

A stylized, colorful illustration of a farm landscape. In the foreground, there are rolling green hills with a dark brown path winding through them. On the left, a green tree stands next to a purple flower and a small orange bush. A red bird is flying in the sky above the tree. The background features more rolling hills in shades of blue and white.

Bringing the Farm to Summer

*North Carolina Summer Nutrition Programs
NC Department of Public Instruction*



What is Farm to Summer?

- Extends or connects Farm to School with Farm to Summer
- Gives Sponsors the opportunity to tap into locally sourced foods
 - Serving locally sourced foods (in meals, snacks, or taste tests),
 - Conducting educational activities centered around local food and agriculture such as field trips to local farms or farmers markets, cooking demos or classes, or hosting farmers at summer meal sites, or
 - Creating and/or tending to gardens where edible fruits and vegetables are grown



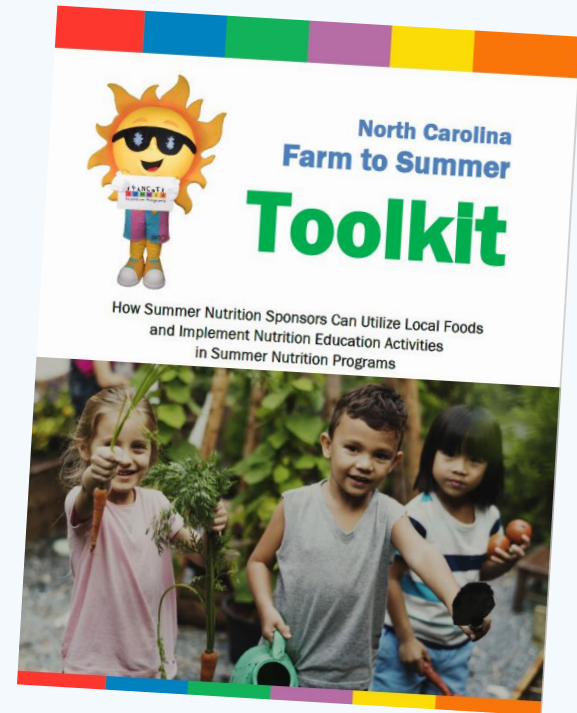
Why Farm to Summer?

- Sponsors can increase participation by improving the quality of meals served
- Sites can keep kids engaged in learning and moving through fun educational activities
- Programs can support local growers and producers
- Farm to Summer can connect children and the community to where their food is grown and the people that grow it



NC Farm to Summer 2021

- July 18-24 is Farm to Summer Week in North Carolina
- NC Farm to Summer Week is designed to bring awareness to the NC Farm to Summer initiative and NC Summer Nutrition Programs
- Sites and Sponsors are encouraged to “bring the farm to summer” during Farm to Summer Week



