



NH Farm to School Case Studies

John Stark Regional High School Weare, NH

The John Stark Regional High School's General's Garden has been an ongoing project for the past three years. As a result of a grant received two years ago, artist Gordon Carlisle was commissioned to work with students to construct a mural. The mural is located outside JSRHS by the teacher parking lot, behind the garden. The idea behind the mural stemmed from the book, *Seedfolk* by Paul Fleischman. The book centers on different characters and their relationships set within a community garden. Each character has their own perception of the garden and the other characters that are present but in the end, the garden ends up bringing the community together.

Each ninth grader started the year reading this short novel. The mural focuses on the John Stark community and all of the characteristics that go into our school. The mural design and implementation focuses on the John Stark core values of working together and coming to understand one another.

The mural spells out the word community, with each letter representing a piece of the John Stark community. The General's Garden was also influenced by the *Seedfolk* book. The garden has been planted by students for the past three consecutive years. The garden features vegetables and herbs which are used on the John Stark salad bar, such as tomatoes and

There are also herbs planted by request of the science department for essential oil extraction labs. We have been visited by local master gardener, who worked with students to create viable plantings.

This year Weare, New Hampshire will celebrate its 250th anniversary. John Stark Regional High School will be participating with many activities at an event this summer. In celebration, the General's Garden will be planted using heirloom varieties from the New England area that would have been used 250 years ago. Any produce that grows during the summer will be gathered by student and staff volunteers and dropped off at the local food pantry.

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.

