



HFHK, April 2024

HEALTHY FOODS for HEALTHY kids 'EDUCATION CULTIVATION'

LET'S "VEGGIE-CATE THE FIRST STATE", TOGETHER!

"THE FIRST STATE SCHOOL GARDEN EXPERTS"

HISTORY

Founded in 2008 by Dr. Thianda Manzara, a plant scientist.

MISSION

To inspire healthier lives by providing youth with joyful school gardening experiences and opportunities to eat the garden-fresh vegetables they've grown.

VISION

A vegetable garden in every school, leading to generations of healthy families throughout Delaware.





...I usually don't eat
things that come from dirt.
- 8th grade student,
Springer Middle School



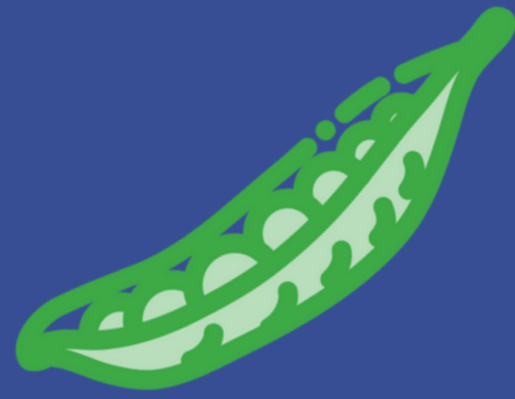
EDUCATION CULTIVATION.

ALL STUDENTS, ALL GRADES, ALL SMILES.

Throughout every child's years at school, our program cultivates an appreciation for veggies that comes from hands-on gardening activities each growing season.



OUR PROGRAM (in a pea shell!)



WHAT WE GROW

- Cool-weather, fast-growing crops such as spinach, carrots, arugula, bok choy, radishes, kale, turnips, & peas!

WHEN WE GROW

- Planting - March and September
- Harvesting - May and November

WHY WE GROW

- Teaches science in a fun and active way.
- Kids learn early on that vegetables can be delicious and lead to a healthier life.





"This is so valuable for student learning ..."
- Christy Kerr, Principal, Phillip C. Showell
Elementary

THE SEEDS OF OUR UNIQUE PROGRAM

- Carefully crafted lessons support the state's content standards for science (*NGSS-supported lessons*)
- A simple, reproducible framework for gardening that's attractive to administrators and teachers
- Every child in the school participates in each growing season, spring and fall regardless of age or ability
- Children experience "seed to cafeteria table" experiences up to 4 times during the school year

$$1 \text{ in-classroom lesson} + 1 \text{ outdoor garden lesson} = 1 \text{ Education Cultivation lesson}$$





**WE DO MORE
THAN JUST
BUILD GARDENS!!**



IT'S A PARTNERSHIP



HOW WE LAUNCH OUR 'EDUCATION CULTIVATION' PROGRAM IN A NEW SCHOOL

- HFHK and the school work together to find funding (grants, corporate sponsors, and private donors)
- HFHK conducts site visits, maps out garden area, and begins preparations
- HFHK orders all materials and schedules deliveries
- Together with the school, HFHK organizes volunteers for the garden build (takes place in 1 day!)



Lewes Elementary, before & after



LET'S DIG IN!

FIRST GROWING SEASON

- HFHK staff models the garden lesson for each teacher in the school

SECOND GROWING SEASON

- HFHK staff meets with each grade-level team

THIRD GROWING SEASON+

- HFHK & Garden Coordinator choose crops each season
- HFHK creates planting kits for every K & 1st gr. teacher each season
 - Individualized garden maps & curated seeds (293 this spring!)
- HFHK coordinates with each school's GC for any garden needs (i.e.: compost deliveries)



SECOND GRADE

PREPARE THE SOIL

Students use cultivators to prepare the soil while learning the difference between soil and dirt. They also learn about soil composition and properties.





KINDERGARTEN & FIRST GRADE

PLANT THE SEEDS

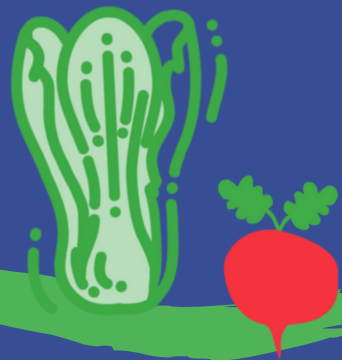
Students learn about seed structure and how to properly plant seeds. Using trowels, they prepare furrows and plant at depths according to the seed packet instructions.



THIRD GRADE

WATERS THE GARDEN

Students learn how to water a garden, how a drip irrigation system works, and about plant lifecycles. They watch for the first sprouts and handwater until they are visible.






