



MASSACHUSETTS
FARM TO SCHOOL

Hydroponics in the Cafeteria



MASS. FARM TO SCHOOL OVERVIEW

Mass. Farm to School strengthens local farms and fisheries and promotes healthy communities by increasing local food purchasing and education at schools.

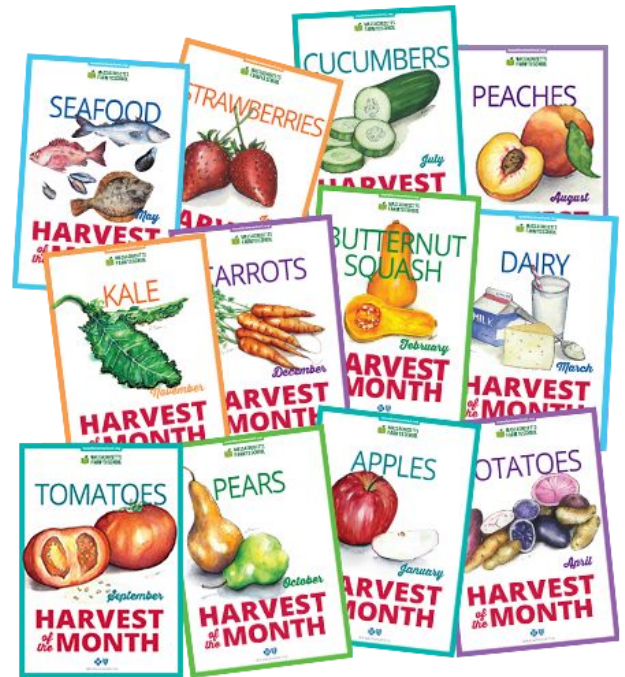
Get involved through our:

- Professional learning opportunities
- Networking
- Policy/Advocacy
- Communications



Harvest of the Month

- Harvest of the Month is a great opportunity to celebrate local abundance, experiment with new foods and recipes, and get some positive recognition for your school district and/or school.
- The program's goal is to encourage healthy food choices by increasing students' exposure to seasonal foods while also supporting local farmers and building excitement about school meals.
- Each month a different locally grown crop is highlighted
- Lesson plans aligned to curriculum frameworks, humanities and STEM each month
- Book suggestions
- Hands on activities to foster engagement and learning
- Recipes
- Posters
- No cost!



What is the Mass Farm to School Institute?

The Institute is a year long professional development opportunity for a select number of school/district team from across Massachusetts.

It begins with a 2 day fall Retreat, participants will develop a comprehensive school-wide Farm to School Action Plan that includes curriculum, local procurement, utilizing outdoor learning spaces, and cultivating family and community connections.

Teams are paired with an experienced coach from the MA Farm to School network. You'll have communication and meetings with this coach throughout the school year to assist you in implementing and adapting your action plan to meet the changing needs of the school.

[Learn more here](#)



Presenter - Jane Rice

Jane Rice is the Cook/Manager at the Taylor Elementary School in Foxborough, MA. She's been with Foxborough Food Services for 21 years and has been working with hydroponics in the school cafeteria since 2015. She's the recipient of a 2018 Rainier Wholesome Heroes award, a 2020 SNA of MA State and Northeast Regional Manager of the Year award, and a 2021 MA Farm to School Kale Blazer Award.



Where to start



- Grants - Whole Kids Foundation
- School Administration
- Board of Health
- Maintenance Department

