



Bartlett High School's Farm to School Program



**MASSACHUSETTS
FARM TO SCHOOL**





PRESENTERS

Ellen Nylen - Food Service Director

Maryann Hoenig - Business Teacher

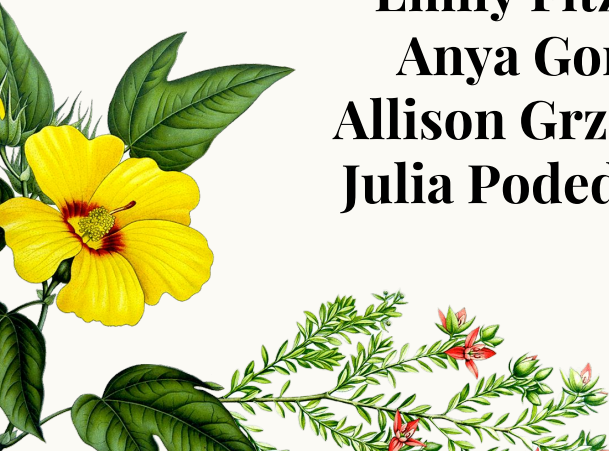
**Susannah Hinman - Sales Manager, Worcester Regional
Food Hub**

Emily Fitzgerald - Freshman, Nichols College

Anya Gonzalez - Freshman, Nichols College

Allison Grzembski - Senior, Bartlett High School

Julia Podedworny - Senior, Bartlett High School



2017-2018 Members

- Connor Brennan
- Abby Brodeur
- Elisabeta Cojocaru
- Alejandro Espino
- Emily Fitzgerald
- Anya Gonzalez
- Ruby Le
- Caitlyn McLaughlin
- Cameron McLaughlin
- Tiana Vega





December: Blind Taste Tests Rainbow vs. Regular Carrots



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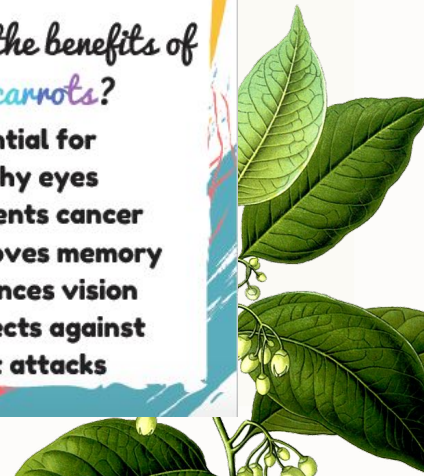
TASTE THE "RAINBOW"

at BARTLETT CAFETERIA

LUNCH TIME | TUESDAY, DECEMBER 19

Do you know the benefits of
rainbow carrots?

- Essential for healthy eyes
- Prevents cancer
- Improves memory
- Enhances vision
- Protects against heart attacks





January



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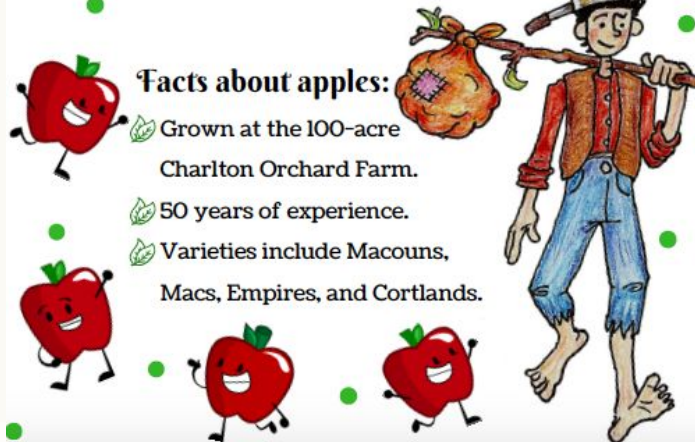
from...

Johnny Appleseed

TUESDAY, JANUARY 23

BOTH LUNCHES

BARTLETT CAFETERIA



Facts about apples:

- Grown at the 100-acre Charlton Orchard Farm.
- 50 years of experience.
- Varieties include Macouns, Macs, Empires, and Cortlands.



February: Native American Terminology Quizzes



**Butternut Squash
Stir Fry**





March: “All that Jazz!”



MA FARM TO SCHOOL
March Harvest of the
Month - Dairy.

03/27

CAFETERIA | BOTH LUNCHES

BEVERAGES

CHEESE

& JAZZ 🎵

Featuring fruit and cheese
selection and margarita pizza
samples (traditional Italian pizza
of mozzarella, tomato and basil).



April: Baked Potato Bar



BAKED POTATOES YOUR WAY!

APRIL 27
BOTH LUNCHES | CAFETERIA

Toppings: broccoli, cheese, bacon, butter, & sour cream.

- Vitamin C & B6
- Fiber, potassium, magnesium
- No fat
- No sodium
- No cholesterol

Potato Nutrition

MASSACHUSETTS FARM TO SCHOOL



May: Quiz on Agricultural Workers!



MASSACHUSETTS FARM TO SCHOOL

Strawberry Shortcake

MAY 23
BOTH LUNCHES
CAFETERIA

Facts

- Known as "la Fruta del Diablo"- the fruit of the devil due to how difficult it is to harvest.
- Fragile and highly perishable.
- California accounts for 80% of strawberries grown in the US.
- Picking strawberries is one of the lowest-paid, most difficult, and therefore the least desirable farm job in California.