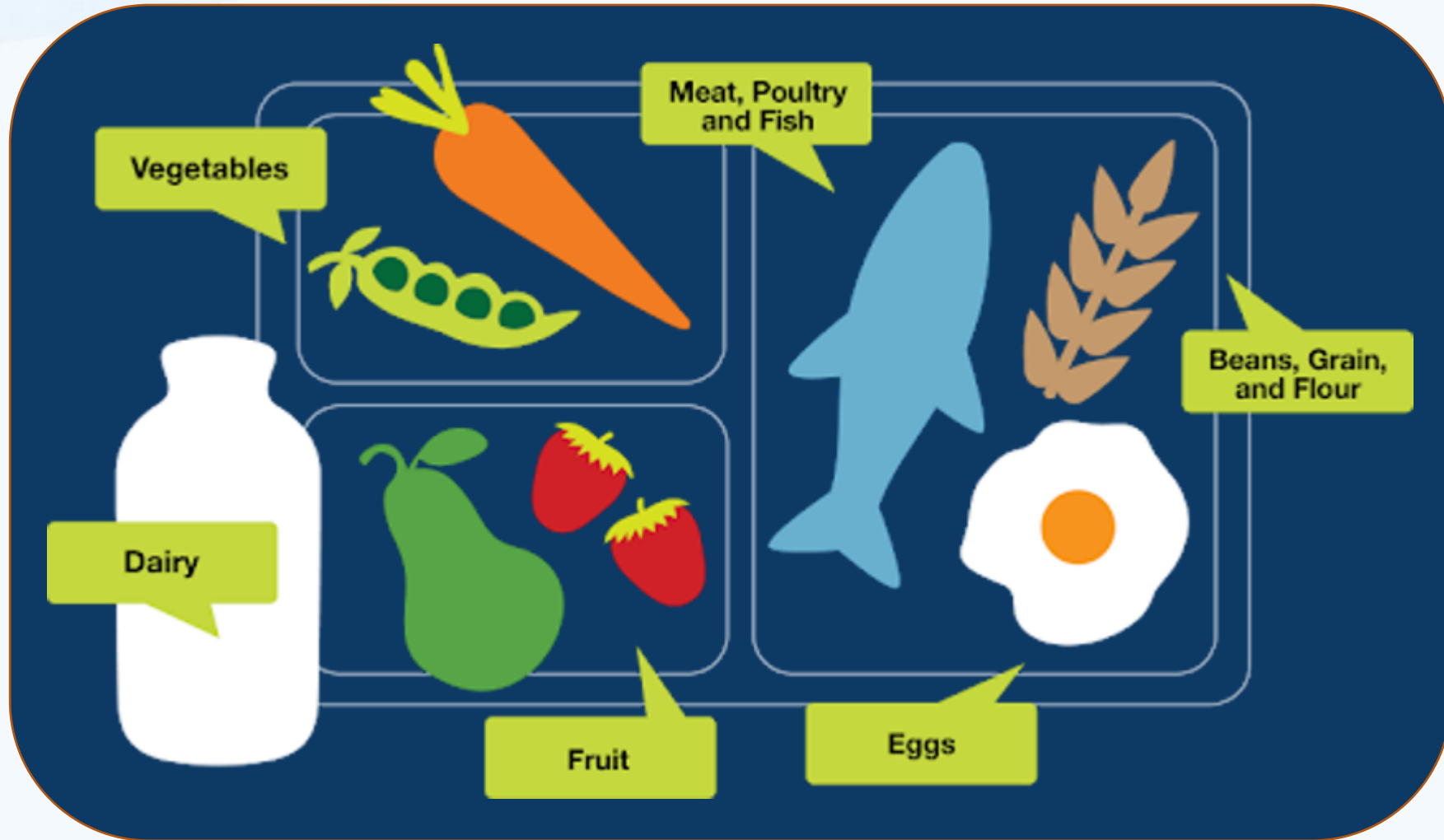
Take the NC Farm to Summer Challenge



- Register for the NC Farm to Summer Challenge: <https://bit.ly/3iHbwQU>
- Serve local foods as part of meals and/or snacks
- Teach about local foods through farm to summer activities virtually or sent home with children
- Post about farm to summer activities on social media using #NCFarmtoSummer, #NCSummerMeals, @NCSchoolMeals, @Ray4NCKids
- Sign up for the NC Crunch to celebrate farm to school in October



Local Foods Can Span the Tray



Does the whole meal have to be local?

NO!

- You can serve one of more items or all foods that are local*
- You can focus simply on the plate and/or offer complimentary educational activities*



Local Procurement Highlights

Step 1:

Find out what
is local and in
season

Step 2:

Plan ahead
with your
procurement
process

Step 3:

Serve the local
products during
NC Farm to
Summer Week



Define What Local Means To You

- Defining local is one of the first steps in procuring local foods
- There is no federal definition
- Local can be defined as within a certain number of miles, within the county, or within in the state
- What goals are you trying to accomplish?



