



2018 Healthy Living Conference - City of Hope

Eco Urban Gardens at Arroyo High School Garden

Farm to Table Wellness & Nutrition Education

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Our Mission is to improve the health and wellbeing of all by bringing farms and gardens to your door. At EUG we feel every child can learn to grow their own organic food and prepare a wholesome meal.

We offer two programs, Farm to School and Farm to Table. One for Students and one for Homeowners, both for Community.

Two Strategies

Kitchen:

- 160 culinary students in the garden twice a month creating healthy recipes from produce they harvest.
- Experimented with vegan, gluten free and vegetarian cooking

Garden:

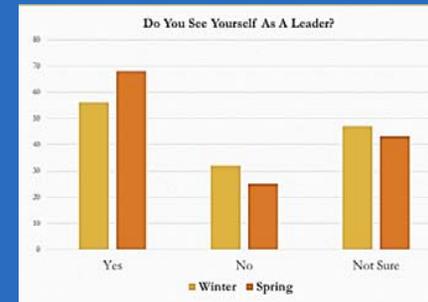
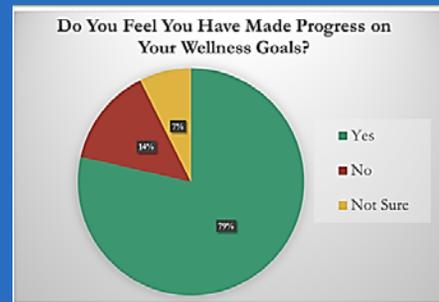
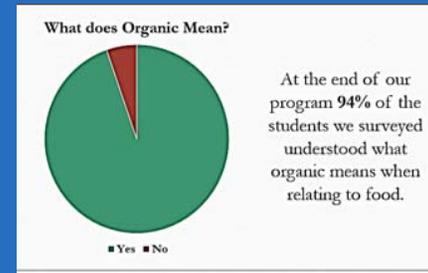
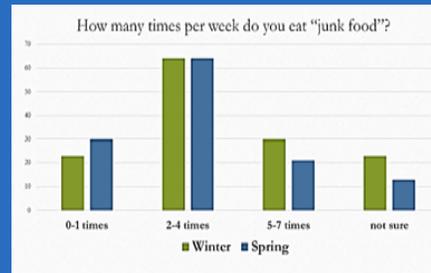
- Students learned how to seed, cultivate, harvest, compost the farm using organic sustainable methods.
- Students regularly taste new vegetables directly from the ground.

= Health & Wellbeing

Fun Facts:

- Students planted white sage to remember recently lost loved ones. Gardening can be physically, and emotionally therapeutic.
- Students built a hügelkultur garden bed to demonstrate water harvesting in drought prone areas.
- Students witness increase in wildlife in the garden as they created a healthier ecosystem through organic permaculture gardening.
- Volunteers from all over the surrounding communities began to participate in monthly weekend workshops.

Students were given **two surveys**, one in winter and one in fall. All questions concerned health, wellness and nutrition. Here are the outcomes for just a few of the questions:



Student Created Recipes:

- Sun dried tomato and kale flatbread
- Vegan and gluten free pumpkin muffins
- Vegan pumpkin bars
- Gnocchi with tomato and basil pomodoro
- Carrot cake with yogurt and lemon icing
- Sweet potato pie
- Roasted root and arugula vegetable pizza
- Vegan and gluten free mud pies
- Ponche with herbs
- Potato leek soup
- Carrot and kohlrabi soup with noodles
- Kale and butter lettuce salad with Chioggia beets

Reflections & Conclusions:

- Because of our **commitment to being present** in the community the program thrived. Our success was manifested through regular commitment of teachers, students and volunteers.
- This program shows us that a collaboration between a kitchen and a garden can exist and can influence student's health trajectory.
- By the end of the program we had gained full support and trust of school staff and administrators.
- We observed that students enjoyed both gardening and cooking in the kitchen. Students showed their enthusiasm by creating recipes at home which they shared with their families.
- Students shared their recipes by bringing them to the garden. They also brought healthy snacks to workshops to share with their peers. (some examples of this are; lara bars, ponche, vegan brownie, roasted sweet potato & garlic).