HFHK

FOURTH GRADE

THE FIRST HARVEST

Students learn how to properly harvest a variety of vegetables, while observing hands-on the plants' structure and function. They do this from two harvest lessons, one specific to Fall and the other specific to Spring.



THE FIRST STATE SCHOOL GARDEN EXPERTS
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FIFTH GRADE

2ND HARVEST AND COMPOST

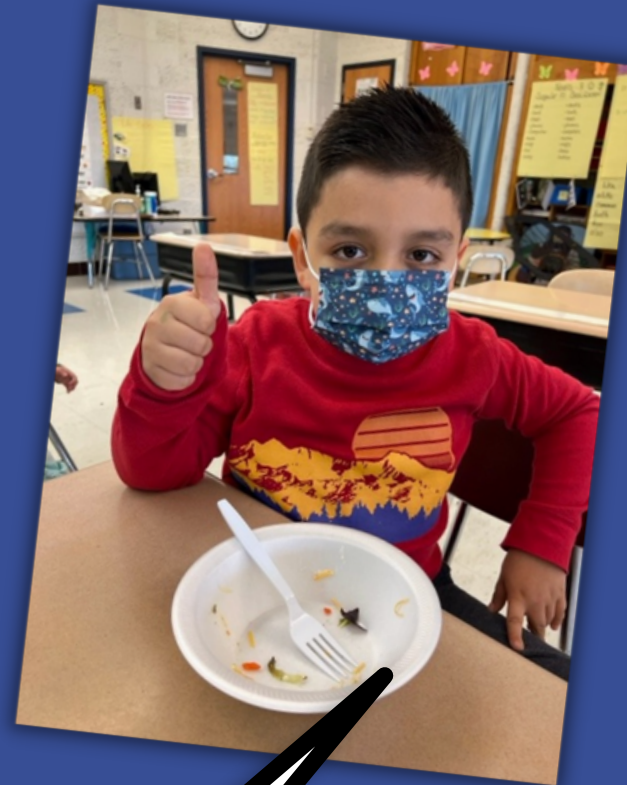
These students learn about the school garden as an ecosystem while harvesting and composting.

They also expand their knowledge of Matter and Energy.



HFHkids HARVEST CELEBRATION!

Nutrition Services prepares the vegetables for the entire school to enjoy together at lunch, up to 4 times per year!



I never trusted a turnip,
but now that I have it
tastes good. The veggies
are delicious!
-4th grader, Brader Elementary