Assessing Availability Of Local Products

- *USDA Census of Agriculture*
 - *USDA's National Agricultural Statistics Service (NASS)*
- *USDA Farm to School Census*
- *USDA Database of GAP Certified Farms*
- *Seasonality Charts*
- *Local Cooperative Extension Agent*



NC Farm to School and Summer Census Data



OF NORTH CAROLINA SCHOOL DISTRICTS

surveyed by USDA say they participate in farm to school activities.



IN NORTH CAROLINA,

39%

OF SCHOOL DISTRICTS ARE USING LOCAL FOODS IN SUMMER MEALS.



THAT'S
84
DISTRICTS



WITH
1,714
SCHOOLS



AND
1,042,810
STUDENTS

Another 17% of districts surveyed plan to start farm to school activities in the future.

(Note: of the 171 school districts in North Carolina, 79% completed the USDA Farm to School Census.)



Audit Types:	Produce GAPs Harmonized Audit, To	Commodity Category:	Fruits, Vegetables, Other Specialty C	View Report
Commodity Subcategories:	All Commodity Subcategories	Commodities:	All Commodities	
Location Category:	United States, Canada	Location:	North Carolina	
Company:	All Companies			

1 of 2 ? Find | Next



United States Department of Agriculture
AMS Fruit & Vegetable Programs

Companies that Meet USDA GAP&GHP Acceptance Criteria

Audit Types: Produce GAPs Harmonized Audit Tomato
Food Safety Protocol Audit USDA Good Agricultural
Practices & Good Handling Practices Audit USDA
Mushroom GAP Audit
Commodities: All Commodities
Locations: North Carolina
Companies: All Companies

The following table shows companies that have been audited by the USDA Agricultural Marketing Service, Fruit and Vegetable Programs for the audit type, audit scopes, and commodities listed below and have successfully demonstrated an acceptable level of adherence to the audit standard being audited. The audit results are valid for one (1) year from the date shown, and are validated through the use of unannounced audit(s) throughout the growing/packing season.

Company ↕	Address ↕	City, State ↕	Scope(s) of Audit Conducted ↕	Date Audit Conducted ↕	Commodities Covered by Audit ↕
Audit Type: Produce GAPs Harmonized Audit					
Commodity: Apples					
Location: North Carolina					
Deal Orchards, Inc.	7400 NC Highway 16N	Taylorsville, NC	Field Operations and Harvesting, Post-Harvest Operations	July 22, 2020	Apples, Asian Pears, Nectarines, Peaches
Lewis Creek Farm, LLC	378 Pilot Mountain Rd.	Hendersonville, NC	Field Operations and Harvesting	October 21, 2020	Apples
Coston Farm, LLC	3748 Chimney Rock Hwy	Hendersonville, NC	Field Operations and Harvesting	September 28, 2020	Apples
Dalton Orchards	605 Bald Rock Rd.	Hendersonville, NC	Field Operations and Harvesting	September 8, 2020	Apples
Beehive Orchards	351 Beehive Road	Hendersonville, NC	Field Operations and Harvesting	September 21, 2020	Apples



What's in Season?

North Carolina Fruit and Vegetable Availability



You can use this guide to choose the freshest, best tasting produce obtainable!
Insist on buying local NC grown food in grocery stores, restaurants, in the work place and schools, or -
buy direct from a local NC grower at a farmers market, pick-your-own or roadside farm market.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES												
ASPARAGUS												
BEETS												
BLACKBERRIES												
BLUEBERRIES												
BOKCHOY												
BROCCOLI												
BUTTERBEANS												
CABBAGE												
CANTALOUPE												
CARROTS												
CHERRY TOMATOES												
CHRISTMAS TREES												
COLLARDS												
CUCUMBERS												
EGGPLANT												
FIGS												
GARLIC												
GREEN ONIONS												
GREEN PEAS												
GREENS												
HERBS												
HONEYDEW MELONS												
INDIAN CORN												
KALE												
LETTUCE												
MUSCADINE GRAPES												
MUSHROOMS												
MUSTARD GREENS												

For directories and more information about NC produce, visit ncdamarkets.org.

Agriculture is NC's # 1 industry. When you see the Got To Be NC logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.

