



Presents

*Seed
to
Table*



*"Growing the
young minds of tomorrow."*

School Enrichment Program
Teacher Resource Guide



Seed to Table

SCHOOL ENRICHMENT PROGRAM

The Seed to Table enrichment program offers affordable lessons on healthy food cultivation and consumption, engaging children through a hands-on curriculum in the classroom and experiential learning on our Urban Farm. Lessons incorporate K-5 state and national nutrition standards, following the South Carolina curriculum based guidelines in the areas of science, math, and English. In-school lessons and activities on healthy food choices are based on the national MyPlate nutrition standards (choosemyplate.gov).

“ Today’s students are increasingly disconnected from how their food is grown and processed before it reaches grocery store shelves. The Seed to Table program seeks to bridge that gap in understanding through experiential learning, equipping students to make good decisions about the food that they put in their bodies. ”

- Past HCFM Executive Director, Caroline Sexton

This program will be offered to elementary schools across all 7 Spartanburg County school districts in the 2018-19 school year. The Seed to Table enrichment program can be tailored to meet the individual needs of schools, or be run as a camp. Program fees start at just \$1/child. For scheduling and pricing inquiries, please contact HCFM staff.



Contact Information:

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(864)585-0905



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In-School Activities

The Seed

This program focuses on building a foundation and understanding of how food is grown and cultivated. The lesson includes several interactive games that encourage students to think about where their food comes from before it gets to their plates as well as discussion about the components of a seed and what plants need to grow (sunlight, water, etc.). At the conclusion of the lesson, students have the chance to plant their own vegetables in take-home pots and observe the process of seed growth week to week in their classroom or at home.

Time allotted: 1-hour lesson

Cost : \$ 3.00 / student (includes seeds, soil, and pots for all children)



The Table

This program focuses on effective ways to incorporate healthy food into our daily meals. The lesson teaches students about different food groups, nutrients, and the importance of portioning in order to have a balanced diet. Interactive games and group activities using the USDA MyPlate diagram provide an engaging and hands-on experience.

Time allotted: 1- hour lesson

Cost: \$1.00 / student



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Out of School Activities

*may be combined as desired

Urban Farm Field Trip

Northside Harvest Park
498 Howard St., Spartanburg, SC 29303

Farm Tour

Hub City Farmers' Market staff will lead students on a tour of the Urban Farm where they will have the opportunity to view seasonal fruits and vegetables grown and learn about and the natural cultivation methods used on the Farm. At the end of the tour and all programming, students will have an opportunity to leave their mark on the Urban Farm by painting their handprints on the Farm's flower mural.

Time allotted: 20 minutes per tour (additional 15 minutes for hand painting)

Cost: Free



Soil Testing

Through the Soil Testing program, students will learn about the important role that nutrients in the soil play in growing healthy fruits and vegetables. Students will take soil samples from throughout the farm and test for pH, Nitrogen, Phosphorus, and Potassium. The class will then regroup to discuss the results and talk through what makes the soil acidic/alkaline, what adds or decreases nutrients, and how we amend the soil. The lesson will end with a discussion of what types of plants grow in different types of soil.

Time allotted: 20 minutes

Cost: \$2.00 / Student



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Local Fruit Identification and Dissection

This lesson focuses on fruits and vegetables grown in the SC Upstate. Using fruit and vegetable magnets on a whiteboard, students will have the opportunity to designate fruits “local” or “not local.” Once all of the fruit has been assigned to their appropriate sites, the students will walk throughout the farm in search of the fruits and vegetables discussed. The students will then return to the teaching pavilion where they will be given fruit from the farm, hypothesize how much the fruit weighs, whether it has seeds or not, etc, then dissect the fruit to discover the truth. Each group will share their results with the rest of the class.

Time allotted: 45 minutes

Cost: \$2.00/ student

Greenhouse Preparation and Frost Tolerance

This lesson challenges students to consider how temperatures affect fruit and vegetable growth and how technology can extend seasonality. Students will work as teams to create mini “Hoop houses” for potted plants from plastic jugs or 2-liter soda bottles while learning the differences between a greenhouse, hoop house and low tunnel. Students will also learn about the difference in the freezing points in sugar solutions vs water and how different frost tolerant plants utilize natural sugars (sugar they have converted from sunlight, through photosynthesis), to reduce cellular damages during the winter time.

Time allotted: 25 minutes

Cost: \$2.00



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Insect Identification

This lesson teaches students about the difference between beneficial bugs vs. those that are “pests.” Students will work in teams to search and identify insects on the Urban Farm. They will then share these discoveries with their classmates and discuss the importance of insects to fruit and vegetable growth.

Time allotted: 20 minutes

Cost: \$1.00 / Student



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Traveling Trunk and Urban Farm Field Trip Request Form

Today's Date: _____

Name of School or Group : _____

School District: _____

Name of Contact Person / Job Title: _____

Email: _____

Phone: _____

Start Time: _____ End Time: _____

Grade/age range: _____ Number of kids: _____

For in-school activity specify room number and building: _____

Circle options chosen: Option 1: In-school activities Option 2: Out of school activities Option 3: Duo package

List activities chosen:

Number of activities chosen: _____

Total cost: _____

Special considerations such as: (allergies, accommodations such as wheelchair accessibility etc.)

List Requested date(s) of program(s) (Urban Farm activities Wednesdays/Thursdays only):

Number of Teachers: _____

Total Number of accompanying adults: _____

Any additional information we need to know about your group?

Please Return This Form Completed to the Hub City Farmers Market:

Hub City Farmers Market
298 Magnolia Street, Spartanburg SC 29306

Phone: (864) 585-0905
Email: jguest@hubcityfm.org



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