

Get on the Bus: Connecting Local Foods to Schools

David L. Marrison, Associate Professor



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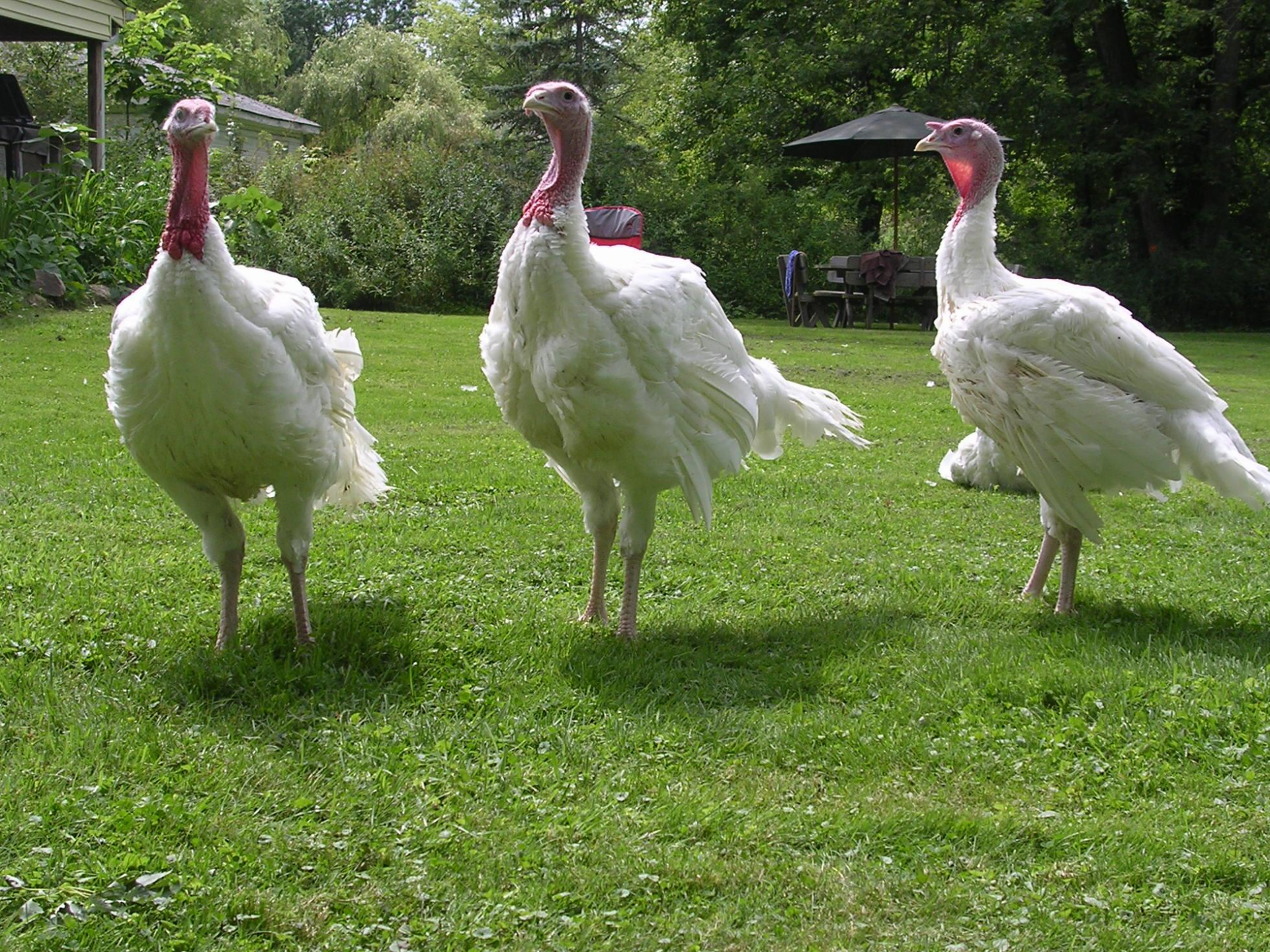
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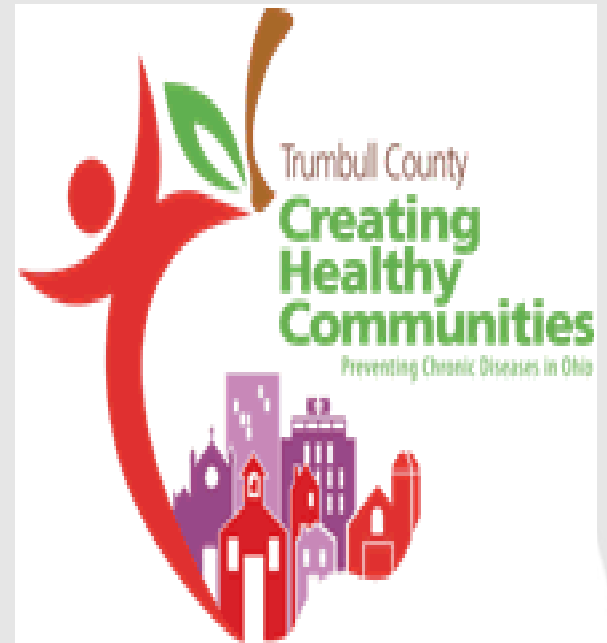