Visit: gottobeNC.com

Got To Be NC is the marketing program of the North Carolina Department of Agriculture.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
NAPA												
NECTARINES												
OKRA												
ONIONS												
PEACHES												
PEANUTS												
PEARS												
PECANS												
PEPPERS												
PERSIMMONS												
PLUMS												
POTATOES												
PUMPKINS												
RADISHES												
RASPBERRIES												
ROMAINE												
SNAP BEANS												
SNOW PEAS												
SNOW PEA TIPS												
SPINACH												
SPRITE MELONS												
SQUASH - YELLOW												
STRAWBERRIES												
SWEET CORN												
SWEET POTATOES												
TOMATOES/TOMATILLOS												
TURNIPS												
WATERMELON												
ZUCCHINI												



Where Can I Find Local Foods?

Direct Options

- Gardens
- Farms
- Farmers Markets
- Producer Co-ops/Food Hubs

Indirect Options

- Food Retailers
- Food Banks
- Food Distributors
- Meal Vendors
- Food Service Management Companies

**Must be GAP-Certified*



Monday	Tuesday	Wednesday	Thursday	Friday
Submarine Sandwich on Whole Wheat Roll <u>Fresh, Local Tomato</u>	Whole Wheat Spaghetti with Meat Sauce (<u>Local Beef</u>)	Chef Salad (<u>Fresh, Local Tomatoes, Cucumber</u>)	Oven-Baked Fish Nuggets	Whole Wheat Cheese Pizza (<u>Local Cheese</u>)
Three Bean Salad	<u>Local Whole Wheat Roll</u>	<u>Fresh, Local Bell Pepper Slices</u>	Whole Wheat Roll (<u>Local Flour</u>)	Tossed Salad
<u>Fresh, Local Berries</u>	<u>Sauteed Squash & Zucchini</u>	<u>Fresh, Local Peach</u>	<u>Local Snap Peas</u>	<u>Fresh, Local Grape Tomatoes</u>
<u>Local Skim and Low fat Milk</u>	<u>Fresh, Local Cantaloupe</u>	Whole Wheat Soft Pretzel	<u>Fresh, Local Watermelon</u>	<u>Fresh, Local Honeydew</u>
Water	Skim and Low fat Milk	Skim and Low fat Milk	Skim and Low fat Milk	Skim and Low fat Milk
	Water	Water	Water	Water

Summer Menus With Local Foods



Strategies for Farm and Garden Connections

- Conduct on-site garden activities
- Contact garden-based organizations (e.g. Master Gardeners) in your area to provide free gardening lessons
- Send seeds with lessons home
- Create and send newsletters home for families with recipes, tips for gardening, shopping at farmers markets, cooking, etc.
- Hold a Harvest of the Month Educational event
- Do taste testing with locally-produced foods
- Offer fruit/vegetable nutrition education
- Host cooking demonstrations with local foods or sharing recipe cards
- Go on a field trip to a farm or farmers market
- Have a farmer visit your summer meals site

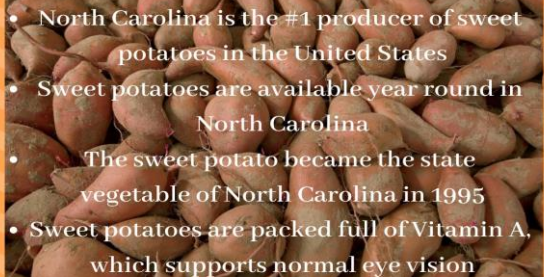


Keep Bringing the Farm All Summer Long

How to promote Farm to Summer monthly

- Designate days in which at least one local food is served
- Plan cooking demo and/or taste test days using local ingredients
- Decorate and/or dress up
- Share info with kids and families
- Post on social media promoting NC Farm to Summer

Sweet Potato Fun Facts

- 
- North Carolina is the #1 producer of sweet potatoes in the United States
 - Sweet potatoes are available year round in North Carolina
 - The sweet potato became the state vegetable of North Carolina in 1995
 - Sweet potatoes are packed full of Vitamin A, which supports normal eye vision


