

THE MONTHLY FEED - OCTOBER 2024

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NUTRITION SERVICES

Lincoln County School District

School Meals Gardens Food Pantry



October is National Seafood Month!!



Meet Tia Retherford, a Toledo High graduate and the Toledo High Athletics Secretary.

Tia is no stranger to delicious seafood. The Retherford fishing boats have delivered sustainably harvested seafood to the Newport Bayfront for many years. They own four boats; the F/V Winona J with Captain Mike Retherford and deckhand Ashton Retherford, the F/V Coast Pride with Captain Chris Retherford, the F/V Mandy J with Captain Riley Holt, and the F/V Excalibur with Captain Kyle Retherford. Three of the four boats fish for shrimp, with the F/V Winona J bringing in 2 million pounds of pink shrimp this year alone.

Fun Fact: all the Retherford boat captains are also Toledo High graduates!



Imagine Tia's delight a few weeks ago, when she noticed pink shrimp on the school salad bar in our homemade Shrimp Ceviche, a regular student favorite. Then imagine how proud she was to find out these shrimp come right from Newport Pacific Seafood. These are the shrimp her family has caught!



Many other LCSD staff and students are directly or indirectly connected to the fisheries in Lincoln County in some capacity and make a living doing so. To help celebrate National Seafood Month, we celebrate Tia and all the others who work to ensure we get great seafood.

Watch for later in the month, when we serve our homemade Tuna Noodle Casserole for Farm Fresh Friday! This tuna is delicious and canned on the southern Oregon coast for Oregon Choice. The owner is a graduate of Newport High!

WHAT'S GROWING ON?

-LCSD SCHOOL GARDENS-

Keeping it Local

An important lesson we learn in the school garden program is to use resources we can find in our own communities. Another lesson is that we can reuse, reduce, and recycle in the garden. This week we were able to do all these things with the help of our community. We would like to thank Pacific Seafoods and Rogue Brewing for supporting our school gardens. We will be able to add dried and processed shrimp waste into our garden beds before we plant our fall crops. Toledo High shop students will be cutting barrels from Rouge Brewery into beautiful and long lasting herb planters for our school gardens.

THANK YOU!



Shrimp meal is an excellent source of slow-release nitrogen, available phosphate, and calcium, and is odorless. We are so fortunate to have access to a local natural fertilizer! This is why our garlic grows so well.

These beautiful oak barrels can only be used three times in the manufacturing process at the Rouge Brewery. After that they must be cycled out. They will make lovely movable planters for the school gardens.



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)

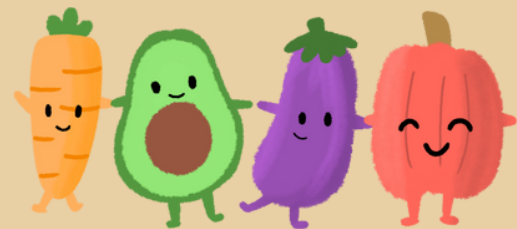


The Fresh Fruit and Vegetable Program (FFVP) is an important tool in our effort to combat childhood obesity. The program has been successful in introducing elementary school children (K-8) to a variety of produce that they otherwise might not have the opportunity to try.

Some of this month's offerings include: Kiwi Berries, Persian Cucumbers, Raspberries, Blueberries, papaya, and pink lady apples,

DID YOU KNOW?

Kiwi berries are hairless, unlike it's cousin the Kiwi fruit.



Time to Celebrate!!



The Oregon Crunch 10/17

(due to our conference schedule, we will celebrate the Oregon Crunch 10/16)