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Background

- Since 2011, OSU Extension in Trumbull County has been helping to make a connection between Schools and Farms.
- During the past three years, a major program has been held to encourage school systems to utilize local foods in their school lunch and special meals programs.



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Background

- In 2011, a day conference was held to teach the benefits of using local foods and how schools can connect to local producers.
- Since then a yearly day bus trip has been held to connect schools to local fruits, produce and food. During these day long trips, attendees are able to visit local farms, make connections for purchases, and taste what is available.
- These road trips are attended by teachers, food service personnel, administrators, and school board members.



Session Objective

- To share information on our “Farm to School Road Trips” so others can conduct similar events.



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Bridging the Gap from Farm to School

Connecting Schools to Local Fruit, Produce and Food

Friday, March 4, 2011 from 9:30 a.m. to 2:30 p.m.
OSU Extension Trumbull County Extension Office in Cortland, Ohio



Schools are looking for ways to incorporate the Farm to School initiative by: #1: Including farm fresh salad bar offered as part of the National School Lunch Program, #2: Featuring local food items in the cafeteria, #3: Utilizing local food items featured at fundraisers or special event, and #4: Using local food items in the hot lunch offering or integrated into the Fresh Fruit and Vegetable and School Meals program. Come and learn about the opportunities to bring fresh local foods to our schools!

9:00 a.m.	<u>Registration</u>
9:30 - 9:45 a.m.	<u>Welcome and Program Overview</u> David Marrison, Ohio State University Extension Agriculture Extension Educator and Mel Millron ,Trumbull County Health Department.
9:45 – 10:45 a.m.	<u>Making Better Connections Between Farm & School Programs</u> Megan Shoenfelt, Ohio Agricultural Research and Development Center, Agroecosystems Management Program Coordinator.
10:45 – 11:00 a.m.	<u>Networking Break</u>
11:00 – 12:00 a.m.	<u>Farm to School</u> Tom Freitas, Dining Services Supervisor, Sandusky City Schools and Brad Kraft, Food Service Director, Ehone Career Center.
12:00 – 12:15 p.m.	<u>Marketing Foods to Local Schools- What Local Farms are Doing Already?</u> David Marrison, Ohio State University Extension Agriculture Extension Educator
12:15 – 12:45 p.m.	<u>Local Foods Networking Lunch</u> Enjoy this meal incorporating local foods.
12:45 – 1:30 p.m.	<u>Beginning the Conversation--Let's Make it Work for Our Schools</u> Led by Megan Shoenfelt, OARDC Agroecosystems Mgmt Program Coordinator.
1:30 – 2:30 p.m.	<u>Action Planning for Farm to School</u> All participants and speakers.
2:30 p.m.	<u>Adjourn</u>

School to Farm Road Trip

Connecting Schools to Local Fruit, Produce and Food

Wednesday, August 1, 2012 from 8:00 a.m. to 4:00 p.m.



8:00 a.m.



Morning Refreshments & Networking

Participants will gather at the OSU Extension office located at 520 W Main St Cortland Ohio.

