

Santa Fe Indian School Farm To School Program

*There are no mistakes in gardening, only
experiments*



FARM TO SCHOOL STAFF

- Maria Brock, Student Wellness Director
- Carmella Quam, Student Wellness Program Planner
- Kevin Beltran, Farm to School Coordinator
- Jennifer Hill, FoodCorps Service Member



OUR VISION

The vision of the SFIS Farm to School program is to build outdoor experiential learning spaces that are rooted in the agricultural practices of Pueblo and Southwestern tribal peoples, to increase food sovereignty and self-sufficiency of our school community and to increase local food production and procurement for our school use.



Fall 2020

Partnership between SFIS and NM FoodCorps

NM FoodCorps areas of focus are to provide Hands on Learning, Healthy School Meals, promote a Schoolwide Culture of Health and Assist with Garden Projects

Winter/Spring 2021

SFIS Middle School Garden Projects

“It Takes a Community”

- To build the garden beds
- To prep and fill the garden beds
- Student Wellness Staff, Food Services, Facilities, FoodCorps



MAY 2021

PLANTING DAY

Garden bed planting of tomatoes, zucchini, chard, beets, turnips starts, carrots, herbs, pickle cucumbers, eggplant seeds into the garden beds



Indigenous Garden planting of, Hopi Blue Corn, Acoma Beans, Zuni Gold Beans, Sandia Chili, Melons, Sun flowers and Amaranth



SFIS staff provide some hands on instruction and cultural learning during this activity. A Counseling Center staff shared a short presentation about Gardening and Mental Wellness.



JULY – SEPTEMBER 2021

To plant a garden is to believe in tomorrow



COLLABORATIONS

MIDDLE SCHOOL FALL 2021

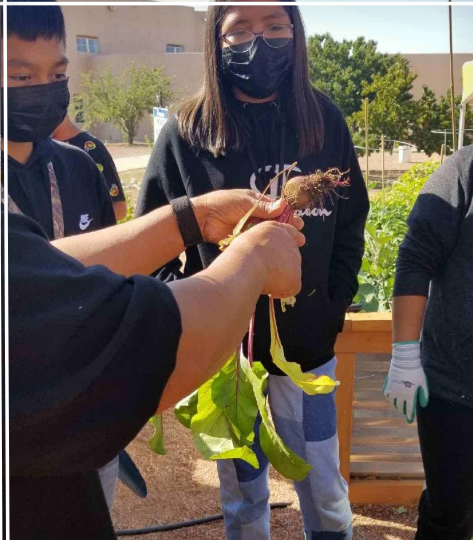
- **Introduction to the Garden** - Carmella Quam provided a presentation about how the gardens were brought to life during the pandemic closure. The students toured the raised beds and native garden and learned about the many nutritious and native plants growing. Later they were able to help harvest the corn and beans.
- **Garden Signs** - 7th and 8th Grade Students created signs and also painted rocks with pictures of corn, beans, chilis, sunflowers and melons for our raised beds and native plant garden.
- **Scarecrows** - The students were able to build our very own set of scarecrows on frames which were built for us by the Facilities department. The Scarecrows were named Toni George and Toni Georgette.
- **Student Living Traditional cooking classes**, to utilize crops grown here on campus.
- **Seed Saving for Middle School Seed Library** - During the later part of harvest time students learned how to save seeds for their own seed library. First they learned how to save tomato seeds and then packets of Acoma, Zuni Gold Beans, Hopi Blue Corn and Striped and Black Sunflower seeds.





FARM TO SCHOOL GARDEN ACTIVITIES

Daily care taking of gardens,
watering, harvesting and washing
for use in school cafeteria.





COLLABORATIONS

HIGH SCHOOL PROJECTS Fall 2021

- **Green Team** – Student ecology group proposed to restart the composting project in the cafeteria
- **PASS** - Each week PASS students get to participate in a lesson about Mealtime Traditions, The Secrets of Food Advertising and Where does your Food Come From?
- **Language Classes** in class activities to create signage in and around the garden in a variety of tribal languages
- **Student Living Traditional cooking classes**, to utilize crops grown here on campus
- **Science Agricultural classes** to map and determine watersheds around campus

Farm to School-Action Planning Fall 2021

- Convened 2 SFIS Stakeholder meetings
- Convened 1:1 meetings with key stakeholders: Superintendent, HS Principal, MS Principal, Food Services Coordinator, Student Living Directors, Science/Agriculture Instructors, Facilities Coordinator
- “Gather” film (approx 450 students participated grades 7-10) collaboration with Health & Wellness program. 11th and 12th graders will view Spring 2022
- Student surveys

UPCOMING EVENTS SPRING 2022

- preparing MS Garden expansion prepped for planting
- Food Sovereignty Talking Series for school community
- HS Science/Ag classes regarding watershed/water catchment plans
- Continue working with Food Services to increase local procurement

Student Survey

Farm-to-School Program: "Gather" screening

* Required

1. Grade *

2. Are you a Farmer? *

3. Do you know any Farmers in your family or community? If yes, please list below. *

4. Define "local grown produce" *

5. Define Food Sovereignty *

6. How can SFIS promote Food Sovereignty? *

7. What are some problems with the current food system? *

8. How can we improve healthy locally grown food production? *

9. Does climate change affect food production? *

This content is neither created nor endorsed by Google.

Google Forms

GARDENING/AGRICULTURE & HOLISTIC WELLNESS

- **Trauma Informed Programs**-focus on the body and regulating the nervous system (*6 components: sleep hygiene, high quality nutrition, regular exercise, mindfulness, positive supportive relationships, therapy)
- **Nutrition**-whole foods, traditional foods, local foods, fresh foods (unprocessed/minimally processed)
- **Mental Health**-take your foot off the accelerator, preventive intervention
- **Identity**-”who am I in relation to Nature” (relationship based practices), cultural teachings
- **Social Wellness**-group enjoyment/collective effort as a remedy for COVID isolation
- **Physical Activity**-sweat equity!, discharge anxiety/improve mood
- **Generational Healing**-culturally relevant, deep teachings

*The Deepest Well-Healing the Long-Term Effects of Childhood Trauma and Adversity (Nadine Burke Harris, MD-2018)

EXPANSION OF MIDDLE SCHOOL GARDEN SPRING 2022

- Enhance Middle School agricultural education programming
- Increase collaboration between different departments
- Located across the road directly north of the MS Academic building, and measuring 130 x 60 square feet
- Field prepared for planting in the Spring of 2022 (corn, chile, squash, beans)



Experiential Learning Spaces

- Middle School Garden
 - Coyote fencing around expansion area
 - Outdoor sitting and classroom area
 - Shade structures for space

Future Projects

- Large Scale Composting
- To scale traditional Pueblo farming fields
- Small animal husbandry
- Demonstration projects of several techniques
 - Hydroponics
 - Traditional farming techniques
 - Native plants/herbs garden
- Water catchment systems
- Farming internship program





THANK YOU!



Maria Brock, LCSW

Student Wellness Director

mbrock@sfis.k12.nm.us

505-908-1315



Carmella Quam

Student Wellness Program Planner

cquam@sfis.k12.nm.us

505-660-1662



Kevin Beltran

Food To School Coordinator

KLBeltran@sfis.k12.nm.us

505- 231-2230