Setup & Lights



- Time
- Space
- LED lights
- Pump
- Water
- Plant Food

Lights



Starting Seeds

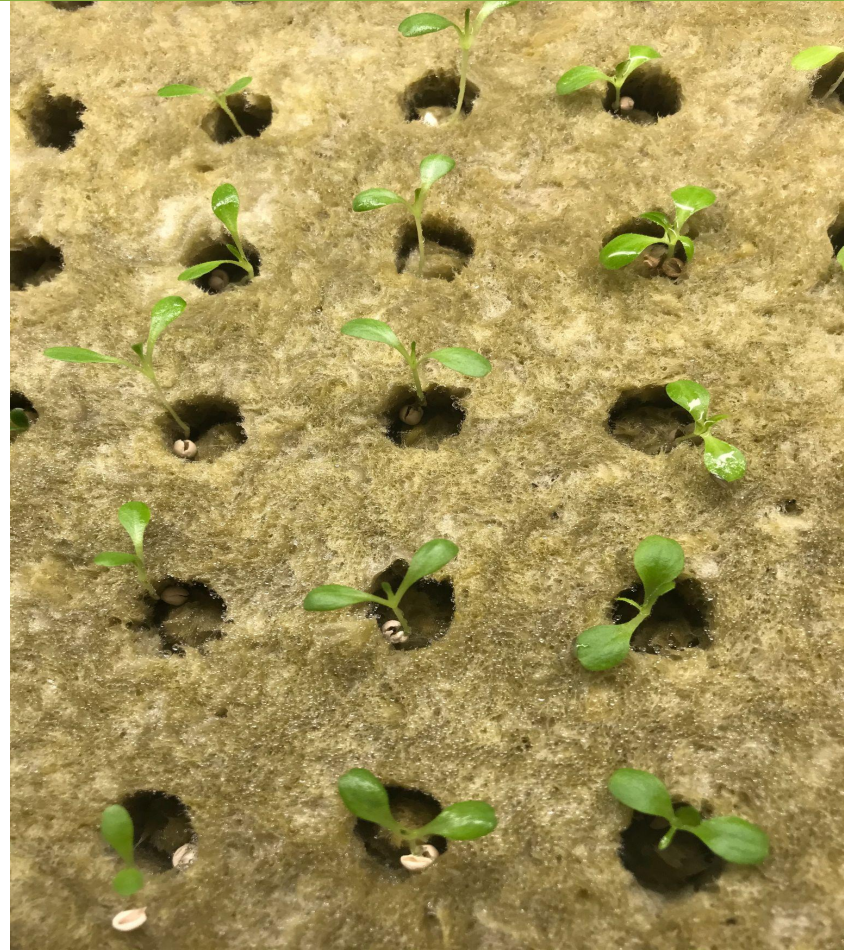
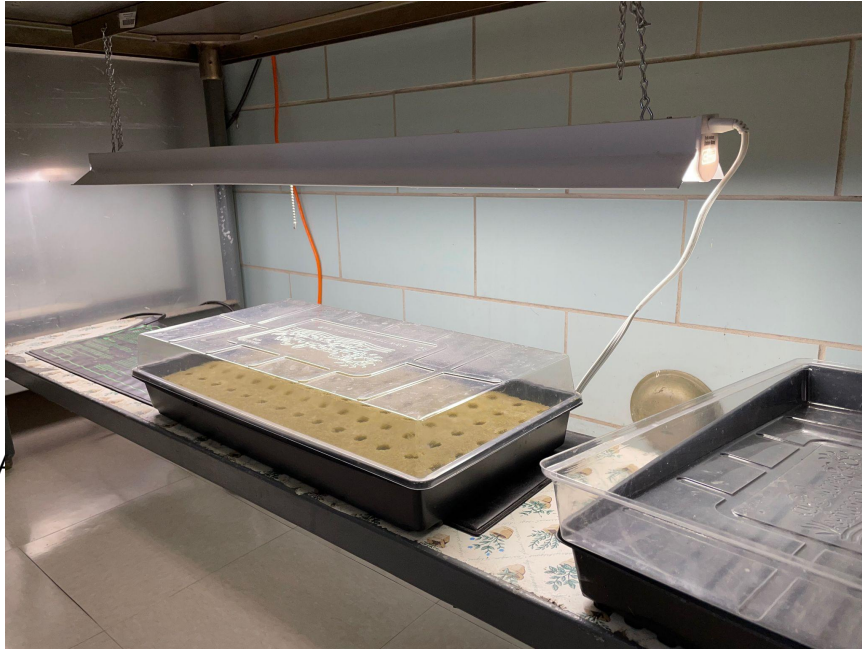


Starting Seeds



Starting Seeds

- Rockwool Cubes
- Seeds
- Seedling grow light



Transplanting

- 5 to 10 days after planting



Grow!

