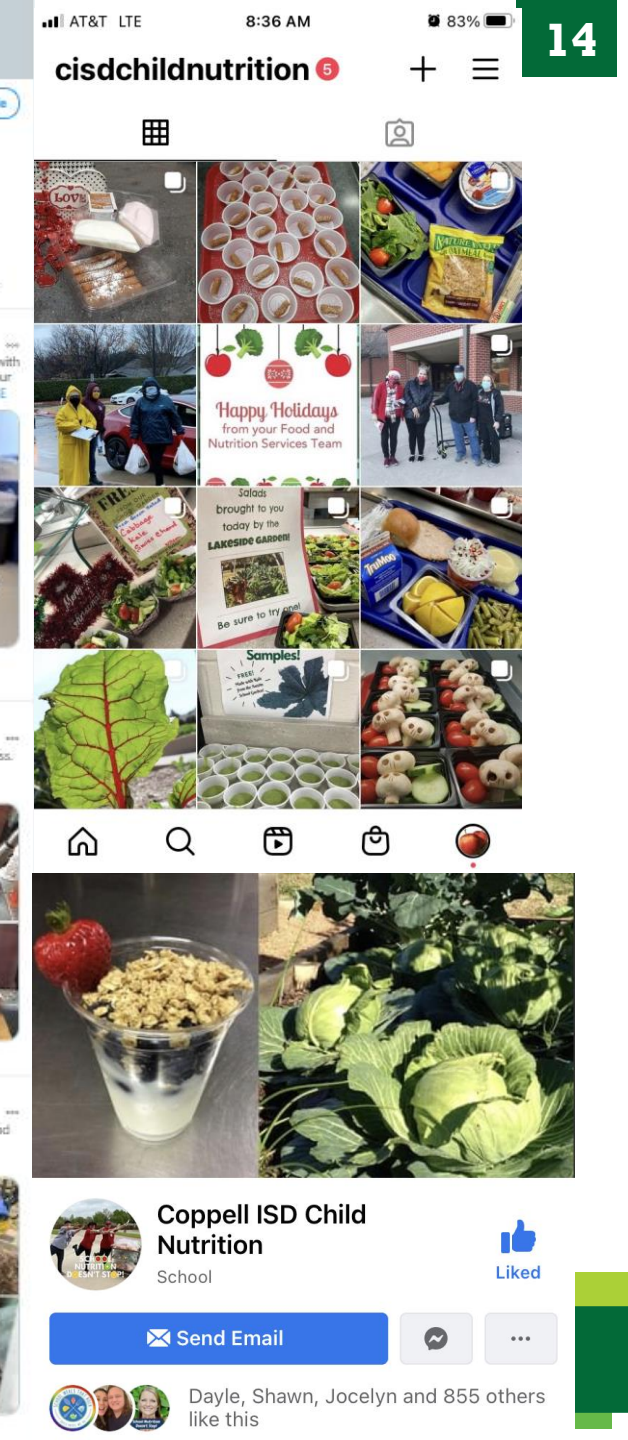
Eating Healthy is Fun!

- Special Menus, Recipes & Sampling
- Trading Cards
- Posters
- Stickers



Social Media

- Facebook: @CISDChildNutrition
- Instagram: @CISDChildNutrition
- Twitter: @CISDNutrition
- #CISDSchoolGardens



Reaching out to community!

- “Farmer Larry”
- School Garden Newsletter
- School Garden Webpage
- District Emails



ISSUE
04
WINTER
2020-2021

TEXAS DEPARTMENT OF AGRICULTURE GRANT NEWS

The Child Nutrition Department's "Expanding 3E's" Grant from the TDA has been extended until May for spending.


Farmer Larry is using the funds to purchase seeds and supplies for the gardens.

Even with this strange school year, we have been able to serve quite a bit of our garden produce in the school cafeterias. We can't use the salad bars, so the cafeteria staff is making individual salads for our learners.

Coppell ISD School Garden Newsletter

In this issue:

- Farm Fresh Fruit - Pears p. 1
- TDA Grant News p. 1
- What is Organic? p. 2
- What is IPM? p. 2
- Winter in the Garden p. 2
- Become a Citizen Scientist p. 3
- New CISD Representative on Coppell CSFO Board p. 3



GIANT CABBAGE HARVESTED AT WILSON ELEMENTARY 12-15-2020

FARM FRESH FRIDAY

As with most plans in 2020, our original Farm Fresh Calendar went out the window. However, this fall we received a Farm to School shipment of Texas Pears. They were delicious! We served the pears in the school cafeterias. We decided to feature them for our virtual learners for October Farm Fresh Friday. We sent home whole pears with this modified Farm Fresh Friday card.

Farm Fresh Fruit
Baked Pears

Ingredients:

- 1 Tbsp. Butter
- 2 Tbsp. Sugar
- 1 each Pear
- 1/2 Cup Heavy Cream

You can substitute 1 Tbsp. melted butter and 3 Tbsp. milk for the cream. Mix well and before using that in the recipe.

Instructions:

Wash pears to 375°

As a general safety precaution, pat each half the butter and sprinkle with half the sugar.

Cut the pear in half and scoop out the seeds with a spoon.

Roll the pear with the rest of the butter and place face down in the pan.

Sprinkle with the rest of the sugar.

Bake for 30 minutes.

Remove from the oven and pour the cream over the pears.

Bake for 15-30 minutes longer until a toothpick or wooden skewer easily pierces the fruit.

Serve warm at room temperature.

Great with vanilla ice cream!

