



NH Farm to School Case Studies

Alton Central School
Alton, NH

Summer School Garden project

Started by teacher Liz Lichtenberg, the raised bed vegetable garden was installed just this summer. All materials including manure and loam were donated by local businesses. Using their math skills, the students in the summer school program designed the diagrams for the raised beds and developed purchase orders for the manure and loam. Donations from local greenhouses filled the four beds with tomatoes, zucchini, cabbage, radishes, lettuce, beets, eggplant, carrots, peppers and mint. The biggest joy has been the carrots.

When the students were told that they could harvest them after it had snowed, their reaction was “cool”!

Because of the garden summer school attendance is up. One student said, “I am no longer embarrassed to be in the summer school program.” The garden inspired another student to start her own garden. As part of the program, the students were asked to write letters to the superintendent to ask that the garden always be a part of the summer program. In the fall students volunteer their time to help maintain the garden. The continued success of this garden

is thanks to the kids and their enthusiasm. Next year Liz would like to expand the garden and ultimately have a greenhouse so more food can be grown for the school and also provide fresh vegetables for the local food pantry.

John Shaffer, the school’s food service director, is also excited about the garden. He has seen a change in eating habits over the years by students that includes eating more fruits and vegetables. The crop of carrots that were picked were steamed by the kitchen staff and served as part of the lunch on the following day.

NH Farm to School (NHFTS) is a statewide program working to connect NH farms and schools. Farm to school connections enable schools to serve healthy, locally grown foods in their cafeterias, integrate farms, food, and nutrition into their curriculum, and explore food and agriculture-based learning opportunities. NHFTS is a program of the University of New Hampshire's Sustainability Academy, and is grateful for the generous support of Share Our Strength and the New Hampshire Charitable Foundation.



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