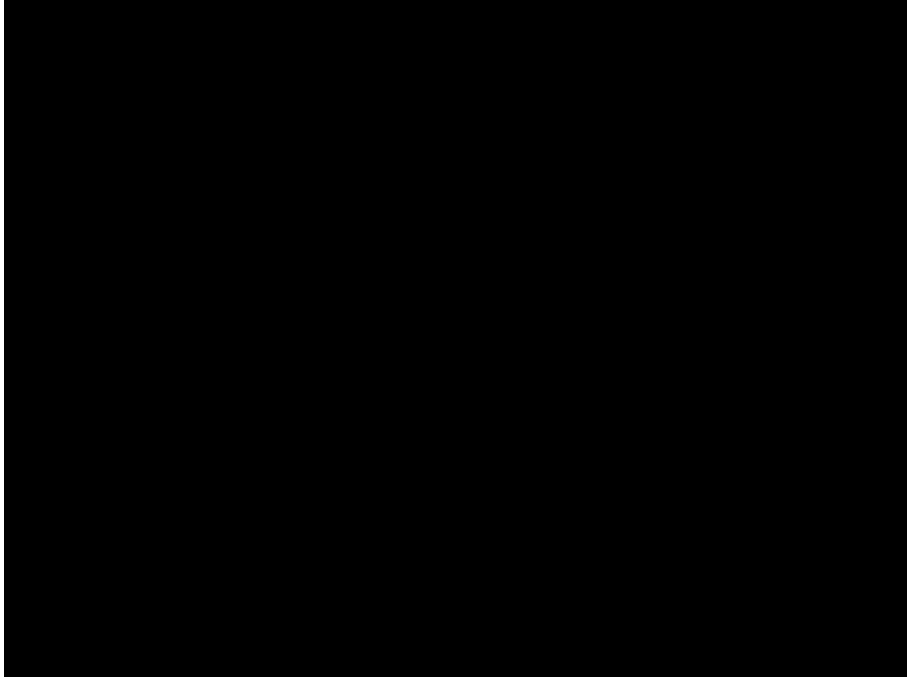


- Lettuce
- Tomatoes
- Cucumbers
- Herbs
- Flowers!

