

THE MONTHLY FEED - NOVEMBER 2023

jamie.nicholson@lincoln.k12.or.us
sara.gibson@lincoln.k12.or.us
patty.graves@lincoln.k12.or.us


NUTRITION SERVICES

Lincoln County School District
School Meals Gardens Food Pantry



Native American Heritage Month

In recognition of Native American Heritage Month, the Yaquina View School Gardeners harvested Rainbow Corn from their Three Sisters Garden Bed. This is the third season of using saved seeds from school grown corn. The students planted the corn last spring and harvested the corn in October. Some of the corn kernels have been saved for next year's planting and the rest will be ground by the students for delicious homemade cornbread. This has become such a popular activity with the students that we had to order additional corn from a local mill in Oregon. The Blue Corn we received is beautiful and gives more students the opportunity to experience what was once a normal way of life for the Tribal Nations in many parts of North America. Three Sisters farming is a multi-seasonal gardening project that teaches sustainable growing practices and seed saving for the future.





Native American Heritage Month

Honoring Indigenous Ingredients

Let's educate our palate with heirloom legumes, grains, root crops, fruits, vegetables & fish

November 16th	November 21st
Three Sisters Soup with Cornbread	Baked Steelhead over Rice Pilaf

Steelhead caught locally on the Columbia River
Locally sourced from Pacific Seafoods



Corrina Hargett's students ground Hopi Blue flour corn for the school lunch corn bread.



NHS students helped select the best corn seed to save for next year's Three Sisters gardens. They also participated in creating corn dolls after learning about the legend of the Corn Maiden.

WHAT'S GROWING ON?

-LCSD SCHOOL GARDENS-



In the spring, corn, beans, and squash are planted in blocks. The corn acts as a trellis for the beans. The beans fix nitrogen into the soil for future plantings. The squash plants provide shade around the corn and beans. All the plants work together and are good companions.

MEET THE CREW




Meet the Crestview & Waldport HS Team!
Linda, Sherry, Wendy, Stuart, and Danielle.

This group has worked hard implementing the new Foodie Café menu to south county, expanding offerings and quality.

Want to be part of an amazing team?
Go to us.sodexo.com or call (541) 336-2156.

 @lcsdschoolgardens

 @Lincoln County Oregon School Gardens

FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)



We are excited to announce that ALL K-8 students in LCSD now participate in the Fresh Fruit and Vegetable Program and service has been extended to include early release Wednesdays!

The Fresh Fruit and Vegetable Program (FFVP) is an important tool in our effort to combat childhood obesity. The program has been successful in introducing elementary school children (K-8) to a variety of produce that they otherwise might not have the opportunity to sample.

joke of the month

How fast is milk?

It's *pasteurized* before you know it.

Thank You!

Nutrition Services would like to thank Rich, Tim, Josh, Annette, Leon, and the rest of the F&M crew for your continued efforts to support our department. As you can imagine, we run into mechanical and maintenance issues often from the high volume of use our equipment sees daily. We receive great 5 star service. Thank you!

