



NH Farm to School Case Studies

Exeter High School Garden
Exeter, NH

Citizens for Community Wellness install raised garden beds

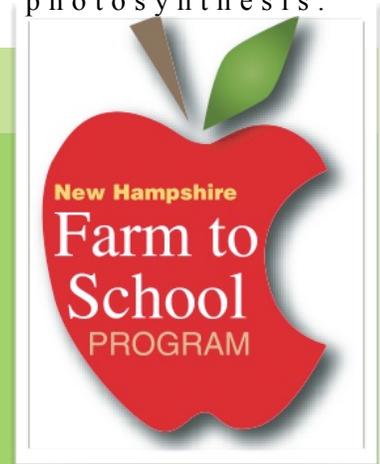
The garden at Exeter High School is a project of the **Citizens for Community Wellness**, a group formed in the fall of 2010, whose mission is to create healthier communities by promoting local foods and healthy eating in the schools. Students, teachers, the food service director, farmers and parents are all members of the group. Discussion about developing the garden began in January of 2010. One of the first steps was to get

permission to build a garden on the school grounds. The location was chosen for its access to an exterior water source, where it would receive plenty of sun and is convenient for classrooms. A Master Gardener was consulted on construction of the beds and how it should be filled using compost, soil and mulch. Donations of materials were sought from community businesses to supply lumber and soil. Compost was provided by one of the volunteers.

On a sunny Saturday morning in May, volunteers were asked to help construct and fill the beds. The 4 x 8 beds were

measured and marked with landscape spray paint. The grass was turned over but not removed from the area. A volunteer teacher constructed the bed frames which were placed on the turned earth. The beds were filled with the donated soil and compost. Seeds and seedling will then be planted on Senior Volunteer Day by students. The food service director has suggested that kale, lettuce, carrots, swiss chard and herbs be planted. Volunteers will weed and water over the summer. The science teachers are planning to utilize the gardens as practical applications to subjects they already teach such as soil health and photosynthesis.

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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