8:30 a.m.

Welcome and Program Overview

David Marrison, Agriculture and Natural Resources OSU Extension Educator, Marie Economos, Family and Consumer Sciences OSU Extension Educator, and Mel Millron, Trumbull County Health Department.

8:45 a.m.



Bus Leaves for Tour

9:30 a.m.



Geauga Growers Association Auction – Middlefield, Ohio

We will visit NE Ohio's largest producer wholesale auction in action. See the quality of vegetables which are being produced in our region and then sold at this auction.



Middlefield Original Cheese – Middlefield, Ohio

We will get a birds-eyes view on how local milk is transformed into some of area's finest cheeses.

12:00 p.m.



Lunch at Bronzewood Golf Course

We will rest, relax and enjoy a meal utilizing local foods.

12:45 p.m.



Miller Livestock Company-Kinsman, Ohio

We will visit this great farm raising grass fed livestock. We will tour the farm and learn about the Lake to River Cooperative and School to Farm CSA's which can help arrange for local fruits and vegetables to be delivered to your school.

1:45 p.m.



Lutz Farm - Leavittsburg, Ohio

Sweet corn lovers from around the world, know the finest, mouth-watering, and best tasting sweet corn comes from Ohio. Check out how to purchase Lutz Farm sweet corn for your students.

2:30 p.m.



Victory Garden – Warren, Ohio

Engage your school and community to grow local vegetables. Learn how Warren City Schools and OSU Extension are producing local vegetables for consumption in the school system. We will have a Chef in the Garden experience available.

3:45 p.m.



Bus Return Arrival/Wrap-up and Questions & Answers



Lutz Farm

About:

Lutz Farms is probably best known for our Sweet Corn. This part of our business started out about 19 years ago by selling a few dozen ears of corn under the shade of a big maple tree in Grandma & Grandpa Lutz's front yard. Harvey & Dolly Lutz along with our children Harvey & Hanna now run the farm which was started in 1918 by John Henry & Theresa Lutz. Regis Lutz (the son of John Henry & Theresa) and his wife Marion (Harvey's parents) took over and began a dairy operation. In 1977, Harvey and Regis decided to turn the dairy farm into a grain operation. We are now farming approximately 1,800 acres in Trumbull, Mahoning and Portage counties. We grow corn, sweet corn, both Tofu and Soybeans, and Winter Wheat. We know that Sweet Corn lovers from around the world, know that the finest, mouth-watering, and best tasting sweet corn comes from Ohio. Typical Sweet Corn season runs from late July, into early September. There may be days we need to close, due to reasons such as daily sell out or waiting for corn to ripen, so we ask that you please call before you come. We recommend you come early.



Contact Information:

Lutz Farm
2688 South Leavitt Road
Warren, Ohio 44481
Phone: (330) 898-0307
Web address: <http://www.lutzfarmssweetcorn.com/>



Hours of operation (seasonal):

When corn is available we are open 10:00 a.m. until 5:00 p.m. or until we sell out for the day, 7 days a week. Please as always call before you come.

Food for Thought:

- ✓ Hold a sweet corn roast for students upon their return to school in the fall or as a fundraiser before the first home football game
- ✓ Nothing tastes better than fresh sweet corn



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School to Farm Road Trip

Connecting Schools to Local Fruit, Produce and Food

Wednesday, July 31, 2013 from 8:00 a.m. to 4:30 p.m.



8:00 a.m.



Morning Refreshments & Networking

Participants will gather at the OSU Extension office located at 520 W Main St Cortland Ohio.

8:30 a.m.



Welcome and Program Overview

David Marrison, Agriculture and Natural Resources OSU Extension Educator, Marie Economos, Family and Consumer Sciences OSU Extension Educator, and Mel Millron, Trumbull County Health Department.

9:00 a.m.



Bus Leaves for Tour

9:40 a.m.



Geauga Growers Association Auction – Middlefield, Ohio

We will visit NE Ohio's largest producer wholesale auction in action. See the quality of vegetables which are being produced in our region and then sold at this auction.

11:30 a.m.