#GotToBeNC #ShopLocal



WATERMELON FUN FACTS

- North Carolina ranks #8 in watermelon producer in the United States
- The name fits: watermelon is 92% is water
- The average watermelon weighs 22-26 pounds
- Watermelon contains vitamin C, which aids in healing, protects us from getting sick or getting bruises, and helps our body absorb iron



A stylized landscape illustration featuring rolling green hills in the foreground, a small tree with a brown trunk and a canopy of purple and pink rounded shapes on the left, and blue and white wavy bands representing hills or clouds in the background.

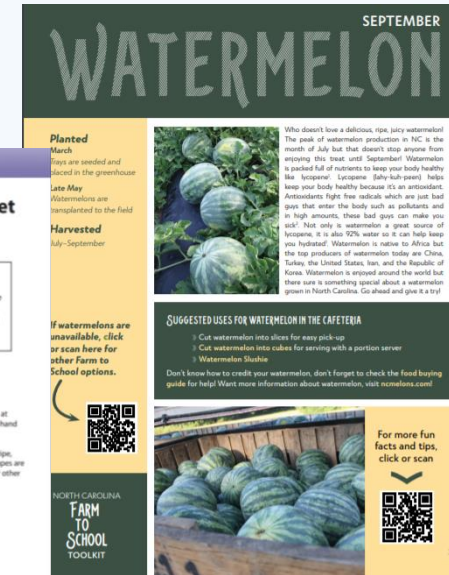
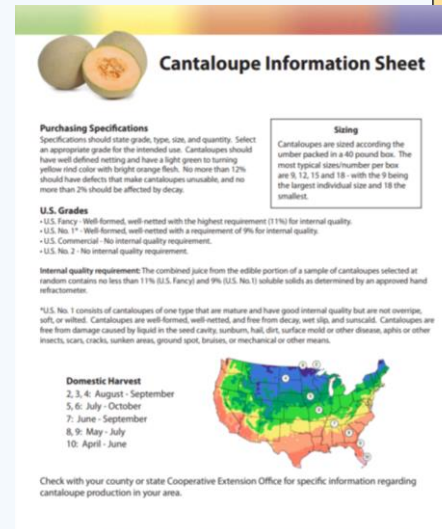
NC Farm to Summer

Resources



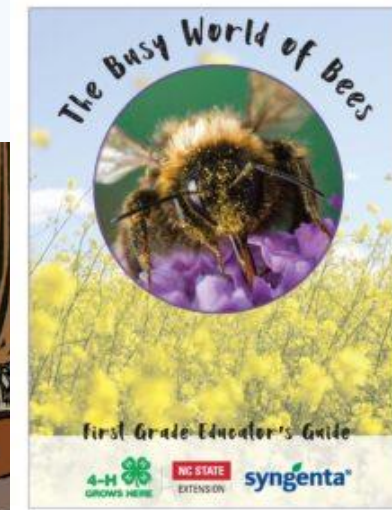
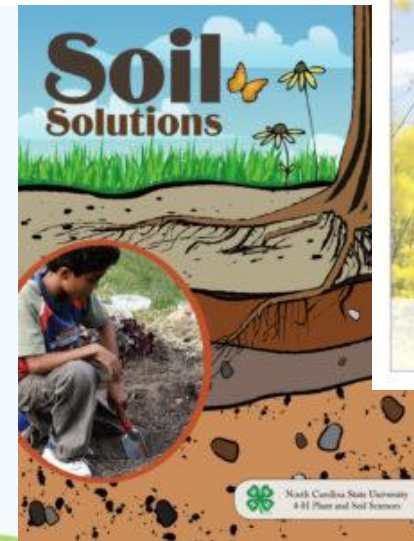
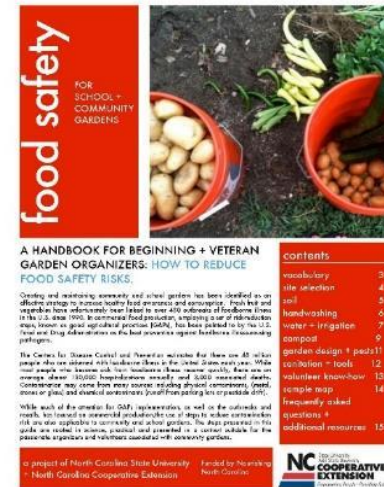
Serving Local Foods