2018-2019 Members

- Joseph Anderson
- Joseph Bartkiewicz
- Nathan Blythe
- Justin Gagner
- Jeykiel Gonzalez-Aponte
- Allison Grzembki
- Andrew Hinkle
- Sok Leap Khem
- Sean Kunkel
- Katherine McMaster
- Brandi Mercer
- Julia Podedworny
- Sophie Santoro
- Kyle Shealy
- Allyson Wheeler-Ramsey



Evolving and Improving

Go CRAZY for CAPRESE!!



9/28/18
During both
lunches!!!



 MASSACHUSETTS
FARM TO SCHOOL

- Poster/Flyer
Illustrator vs.
Graphic Designer



More changes!

- **Local Harvest is now prepped and prepared in the cafeteria by F2S Committee!**





September: Caprese Salad and a new mascot!

Go CRAZY for CAPRESE!!
9/28/18
During both lunches!!!



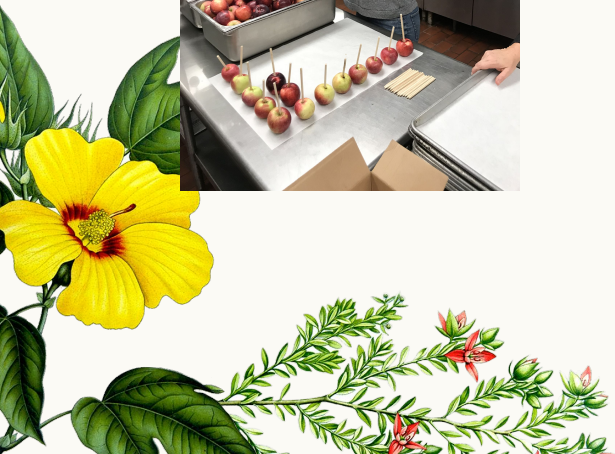



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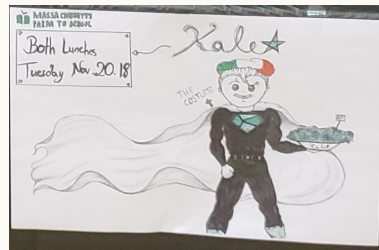




October: Caramel Apples and a visit from Charlton Orchard's "Apple Patty"

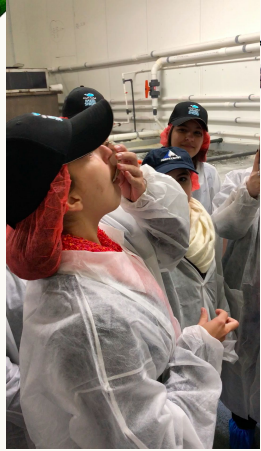


November:
“Super
Food”
Kale and
Avocado Dip
with
Homemade
Pita Chips



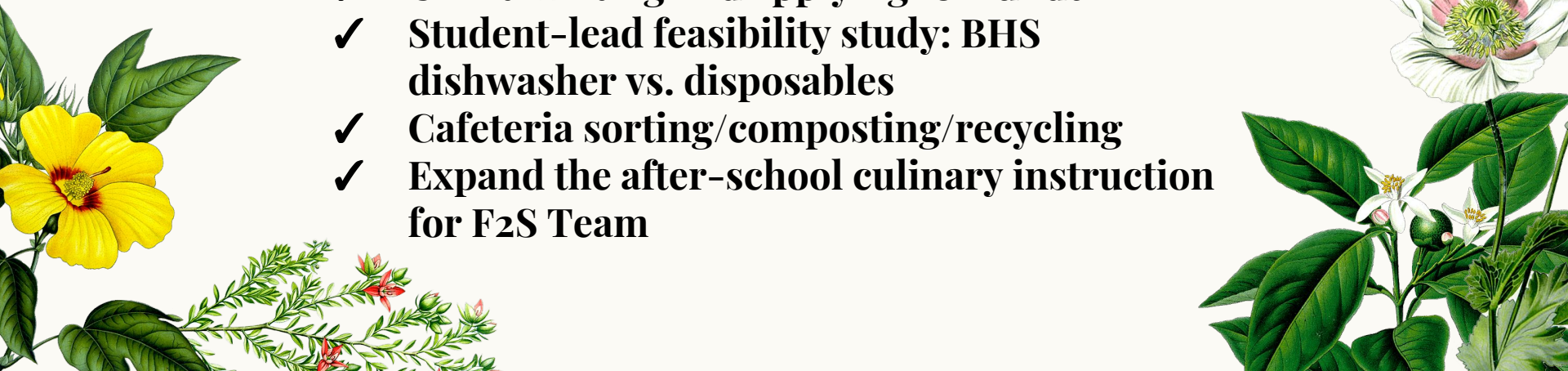


**Seafood for Schools
Vendor Tour
November 14th
Boston, MA**





Expanding Scope of Farm to School

- ✓ **Collaboration with BHS AP Environmental Science Class**
 - ✓ **F2S Curriculum for 2019-2020 school year**
 - ✓ **Student-lead production garden**
 - ✓ **Grant-writing and applying for funds**
 - ✓ **Student-lead feasibility study: BHS dishwasher vs. disposables**
 - ✓ **Cafeteria sorting/composting/recycling**
 - ✓ **Expand the after-school culinary instruction for F2S Team**
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Questions?