Lunch at Lakehouse Inn & Winery

We will rest, relax and enjoy a meal utilizing local foods. Participants will eat a locally grown lunch prepared by one of Ashtabula's County premier chefs - Nate Fagnilli. A lunch featuring local grown beef and chicken accompanied by what is fresh and available from local vegetable farms. Lunch will be topped off by Nate's Maple Ice Cream. We guarantee this meal will light up your taste buds!

1:15 p.m.



Covered Bridge Gardens- Jefferson, Ohio

This 160 farm is just over the Netcher Road Covered Bridge. This farm produces over 45 acres of fresh market vegetables making it Ashtabula County's largest vegetable producer. This farm is also known for its red, white, blue, and yellow popcorn.

2:00 p.m.



Farm 153 -Dorset, Ohio

No one grows lettuce better than Farm 153 in Dorset, Ohio. We will visit this farm which promotes sustainable farm practices. This farm is working with the land to overcome perennial wet growing conditions. Learn that there is more than Iceberg Lettuce to offer your students.

2:45 p.m.



Field Fresh Farm – Dorset, Ohio

We will visit one of our newest vegetable farms in Ashtabula County. The Vances operate this first generation farm raising a whole host of vegetables. See their bumper crop of zucchini and learn how they are supporting their local community.

3:15 p.m.



True Earth Organics – Andover, Ohio

This diverse farm raises high quality fruit crops (both tree fruit and small fruit), a wide assortment of vegetables, and raises over 400 layer chickens producing high quality eggs.

4:30 p.m.



Bus Return Arrival/Wrap-up and Questions & Answers

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School to Farm Road Trip

Connecting Schools to Local Fruit, Produce and Food

Wednesday, July 30, 2014 from 9:00 a.m. to 4:30 p.m.

