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## Gardener: The Edible Schoolyard: A recipe for success

Submitted by SHNS on Mon, 05/17/2010 - 13:14

By JOE LAMP'L, Scripps Howard News Service [gardening](#)

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A pinch of salt, two cups of flour, one large egg yolk, three large whole eggs and two tablespoons of extra-virgin olive oil ...

This simple recipe is the basis for fresh pasta dough -- and much more! At Martin Luther King Jr. Middle School in Berkeley, Calif., the children not only share the experience of creating and eating fresh pasta, they grow and grind the wheat into flour.

The 1-acre organic garden and kitchen classroom is part of the Edible Schoolyard (ESY) program. The middle-school students participate in all aspects of growing, harvesting and preparing nutritious produce. We visited the school this April to film a segment of "Growing a Greener World," my new television series, which debuts this month on public television stations across the country.

The program is an initiative of Alice Waters' Chez Panisse Foundation. The foundation supports educational programs that use food to educate and empower young students. Alice Waters, the famed chef and author, believes that every child has a right to fresh, healthy food. The organization's mission involves school-lunch reform and the Edible Schoolyard program.

The students not only learn organic-gardening practices to grow their own food, they learn how to cook it. For many students, this is the first time they've eaten fresh, organic food.

Most kids don't know where their food comes from, and they don't have an appreciation for nature. With the ESY, what the kids learn in all of their classes directly ties in with what they are growing and harvesting in the garden and cooking in the kitchen. Teachers integrate gardening and culinary experiences into the classroom curriculum.

As teachers garden alongside the students, they build special relationships. The students learn more than they would by just memorizing lessons; they learn valuable skills such as teamwork, patience and working toward a community effort. The garden brings children of different backgrounds and skills together in a comfortable atmosphere.

The teachers tie in history lessons with real-world experience through gardening and cooking. For example, when studying ancient civilizations, the students grow and harvest wheat, and grind it into flour. Ancient civilizations such as the Egyptians, Greeks and Romans depended on wheat and barley as their principal food source. The students not only make their own wheat pasta, but pizza crust, too. Who can resist homemade pasta and pizza cooked in a wood-burning oven?

Most kids think pasta is a dried commodity that comes in a box. But the seventh-graders at King Middle School know better. They create their own fresh pasta dough by hand. The students have fun making various pasta shapes, and then cook them for only 60 seconds, since the dough is fresh. They serve the pasta with olive oil, lemon wedges, chervil, Parmigiano-Reggiano cheese, ground pepper and peas fresh off the vine.

An educational gardening program doesn't have to be as extensive as the Edible Schoolyard to be successful. Any time spent outside growing food is a step in the right direction. All it takes are a few seeds and willingness to put in time with children.

Want to build an edible schoolyard of your own? Many resources are available. To support younger and novice gardeners and the increased interest in



## Murder Mysteries

Despite dramatic improvements in DNA analysis and other breakthroughs in forensic science, police fail to make an arrest in more than one-third of all homicides. National clearance rates for murder and manslaughter have fallen from about 90 percent in the 1960s to below 65 percent in recent years.

[Nearly 185,000 homicides since 1980 remain unsolved](#)

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[Father still thinks of revenge years after son's homicide](#)

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[One in nine Americans knows the victim of an unsolved homicide](#)

[Graphical Database: Murder Mysteries](#)

## Killer Roads

More than 100 people die every day on America's killer roads. The routine act of driving has become the riskiest thing most Americans do. Yet sometimes the deadliest roads seem disarmingly safe -- a small country lane winding gently through rolling hills or a perfectly straight superhighway stretching across a vast desert landscape.

[Counting the dead along America's killer roads](#)

[Fixing America's killer roads](#)

[Being safer on the road](#)

[The 20 most dangerous roads grouped by county](#)

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New study shows dramatic risk of cancer in tanning bed users

By JOSEPHINE MARCOTTY, Minneapolis Star Tribune

Storm: Work out a plan before a hurricane hits

St. Petersburg Times

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children's gardening, Burpee Home Gardens recently released its "I Can Grow Guide" that offers teachers and community leaders ideas on how to cultivate a successful youth-gardening program. Burpee has been reaching out to younger generations in an effort to help them live and eat healthier, and realize the rewards of eating locally grown food.

The guide offers a step-by-step approach to planning a program, designing a garden and planting and maintaining the garden. The guide provides numerous lesson ideas for school gardens in many subject areas.

For home gardeners, Burpee offers its free "Garden Fresh" gardening guide with easy-to-follow instructions on starting and maintaining a vegetable garden. Both of these resources are free to those who register at www.BurpeeHomeGardens.com.

Whether you're a parent, grandparent or anyone who works with children, you can help the younger generation learn about gardening and growing their own food, while making it enjoyable for both of you. Our children need to know where their food comes from and gain a greater appreciation for the earth.

For more information, visit www.edibleschoolyard.org and www.growinggreenerworld.com.

(Joe Lamp'l, host of "GardenSMART" on PBS, is a Master Gardener and author. For more information visit www.joegardener.com. For more stories, visit scrippsnews.com.)

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THE GARDENER WITHIN

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Preview

Fatal accidents involving drinking, speeding according to road type

Editorial: Making America's deadliest roads less deadly

Wild hogs

America's wild hog population is exploding and spreading across the country, more than doubling in size and range in the past 20 years. Two decades ago, somewhere between 500,000 and 2 million wild pigs roamed the United States in 17 states. Now the population numbers between 2 million and 6 million in 44 states. Aided by hunters, destructive wild pigs spreading

Quick labs

As Americans struggle to take charge of their health care -- and hold down their medical costs -- a growing number are bypassing the doctor and going right to the source for diagnostic tests. Consumers get medical test results straight from labs

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1 Rule of a flat stomach:



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