- NC Farm to School Cookbook
- NC Farm to School Toolkit
- NC K-12 Culinary Institute Recipes and Teach It Forward Resources
- NC Jr. Chef Competition



Gardening

- Growing Safer Gardens Guide
- Garden Brochure
- Extension Planting Guides
- 4-H Curricula
- Extension Seed Kits



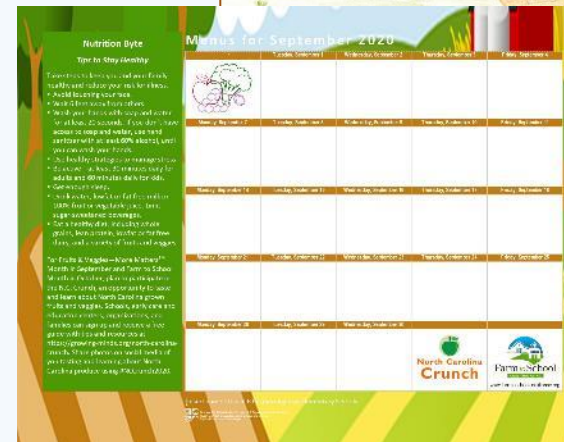
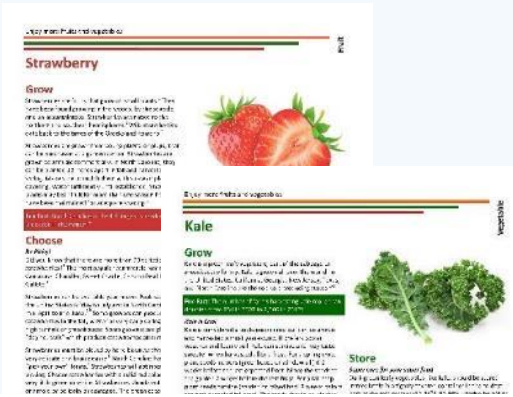
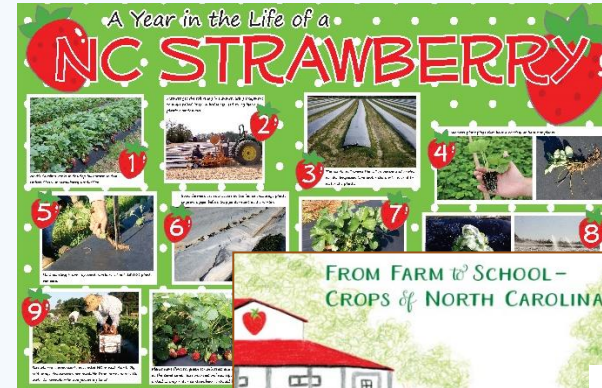
Farming

- *ASAP Field Trip Guide & Video Series*
- *Got to Be NC Directory*
- *Extension Virtual Farm Tours*
- *NCSU Dairy NC 360*
- *The Dairy Alliance Live Tours/Adopt a Cow*
- *NC Pork Council Video Series*
- *NC State Farmers Market Virtual Farm Tour*



Teaching about Local Foods

- NCDPI Menu Templates
- Fruit & Vegetable Fact Sheets
- NCDA&CS Storybooks, Activity Guides & Posters
- NC Farm to School Calendar
- Strawberry & Sweet Potato Lessons



Teaching about Local Foods

- ASAP Growing Minds
- NC Ag in the Classroom Books, Lessons and Ag Mags
- 10% Campaign
- Carolina Hunger Initiative Harvest of the Month and Cooking Matters Classes
- USDA Team Nutrition Resources