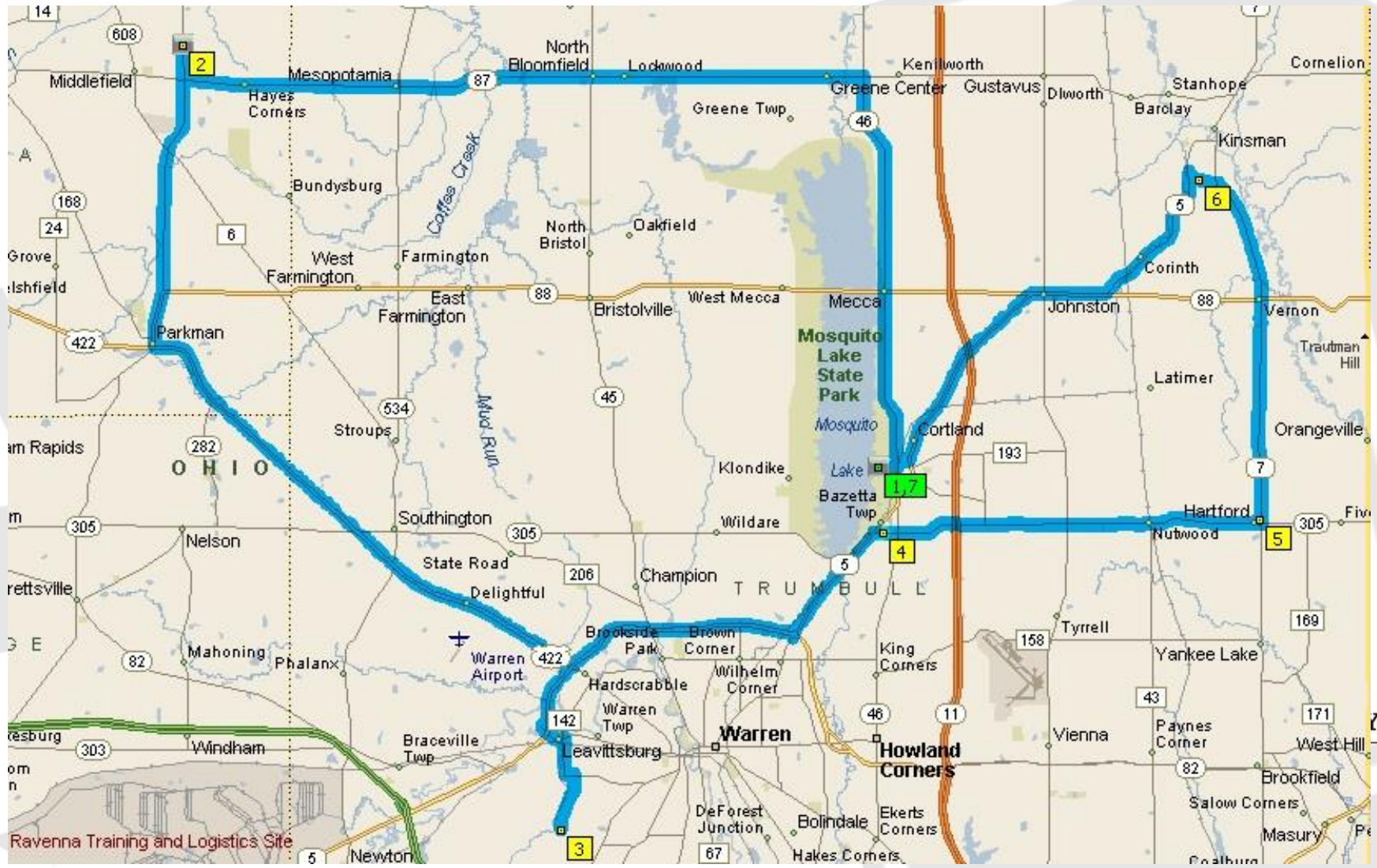


- 8:30 a.m. **Morning Refreshments & Networking**
Participants will gather at the OSU Extension office located at 520 W Main Street in Cortland, Ohio.
- 9:00 a.m. **Welcome and Program Overview**
David Marrison, Agriculture and Natural Resources OSU Extension Educator, Marie Economos, Family and Consumer Sciences OSU Extension Educator, and Mel Millron, Trumbull County Health Department.
- 9:00 a.m. 1  **Bus Leaves for Tour**
- 9:30 a.m. 2  **Geauga Growers Association Auction – Middlefield, Ohio**
We will visit NE Ohio's largest producer wholesale auction in action. See the quality of vegetables which are being produced in our region and then sold at this auction.
- 11:00 a.m. 3  **Lutz Farm - Leavittsburg, Ohio**
Sweet corn lovers from around the world, know the finest, mouth-watering, and best tasting sweet corn comes from Ohio. Check out how to purchase Lutz Farm sweet corn for your students.
- 12:15 p.m. 4  **Lunch at Country Porch Winery – Cortland, Ohio**
We will rest, relax and enjoy a meal utilizing local foods. Participants will eat a locally grown lunch prepared by one of Trumbull County's nicest wineries
- 1:30 p.m. 5  **Hartford Apple Orchard – Hartford, Ohio**
An Apple a Day keeps your students healthy, alert, and nutritious. We will visit Trumbull County's largest commercial orchard. Hartford Orchard is also willing to source your school's apple needs.
- 2:25 p.m. 6  **The Red Basket Farm – Kinsman, Ohio**
We will visit one of our newest vegetable farms in Trumbull County. Floyd Davis has been a leader in Farm to School movement. Learn about growing in hoop houses and how you can purchase from local farms.
- 4:00 p.m. **Bus Return Arrival/Wrap-up and Questions & Answers**

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This year's trip





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GRASS FED BEEF



HAMBURG



ROASTS



STEAKS



GROUND
BEEF



EGGS



SOUP BONE



Menu board listing items and prices:

