

LONGFELLOW NUTRITION EDUCATION PROGRAM

Our Garden Grows

THIS FALL marked the beginning of my fourth year as the Garden Instructor at Longfellow Middle School. The garden is a miniature farm with fruit trees, over 27 raised beds of veggies and flowers, a cooking station, and compost areas. Every class begins with a short lesson emphasizing a big topic related to nutrition and gardening. Recently, we learned about the cancer fighting properties of kale and collard greens. The students then choose hands-on tasks from cooking healthy snacks direct from the garden, to double digging, planting and drawing. In September, the students embodied the “from seed to table” ethic by harvesting and preparing homemade salsa and pesto from our bountiful harvest of tomatoes, peppers, garlic, basil, tomatillos, and figs. Other students focused on cultivating the soil in preparation for the winter planting of fava beans and snow peas, while others learned how to make their own compost piles. At the end of each class, cooks proudly pass out a healthy delicious snack to all the students. Over 150 students come to the garden every week to experience hands on activities that help them connect to the garden and a healthy lifestyle.

By Robert Marosi, Garden Instructor

