

FARM TO SCHOOL MEETING, 8 January 2007, 3:00-4:30 PM, 9R Admin Bldg

ATTENDING: Krista Garand, Trent Taylor, Marcus Renner, Wendy Rice, Katy Pepinsky, Sara Buscaglia, Mel Matis, Shari Fitzgerald, Katrina Blair, Linda Daniel, Jim Dyer

ANNOUNCEMENTS:

Marcus mentioned meeting with the new La Plata Unity Coalition funded for 4 years by the Colorado Trust, aimed at a more inclusive, tolerant community. Marcus will keep us posted on partnering opportunities.

Katy reported that the Community Food Assessment report is in its final stages and the Spring Local Food Event will be a chance to unveil it to the community.

Shari had a conversation with Rob, the owner of Bread, who is interested in supporting Farm to School — perhaps by supporting a publication.

Katrina reported on the seed planting she did with Escalante students, depicted in the 5 Dec Herald photo, and that the students were later able to eat the greens on their salad bar.

Mel described the greenhouse that he and Cindy are setting up at their Cottonwood Creek Farm.

On behalf of the Farm to School group, Jim presented a copy of “Fresh Choices”, a recent book on wise food choices, to Krista Garand in recognition of her work on getting local foods into 9R meals.

Jim handed out a Farm to School “lending library” copy of Michael Pollan’s Omnivore’s Dilemma to be circulated around the group.

WEBSITE NEWS: The Wellness Policies for 9R, Ignacio, and Srn Ute Academy are now available on the Food and Agr section of the SASCO website under Farm to School:
<http://www.sustainableswwcolorado.org/>

The new version of the Mesa Verde Guide is available there as well.

HEALTHY LIFESTYLES COALITION COPAN PROPOSAL:

Jim reviewed the local food strategies included in the recent proposal to the State, including 1) restaurant menu healthy and local food choices icon development, 2) similar guidance for grocery store food choices, 3) Farm to School, 4) outreach including the Feb Local Food Conference, and 5) investigation of new marketing venues for local foods including additional farmers markets, CSAs, etc.

BISON TASTING: Linda explained the Bison Tasting which we set for 30 January at 3:30 in Ignacio. The idea is to try bison meat from the Srn Ute Tribe’s herd and discuss possible inclusion in school meals throughout the County. Linda will develop an invitation which Jim will send out

via e-mail. An RSVP will be required for planning purposes. Linda explained several of the rich traditions around care, slaughter, and use of the bison.

GENERAL MILLS GRANT PROPOSAL: Katrina has been discussing resubmitting this proposal which needs to include a nutrition and a physical activity — likely the bicycle blender activity in schools. They have also been discussing the CO Specialty Crops grant.

LOCAL FOOD SUPPLIERS: The discussion exploring what local products could be incorporated into meals this school year and next was continue from the last meeting where we had the following producers:

Kay James — James Ranch Beef
Jennifer Wheeling — Gardens at James Ranch
Katrina Blair — Turtle Lake Refuge
Jason Cole — Cole Meat and Veggies
Trent Taylor — Blue Horizons Flour
Jerry Zink — Sunnyside Meats

This month, Mel Matis of Cottonwood Creek and Sarah Buscaglia of RAS Farms joined us. These producers have listings explaining their operations in the Mesa Verde Guide on the website as mentioned above. Both Mel and Sarah discussed possible produce items for the schools with Krista for 9R, Linda for the Srn Ute Academy, and Marcus for Ft Lewis College. Greens including spinach, carrots, beets, potatoes, and many other items were discussed.

Krista, Linda, and Marcus will follow up as needed with these producers. We welcome other local producers and processors who would like to sell to the schools — contact Jim at jadyer@frontier.net to join this continuing discussion.

Krista said that National Breakfast week comes up in March and she plans to include Blue Horizon's cracked wheat hot cereal as an offering, and is considering additional local items.

SPRING LOCAL FOOD & AGR EVENT: Marcus reviewed the plans for the 9-10 Feb Local Food Conference at the college. Publicity will be out soon, but "Homegrown" will feature local foods, special work sessions, public workshops designed to generate community participation, and a more. You will be receiving an invitation to participate and since this is a Farm to School event, possibly to recruit your help with particular sessions. In particular, we will need help in the Saturday session on how to develop Farm to School contacts or "champions" at each school.

In discussing local products for the conference meals, Wendy suggested that we include some guidance for participants on appropriate portion size, and added that some physical activity such as stretching would be appropriate – great suggestions that Marcus will follow- up on.

Anyone who would like to help should contact Marcus at renner_m@fortlewis.edu

NEXT MEETING: The next regular meeting will be Monday 5 Feb, 3-4:30 most likely at the 9R Admin Building — room to be confirmed.

Thanks

Jim Dyer