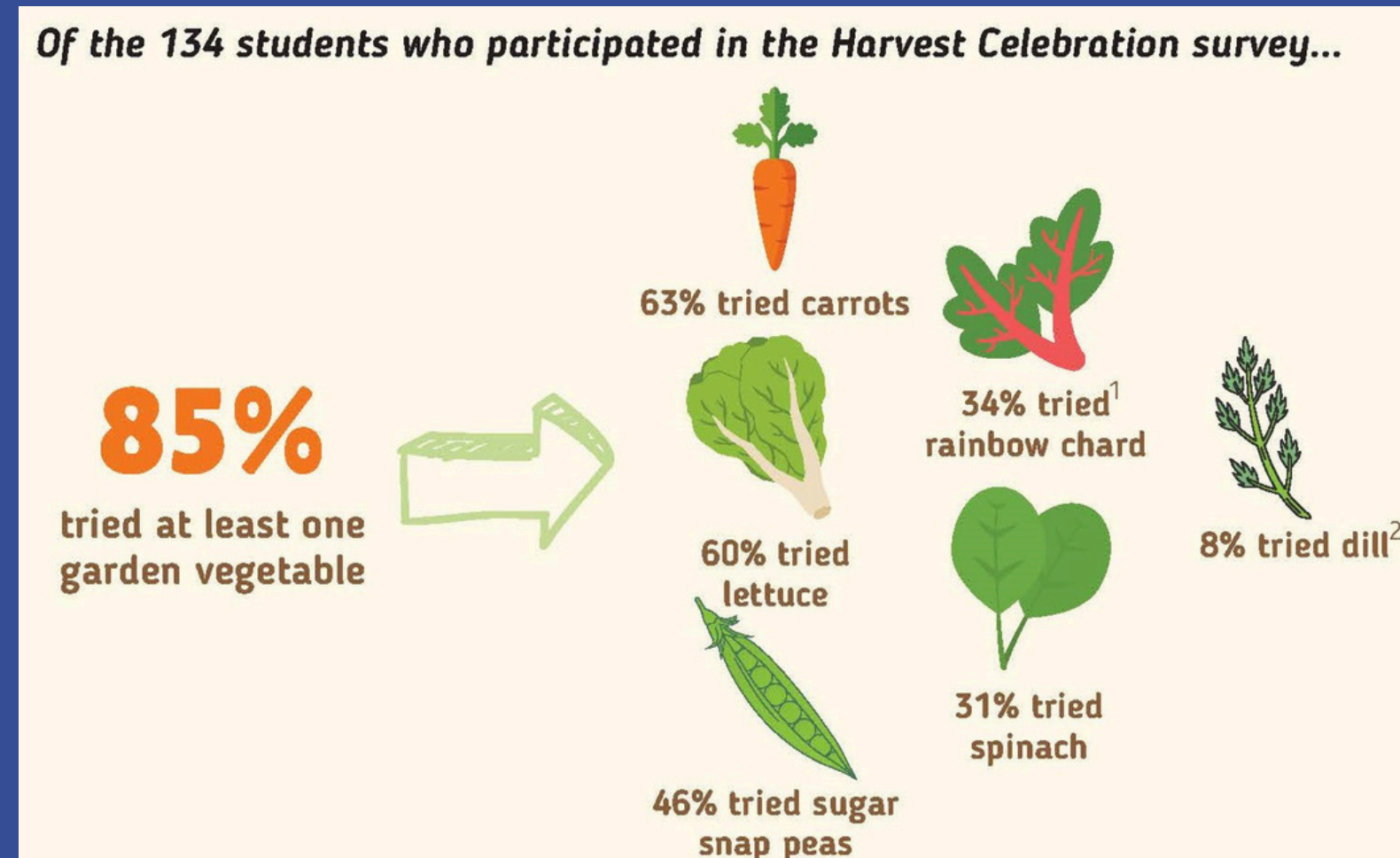
55 PARTNER SCHOOLS

PLUS WELCOMING 3 MORE IN SPRING 2025!

- Bayard
- Booker T Washington
- Brader
- Brookside
- Brown
- Carrie Downie
- Carrcroft
- Delaware School for the Deaf
- Downes
- Eisenberg
- Early Learning Center (IRSD)
- East Millsboro
- Forest Oak
- Forwood
- Frear
- Gallaher
- Georgetown
- Hanby
- Heritage
- HB DuPont
- Keene
- Joseph E. Johnson
- John M. Clayton
- Lancashire
- Lewes
- Lewis Duel Language
- Lord Baltimore
- Lombardy
- Maple Lane
- Marbrook
- Marshall
- McVey
- Milton
- Mount Pleasant
- Nativity Prep
- New Castle
- North Star
- Odyssey Charter
- Olive B Loss
- Pleasantville
- Phillip Showell
- Read
- Red Lion Christian Academy
- Rehoboth
- Serviam Girls Academy
- Shortlidge
- **Silver Lake**
- South Dover
- Southern
- **Southern Delaware School of the Arts**
- Springer
- **Stubbs Early Learning**
- Sussex Academy
- Sussex Montessori
- West Park Place
- Wilmington Manor
- Wilson



Figure 1.



“

“It was AMAZING to see the level of excitement as our students planted, harvested, and ate vegetables that grew in our garden. Who would have thought that lettuce would become the number one requested vegetable at school? The students were motivated to taste the lettuce they had grown and super motivated to share their experiences with their families.”

JANET HICKMAN, EARLY LEARNING CENTER,
INDIAN RIVER SCHOOL DISTRICT

”

Our Impact

**“THIS IS COOLER
THAN MINECRAFT!”**

-4th grade student,
Rehoboth Elementary



Figure 2. Change in total mean test scores for 2nd grade



Data from Fig. 1 & Fig. 2 were collected by HFHK and analyzed by the University of Delaware, Aug. 2022.

HOW YOU CAN HELP

Veggie-cate THE FIRST STATE



VOLUNTEER

We can always use your help! From building the gardens to harvesting, HFHK provides all schools with technical support, but cannot do it without generous volunteers.



SPONSOR

Do you see a school near you? Do you have children or grandchildren in one of our partner schools? Adopt a school garden and help the teachers as they work with the students to plant, harvest and everyone's favorite job, weeding!



DONATE

Our program is not possible without the support of our funders, grantors and friends, like you! Follow us on social media and sign up for our newsletter to learn more about our program and events.

Thank you to our recent & current funders!

ADOPT-A-GARDEN PARTNERS

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Navient Community Fund
Nemours Children's Health
Point-to-Point Wealth Planning
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Pappas Landcare
WSFS



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Laffey-McHugh Foundation
New Castle County
Sprouts Healthy Communities Foundation
State of Delaware
USDA Farm to School



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STEP 2: SUBMIT YOUR NAME AND EMAIL ADDRESS



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A FINAL REMINDER AS TO OUR 'WHY'...



Thank you!

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