

CELEBRATE FARM TO SCHOOL MONTH



OCTOBER IS NATIONAL FARM TO SCHOOL MONTH, a time to celebrate the connections happening all over the country between children and local food!

The Indiana Farm to School Network, with help from [Peaper Brothers](#), is working on promoting a local food item in the month of October—the incredible turnip. There are many different ways that schools can get involved and “turnip” their participation in October.

Farm to School is broadly defined as a program that connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.

Celebrate

Many farm to school programs begin with a small activity that generates interest and engages the whole community. We hope you can use these ideas for celebrating Farm to School Month as a starting point for establishing a new farm to school program or strengthening an existing program.

Organizations and businesses

Become an official Farm to School Month partner! Partners commit to using their communications channels to spread the word about Farm to School Month.

Teachers

- Plan nutrition education activities around turnips.
- Connect instructional school gardens and garden-based learning activities to the curriculum.
(Plant turnip seeds in August to harvest during the month of October.)
- Use local turnips as a healthy school fundraiser or feature at a special event.
- Organize farm tours or trips to the local farmers’ market.
- Send information about Farm to School Month to parents.

School food service professionals

- Promote Farm to School Month on the school menu and in the cafeteria. Find logos, posters and more at farmtoschool.org
- Do a taste test of local turnips or feature turnips at lunch or snack.
- Create a farm to school salad bar using local turnips.

Purdue Extension Educators

- Help schools purchase local turnips.
- Assist schools with their gardens.
- Participate in experiential education programs or activities incorporating the turnip theme.

Farmers

- Connect with your local school and offer to conduct a classroom session during October or offer to host a visit to your farm.
- Become a classroom pen pal. Many schools don’t have the money for farm field trips, but stories and photos from the farm are the next best thing.

-Promote Farm to School Month on your farm or at your farmers' market booth with posters and other materials, which can be downloaded or ordered from farmtoschool.org

Families

-Visit your local farmers' market. Buy something you've never tried before, cook it and share with your family and friends.

-Ask elders in the family for their favorite recipes featuring seasonal products grown in your region.

-Cook with seasonal products as much as possible. Find out what products are grown in your region and when.

-Most State Departments of Agriculture or Purdue Extension offices can provide you with a regional crop calendar.

-Volunteer at your local school to support a school garden or classroom educational activity.

For more information, click [here](http://www.doe.in.gov/nutrition/farm-school)—<http://www.doe.in.gov/nutrition/farm-school>.