

FARM 2 SCHOOL



January 2024 Newsletter

Hayward Community School District

Hayward, WI

Welcome 2024! The Hayward Community School District Farm to School program is already off to a great start with abundant harvests from our indoor tower gardens, time outdoors enjoying our favorite winter activities including ice fishing and skiing (before all of our snow melted), a visit from a local farmer, and nutrition education lessons. Read on to see what we've been up to!

ICE FISHING FIELD DAY



Dreamer with her impressive Northern Pike. This one was definitely a keeper!

The Northern Waters Env. School Ice Fishing field day is a favorite among students, no matter their experience level. Students learned about sustaining healthy fish populations in our area's lakes, along with some fishing techniques. We enjoyed the balmy 30°F weather while catching plenty of pike, panfish, and some bass. Per Wisconsin tradition, we cooked up a Friday fish fry with our harvest!



Francisco and Azaiah helping bread fish for a community meal



Biboon Extravaganza: Family Ice Fishing Event

*Sun, Feb 4th 9 am - 4 pm
CC South by The Landing Resort Hayward, WI*

Join LCO Bizhiki Wellness Center for ice fishing instruction, including traditional techniques. All supplies provided, including shacks, heaters, tip-ups, spears, or BYO.

Ice fishing, spearing, prizes, and fun!

Lesson Highlights



HEALTHY SOIL, HEALTHY US!

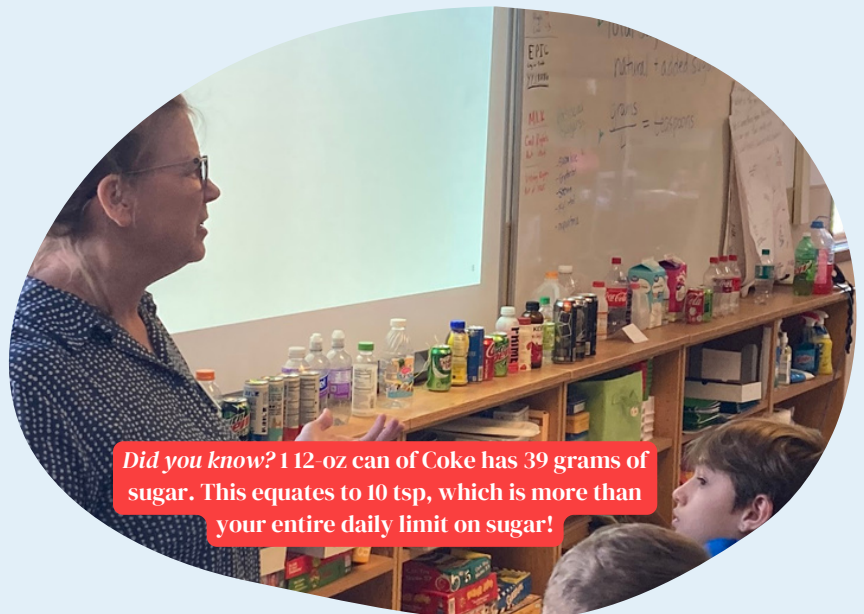


Thank you to Farmer Dale Goss from Grass Fed Beef Farm in Bruce, WI for teaching us about the soil-centric practices he uses on his farm to raise healthy and happy cows, chickens, and pigs! Mr. Goss taught us that through regenerative practices, farmers can rebuild our depleted soils at rapid rates. Rebuilding soil is critical for supporting watershed health, capturing carbon, providing habitat for wildlife and beneficial arthropods, and producing nutrient-rich foods. Healthy soil leads to healthy people. He also shared some beef sticks with us, which were amazing!

Learn more at grassfedbeef.farm

FOODWISE SUGAR LESSON

Kim Clark with Sawyer County FoodWise joined us again for a nutrition education lesson focused on the sugars in our favorite beverages. We measured, by tsp, how much sugar our beverages actually have. It was super eye-opening! With this awareness, we aim to carry healthy habits with us into the new year.



Did you know? 1 12-oz can of Coke has 39 grams of sugar. This equates to 10 tsp, which is more than your entire daily limit on sugar!

WILD-CAUGHT v FARM-RAISED FISH

Miss Shanks joined Mrs. Judy's 6th grade science class for a lesson on farmed vs. wild-caught fish. 6th graders had a chance to conduct research and participate in a debate on "which is a better source" when considering where your food comes from. We connected the lesson to their classroom trout raising project in partnership with the Iron River Fish Hatchery.



Can you spot the baby trout?

Local-as-it gets Cafeteria Greens



Food service staff and students harvesting greens from our aeroponic grow towers

Thanks to Mrs. Judy's efforts with the 6th grade science tower gardens, the cafeteria served lettuce and swiss chard on the salad bar this month with zero food miles! These tower gardens are **aeroponic**, which means the roots of the plants hang in the air while a nutrient/water solution mists the plants, which eliminates the need for soil and saves water. And, we can enjoy fresh greens in the cold months!



Hayward middle school salad bar serving local lettuce and a brussels-chard salad. See the recipe to the left!

Brussels and Swiss Chard Salad

Swiss Chard (9 Cups)
Thinly Sliced Brussel
Sprouts (3 Cups)

Dressing:

1/2 Cup Mayo
1 Tbsp Vinegar (Apple
Cider or White Wine)
1 tsp Lemon Juice
1-2 Tbsp Sugar (or honey)

Blend the dressing well
and mix in the vegetables.

*Add dried cranberries,
walnuts, feta, or whatever
you'd like!*



THANK YOU,

Miss Shanks

AmeriCorps Farm 2 School Specialist

Hayward Community School District

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