



NH Farm to School Case Studies

Goshen-Lempster School Garden
Lempster, NH

Teacher uses garden to teach math and science

The school garden at the Goshen-Lempster School was established in 2005 by teacher Sue Unsworth. She received a grant through the Walker Fund, part of the New Hampshire Charitable Foundation, to get started. As a 4th grade science and math teacher, she sees the garden as a place to conduct experiments, such as using different kinds of mulch to see what works best or measuring how much sun different parts of the garden get and what effect that has on the plants. Plenty of math can be found

in the garden, including measuring and determining area for square foot gardening. Other areas she teaches about are weather, insects, temperature and NH agriculture history. She sees value in experiments done over time because nature has its own patterns and time frame.

During the summer, families and community volunteers help water, weed and harvest. A mailbox holds a log book to inform volunteers what needs to be done and what has been done and by whom. Kids who help out are rewarded with a treat.

Harvest Festival and Family Garden Night

are held each year. The Harvest Festival takes place in the fall in the classroom. Some of the bounty from the garden is served. This year Indian corn will be distributed to families to use for decoration but can also be popped. The Family Garden Night occurs in June and is a night for students to show Mom and Dad their garden experiments, give a garden tour, watch a slide show and eat ice cream! Mrs. Unsworth believes when students use their hands and body to learn, it remains in their muscle memory. nature has its own patterns and time frames.

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.