Lettuce



Tomatoes



Tomatoes



Cucumbers



Cucumbers

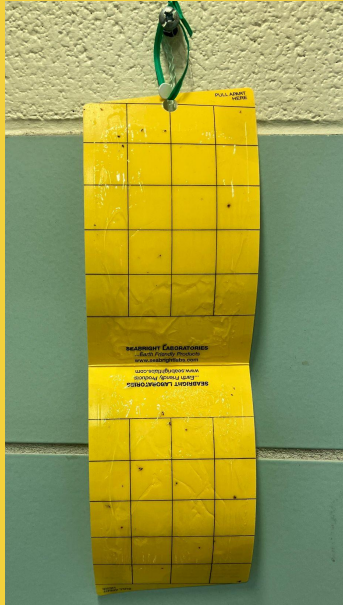


Herbs

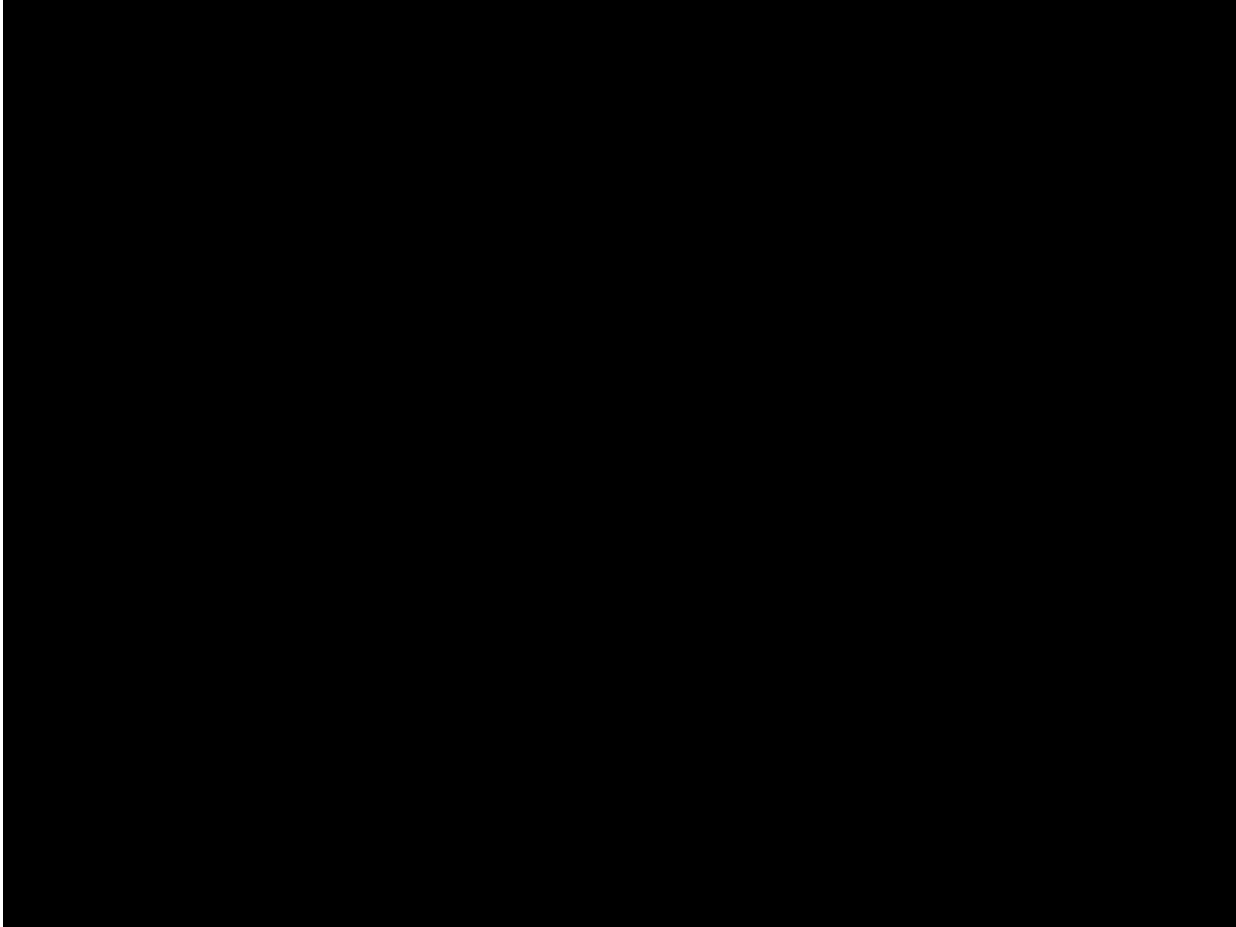


Maintenance

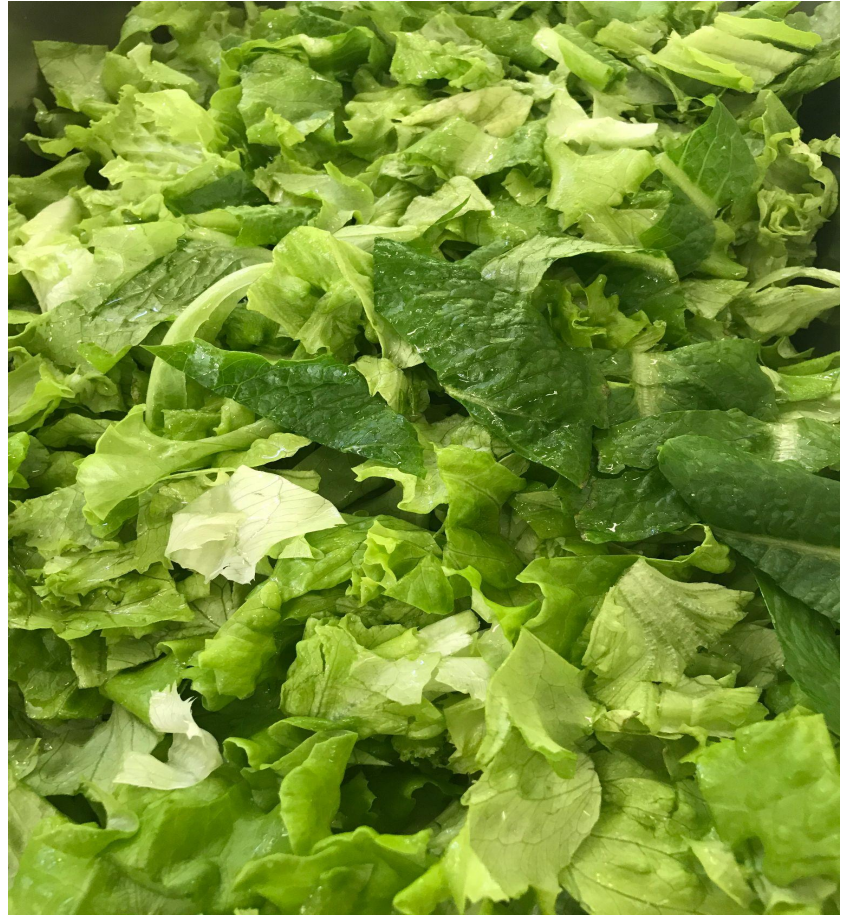
- Plant Food
- Water
- Pest Control



Harvesting Lettuce



Wash & Spin



Salad Bar and more



Outdoor Growing



Cleaning



Setup



The Journey



STAY IN TOUCH!



Visit us online:

www.massfarmtoschool.org

Foxborough School Food Services

Facebook: [FPSFood4Kids](https://www.facebook.com/FPSFood4Kids)

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