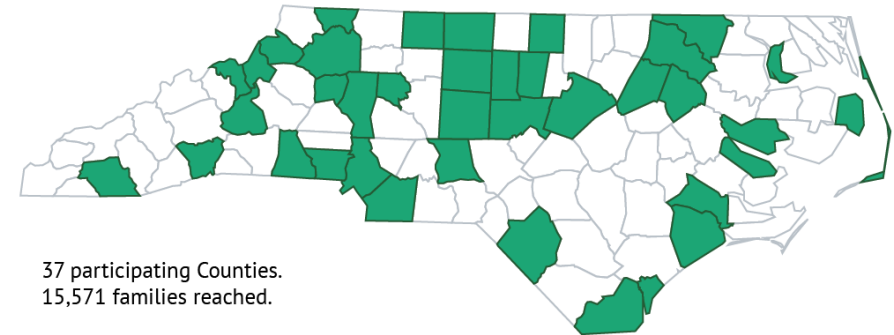


Farm to Summer Stories



Brunswick County

Seed Kit Distribution to families during school closures



Thanks to support from
 BlueCross BlueShield of North Carolina Foundation
An independent licensee of the Blue Cross and Blue Shield Association





USDA Turnip the Beet

Awards



Who is Eligible for Turnip the Beet?

- All Summer Sponsors in good standing who operate May 15-September 15, 2021
- Sponsors who utilized USDA COVID-19 waivers are eligible
- Sponsors may self-nominate or be nominated by another party
- Submissions must include the completed Nomination Form and a detailed 1-month menu



How are Nominations Evaluated?



- Nominations must clearly illustrate how the meals are appetizing, appealing, and nutritious
- Nomination Form includes short answer questions and menu criteria based on the Dietary Guidelines for Americans
- Criteria include serving local foods, a variety of vegetables and fruit, whole grains, and low fat and fat free milk



Award Criteria

- Age appropriate
- Culturally appropriate
- Gather feedback on new foods
- Encourage eating healthy foods
- Offer food/nutrition activity
- BONUS: Team Nutrition resources used
- Serve locally produced foods at least one time per week, per meal type
- Repeat entrées 2x or less/month
- BONUS: Entrée types are repeated two (2) times or less per week, per meal type
- Menu includes at least 1 hot item per week, per meal type



Award Criteria

- At least 4 different veggies and/or fruits are served during the week, per meal type
- BONUS: At least 1 serving each of dark green, red and orange, beans, and peas (legumes), starchy, and other vegetables is served per week
- Majority of produce is fresh
- Juice is served to meet the fruit/veg component 2X or less per week, per meal type
- At least 1/2 of the grains served are whole grain-rich
- Sweet grains are served 2X or fewer per meal type per week
- BONUS: Sweet grains are not served
- Only low fat (1%) or fat free dairy milks are served
- Water is available at no cost
- Supporting documents, including 1-month menu, photos, recipes, news clips or other
- Use of COVID-19 waivers



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Water	Skim and Low fat Milk	Skim and Low fat Milk	Skim and Low fat Milk	Skim and Low fat Milk
	Water	Water	Water	Water

Summer Menus With Local Foods



What is the Recognition?

- Three award levels are available: gold; silver; and bronze
- All winners receive a certificate
- Silver and gold winners will be featured on USDA's blog, and gold winners will be identified on USDA Summer Site finder



TURNIP THE BEET

with high quality summer meals!



What is the Timeline?



- *Service – May 15-September 15*
- *Applications due to NCDPI – 5 pm on September 10*
- *One week to review and reach out to Sponsors for any updates*
- *2 weeks for reviewers to score*
- *Submit to USDA by October 4*



What Resources are Available?

- Nutrition Guide for Sponsors
- Farm to Summer factsheet
- Summer Meals Toolkit
- Team Nutrition Resource Library





THANKS!

We can't wait to see how you bring the farm to summer with your programs.



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- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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