DID YOU KNOW?

Pear trees live for over 100 years. There are about 3000 Pear varieties. Pears are related to roses.

Pears have lots of Vitamin C, which can help your body fight off infections.

Pears are fiber-rich. They can make you feel full longer than other snacks.

So eat a pear for a snack!


Change Thinking!
Do you have a "berrific" name?

You can play with the unique language in a name before baking.

Chef's Note suggests:
Use frozen sugar-free white sugar or 1/2 brown and 1/2 white.

What you'll need:
Measuring Cup
Small mixing bowl
Measuring Spoon
Small sharp knife
Spoon, small

Remember: There are no pesticides, only good sugar!





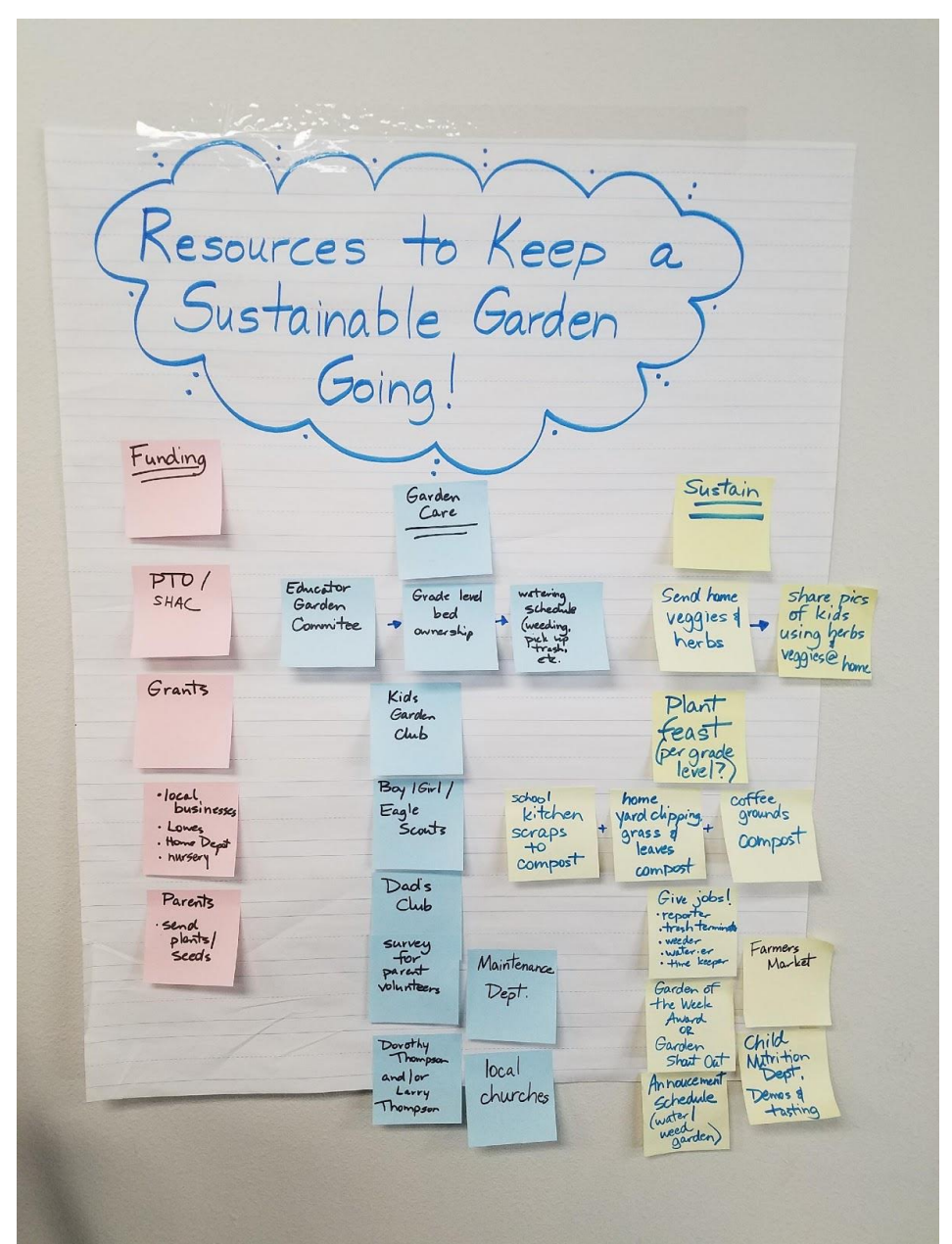
Community Partners-it takes a village!

- Coppel Sustainability Food Organization
 - Coppel Community Garden
 - Coppel Farmers Market
- Keep Coppel Beautiful
- Dallas Master Gardeners
 - Texas A&M Extension
- Boy Scouts & Girl Scouts of America
- Local businesses
- Local & National Garden Networks



What Is Needed to Sustain School Gardens?

- Funding
- District Buy-In
- Marketing
- Garden Knowledge
- Networking



Questions?

Contact Info: Jean Mosley jmosley@coppellisd.com



Farm Fresh Challenge

Spring Farm Fresh Challenge

Open to all TDA contracting entities

Deadline to register to receive resources: March 15, 2021

Challenge Dates: April 1-30, 2021

Fall Farm Fresh Challenge

Open to NSLP TDA contracting entities

Deadline to register to receive resources: Sept 13, 2021

Challenge Dates: October 1-31, 2021

To learn more and pledge:

www.squaremeals.org/FarmFreshChallenge



Contact Us



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512-475-0082

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