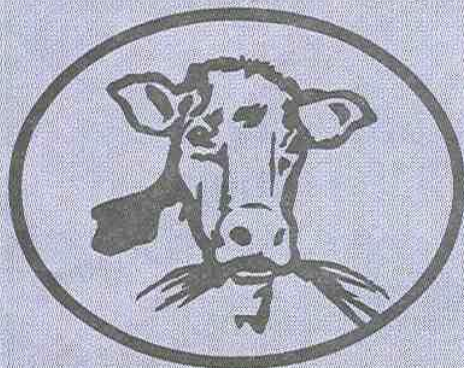
Steak	1/2 lb	\$12.99
Steak	3/4 lb	\$19.99
Steak	1 lb	\$29.99
Steak	1 1/2 lb	\$44.99
Steak	2 lb	\$69.99
Steak	3 lb	\$104.99
Steak	4 lb	\$139.99
Steak	5 lb	\$174.99
Steak	6 lb	\$209.99
Steak	7 lb	\$244.99
Steak	8 lb	\$279.99
Steak	9 lb	\$314.99
Steak	10 lb	\$349.99
Steak	11 lb	\$384.99
Steak	12 lb	\$419.99
Steak	13 lb	\$454.99
Steak	14 lb	\$489.99
Steak	15 lb	\$524.99
Steak	16 lb	\$559.99
Steak	17 lb	\$594.99
Steak	18 lb	\$629.99
Steak	19 lb	\$664.99
Steak	20 lb	\$699.99
Steak	21 lb	\$734.99
Steak	22 lb	\$769.99
Steak	23 lb	\$804.99
Steak	24 lb	\$839.99
Steak	25 lb	\$874.99
Steak	26 lb	\$909.99
Steak	27 lb	\$944.99
Steak	28 lb	\$979.99
Steak	29 lb	\$1014.99
Steak	30 lb	\$1049.99
Steak	31 lb	\$1084.99
Steak	32 lb	\$1119.99
Steak	33 lb	\$1154.99
Steak	34 lb	\$1189.99
Steak	35 lb	\$1224.99
Steak	36 lb	\$1259.99
Steak	37 lb	\$1294.99
Steak	38 lb	\$1329.99
Steak	39 lb	\$1364.99
Steak	40 lb	\$1399.99
Steak	41 lb	\$1434.99
Steak	42 lb	\$1469.99
Steak	43 lb	\$1504.99
Steak	44 lb	\$1539.99
Steak	45 lb	\$1574.99
Steak	46 lb	\$1609.99
Steak	47 lb	\$1644.99
Steak	48 lb	\$1679.99
Steak	49 lb	\$1714.99
Steak	50 lb	\$1749.99
Steak	51 lb	\$1784.99
Steak	52 lb	\$1819.99
Steak	53 lb	\$1854.99
Steak	54 lb	\$1889.99
Steak	55 lb	\$1924.99
Steak	56 lb	\$1959.99
Steak	57 lb	\$1994.99
Steak	58 lb	\$2029.99
Steak	59 lb	\$2064.99
Steak	60 lb	\$2099.99
Steak	61 lb	\$2134.99
Steak	62 lb	\$2169.99
Steak	63 lb	\$2204.99
Steak	64 lb	\$2239.99
Steak	65 lb	\$2274.99
Steak	66 lb	\$2309.99
Steak	67 lb	\$2344.99
Steak	68 lb	\$2379.99
Steak	69 lb	\$2414.99
Steak	70 lb	\$2449.99
Steak	71 lb	\$2484.99
Steak	72 lb	\$2519.99
Steak	73 lb	\$2554.99
Steak	74 lb	\$2589.99
Steak	75 lb	\$2624.99
Steak	76 lb	\$2659.99
Steak	77 lb	\$2694.99
Steak	78 lb	\$2729.99
Steak	79 lb	\$2764.99
Steak	80 lb	\$2799.99
Steak	81 lb	\$2834.99
Steak	82 lb	\$2869.99
Steak	83 lb	\$2904.99
Steak	84 lb	\$2939.99
Steak	85 lb	\$2974.99
Steak	86 lb	\$3009.99
Steak	87 lb	\$3044.99
Steak	88 lb	\$3079.99
Steak	89 lb	\$3114.99
Steak	90 lb	\$3149.99
Steak	91 lb	\$3184.99
Steak	92 lb	\$3219.99
Steak	93 lb	\$3254.99
Steak	94 lb	\$3289.99
Steak	95 lb	\$3324.99
Steak	96 lb	\$3359.99
Steak	97 lb	\$3394.99
Steak	98 lb	\$3429.99
Steak	99 lb	\$3464.99
Steak	100 lb	\$3499.99

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Local Lunch

- A locally sourced lunch is featured each year using many of the food products raised or produced on the farms visited.



