



### **local hands & local lands**

The Mission: Getting local farmers and schools together. For:

1. Guaranteed customers for the local farmers, helping them with guaranteed business.
2. Good, clean, and fair food for students.
3. Support a new gastronomic movement.

My idea is to have local farmers supply ingredients, of course still being paid – but possibly cheaper now or in the long run. In the summer, schools will have a community garden that supports itself by students, but also others during the school year where it could supply portions of meals served, like fresh carrots, potatoes for fries, and tomatoes for fresh tomato sauce.

Along with other crops for the meals they give out *free* to the community. The free meals they give out to the community during the summer for people in need is a great example.

Supporting a clean food and fair community of food greatly uplifts

1. The knowledge of the people who consume about what they are consuming,
2. Health and wellbeing of people, moving away from the ultra-processed “food” that moves through the schools
3. The culture and environment, Local culture, traditions and what a balanced ecosystem can bring

All of these *can* be incorporated into and with classes commonly in school(s) and into more than one. Every “Core Class” (*Language Arts, Mathematics, Science, & Health and Wellness*) can fit into a part of this movement, also is fit for *Common Core* and *Next Generation Science Standards (NGSS)*.



Along with TCWSH & Other Schools, recently announced that they want to be more eco-friendly/Reduce Carbon Footprint. This can be the first or greatest help to minimize the Footprint. A lot of food goes through production from state to state and even country to country, causing a bigger impact than what a heating bill would ever cause. Food being transported from a farm 20 miles away will always be superior to potatoes grown in Idaho being flown to Kentucky to be cleaned, flown to the Michigan district center, and driven out to another district center, then driven to the store, bought, and driven AGAIN!

Slow Food Nation says it well: the individual should remember the complexity that goes into the food industry and culturally.

We should have better cooperation with local producers, traditions, and cultures.

“The most potent weapon in the hands of the oppressor is the mind of the oppressed.” — Steve Biko

If someone doesn't have anything to fall back onto or embrace, they can be turned into anything with nothing left. To create something that can be more than food can change how people see food and the world for the better.

***Down Below is an idea on a curriculum.***



### ***Elementary:***

Students will start plants of their choosing from a list in spring in a cup/plant starter/egg carton. Plant holder, etc. After seeds have germinated or during transplant duties (see spreadsheet), return them to the garden every week. Measure plants & count how many leaves each plant has; each student has their own. *Students can have more than one.*

After the plant is ripe, students can “make,” “taste,” or “experiment” (Etc...) the prepared food item. In the kitchen, students will “help” prepare a dish, like tomato sauce, by washing the vegetables or adding dry ingredients. Finally, students can add their prepared food to a dish or use it for lunch or take it home, if **doesn't** need to be **refrigerated, or heated**. *Need:* prep list, stock list, and recipe book prior to workshop.

***All food prep storage and transportation should follow Serv Safe and Health code procedures.***

***Any and all food should not be out for more than 1 hour prior to preparation.***

### ***Middle school:***

Science class can follow a similar starting point to grow plants native to Michigan Point, standing to local cultures of cooking like Italian D. O. P for cheese, or native Anishinabe Corns, beans, Squash. Look at a predator & prey relationship and how it balances out and how each part of the ecosystem can look negative but do good. (L. Lehighschool . L)

### ***High school:***

*Chem:* Maillard reaction and other reactions with Proteins. Karyotes etc...)

*Bio:* Identify plants off of characteristics, ecosystem relationship, expansion