



Fayette County Team March 18, 2010

The Fayette County Team met on March 18, 2010 from 6:00pm-7:30PM at the ISU Extension office in Fayette. There were 15 people present: Bruce Baker, Barb Ashby, Karla Organist, Joe Organist, Donna Story, Ben Lewis, Michele Kelly, Scott Michelson, Terry Zuck, Gordon Murray-John, Deb Kahler, Ann Bushman, Rachel Wobeter, Flannery Cerbin, Maureen Johnson, Whitney Stahr.

Introduction Activity Responses: When was the last time you had school lunch and what was it?

- Can't remember school – but years of hospital cafeteria was dreadful.
- Cream chicken over biscuit – years ago
- No year – but my favorite meal was spaghetti and meatballs
- Years ago – Tomato soup with toasted cheese sandwich
- In the 80s – Chicken Strips
- Not sure of year – Pizza
- Years ago – undistinguishable meat and fruit cocktail
- During World War II – No sugar but rhubarb pie – it was tough and made your mouth pucker.
- Forgettable Sandwich – no year
- No year – something on a bun and homemade desert. Sandwich of some type

Program – Farm to School Presentation by Flannery Cerbin, Rachel Wobeter

Discussed the Vision of Food and Fitness and how it relates to the Farm to School program:

1. Fresh food for taste and preservation of vitamins and minerals
2. Local economy – every dollar spent locally for food generates \$2.00
3. Keeps individuals in touch with the season
4. Build relationships – shopping at farmers market generates more conversations than shopping at a grocery store.
5. Encourages more variety in food selection

Discussed Farm to School Project Cross Age Teacher Workshop to train high school students to teach 2nd graders. Handouts given to the 2nd grade students were displayed – the consensus of group was that the handouts are outstanding [many wanted copies]. Three lessons (a) popcorn, (b) cheese and (c) tomatoes were the basis of the lessons.

Discussed the Teacher training with Emily Neal, Director of Environmental Outreach at Luther College. Teachers learned how this education fits into the new Iowa Core Curriculum standards set for 2014.

Discussed Meetings held with Food Service of Schools. Participants were eager to learn. One school has a Salad Bar purchased with FFI Funds. School Food Service Workers Complete ServSafe Training and received certification.

School Gardens were discussed – Seed Savers of Decorah Iowa will provide seeds. Herman's Garden seeds were discussed. Recipients of Herman's seeds are sent a variety of seed packets, valued at \$2.75 per packet. These seeds have been recently returned from the Seed Savers Exchange retail seed rack program from stores throughout the country, or overstock seed packets from the previous year. Herman's Garden donation box will include a specially-marked seed packet of pole beans and empty seed envelopes. These seeds will be grown in every Herman's Garden for their seed. That seed can then be passed on to other gardeners. Discussed the work of David Cavagnaro in planning gardens in the area.

The presenters asked the participants for time, or donations. Participants signed up for a specific project and were given a postcard to report when their project was completed.

Old Business & Reports:

Report – Walking School Bus in West Union report by North High Student Whitney Stahr. The students and leader are having a meeting April 8, 2010 to visit with 5th grade at Fayette Elementary School. They believe their plans are well-underway. They are planning an “Amazing Race’. No details given on this project.

Upper Iowa University, Fayette – Wellness Extravaganza was well received by the individuals who attended. The presenters had hoped for a larger crowd, but it was the first attempt at this type of activity and will probably grow in the future.

Action items for next meeting:

Other related conversations:

- City of Olin is having a free Community Garden this summer.
- Thinking of ways to get school that are not Project Schools interested in the youth related activities such as a school garden. A group will meet with the North Fayette School Board to 'plant a seed' about a school garden.

The meeting concluded with the DVD of Mark Fenton that was not played at the last meeting due to a mechanical failure.

Submitted by: Donna Story