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Evaluations



School to Farm Road Trip Connecting Schools to Local Fruit, Produce and Food Wednesday, July 31, 2013



Thank you for attending today's bus trip. Could you please answer the following questions to help us as we plan programs for future Farm to School programs.

Please indicate your level of knowledge of the subjects presented:

Subject	My Level of Knowledge BEFORE the Program					My Level of Knowledge AFTER the Program				
	Poor	Avg	Excellent			Poor	Avg	Excellent		
The benefits of using local foods in school lunch programs	1	2	3	4	5	1	2	3	4	5
How to make the connection from the farm level to the school system	1	2	3	4	5	1	2	3	4	5
Types & quantities of local foods available	1	2	3	4	5	1	2	3	4	5
How to access and purchase local foods	1	2	3	4	5	1	2	3	4	5
The health and nutritional benefits of utilizing local foods	1	2	3	4	5	1	2	3	4	5

Which rate the stops on today's tour. Please circle your favorite

Subject	Poor					Avg					Excellent					The top thing I learned at this stop.....
Geauga Growers Association Market	1	2	3	4	5											
Lunch at Lakehouse Inn & Winery	1	2	3	4	5											
Covered Bridge Gardens	1	2	3	4	5											
Farm 153	1	2	3	4	5											
Field Fresh Farm	1	2	3	4	5											
True Earth Farm LLC	1	2	3	4	5											

What is your current position?

_____ involved in school systems (administration in food service)
 _____ community member who is interested in local foods
 _____ other (please describe _____)

_____ local producer
 _____ Educator

If you are involved with a school system: how many children are serviced by your food service program? _____
 do you currently buy local produce/foods? _____ yes _____ no

What are the two most important concepts that you learned from today's bus trip that will assist you the most in the future?

If we were to offer this trip again, what are your suggestions for improvement?

What topics would you like to see presented at future Farm to School programs?

Please list any other comments:



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Keys to Success

COLLABORATION - This event is a collaboration between OSU Extension (Agriculture & Family & Consumer Sciences Program Areas), the Trumbull County Health Department, and the host farms



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Keys to Success

FUNDING- Bus is paid for by the Trumbull County Health Department Foundation



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Spin-Offs

- ✓ Popcorn being sold to local school.
- ✓ One school had a Farm to School event during Parent –Teacher Conferences to showcase local foods.
- ✓ Tour lead to a 9th grade Ag Tour for Lakeside School.
- ✓ Kinsman Badger School is buying local product.



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Food for Thought

- Give a basket of product to each attendee and challenge them to make a school lunch out of it.
- Develop a farmer-led delivery effort.
- Partner with FFA, 4-H & Extension.
- Look to source special events/meals.
 - Homecoming hog roast
 - Teacher appreciation lunches
- Most schools don't know you exist.



Questions



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For More Information

David Marrison

OSU Extension-Ashtabula County

39 Wall Street

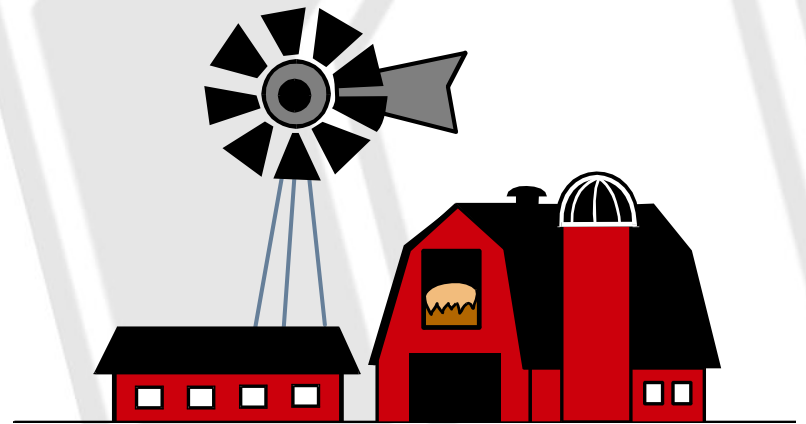
Jefferson, Ohio 44047

440-576-9008

marrison.2@osu.edu

<http://ashtabula.osu.edu>

@DMarrison



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