

## IT'S SO EASY BEING GREEN!

Many of the great greens featured at the school cafeteria salad bar last semester were grown, harvested and prepared by Poppy Dalton, Tasha Wilson, Samantha Eg, Kelsey Knudson, and Cassie Sheldon, members of the Agriculture/Ecological Food Production class.

These students gathered at the S&S Homestead, the farm of Henning Sehmsdorf and Elizabeth Simpson, every Monday afternoon. There, under Sehmsdorf's tutelage, they prepared garden beds, seeded, transplanted, and cared for root crops and greens that they harvested for the school cafeteria. On their own time, they prepared the vegetables for the salad bar. Students and staff loved the produce. "At the end of lunch," Tasha said, "That salad bar is *empty*."

Students also learned about composting, water recycling, animal husbandry, soil composition, pest management, and how farming can be done sustainably, without importing fertility or applying chemicals.

On Thursdays, students gathered at school to discuss nutrition, read articles, watch videos, and write a report that will soon be released to newspapers and Web sites. During the final class evaluation, all requested more time on the farm. So this semester, every other Thursday is a "farm afternoon," where Simpson guides students in preserving foods using a process called lacto-fermentation, wherein enzymes, vitamins and minerals are enhanced. Last week, for example, they prepared gingered carrots, and learned to make butter. During the semester, they will preserve meats, fish, vegetables and fruits that will be featured at a farm workshop in May.

Students will also have the opportunity to attend a youth summit sponsored by NOF (Navigating Our Future) in which they will report on their projects and exchange ideas with students from other islands.

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