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Why Teach About Farms and Food?

Is there anyone who doesn’t like to talk about food? It’s a high-interest topic that generates strong opinions — from the kindergartner who hates peas to the newly minted teenaged vegetarian — so why not take advantage of it?

But personal interest is really just the beginning. Here at Teaching the Hudson Valley we like the topic “farms and food” because it so readily lends itself to place-based teaching. It’s a compelling starting point for exploring a wide range of issues and subject areas – past and present. Inextricably linked to Hudson Valley culture, history, and development, while also embracing economics, science, and the environment, the topic is ideal for interdisciplinary learning.

Farms and food relate to contemporary concerns about which students receive implicit messages almost every day: school cafeteria menus, soft drink taxes, and open space preservation, for instance. Yet students seldom have a chance to talk through or understand these issues in context. Real-life issues provide students with much needed opportunities to practice critical thinking, ask questions, and learn to be active, informed consumers, decision makers, and community members. In addition, such inquiry can reveal hidden elements of society and the environment that are essential to the quality of the students’ lives. Here are three current examples:

**The economy.** At a time when every dollar counts, New York farming and agricultural support industries generate some $30 billion a year, and these jobs have a multiplier effect*. In addition, according to the American Farmland Trust and the Dutchess Land Conservancy, farms return a significant proportion of the revenues they generate to local economies. (Economics, civics, government)

**Land, water, and the environment** are issues many Hudson Valley communities are grappling with. As today’s students grow to adulthood, resource stewardship will only become more pressing. About a quarter of New York’s land is currently in agriculture, and well-managed farmland may provide ecosystem services such as storm water retention, filtration of surface water, and replenishment of ground water. (Earth and environmental sciences, civics, and government)

**Health and wellness.** Growing rates of childhood diabetes, obesity, and eating disorders suggest that students need to know more about nutrition, food advertising and promotion, and the biological and ecological processes of both industrial and local farming. (Biology, family and consumer sciences, health.)

While this guide cannot be comprehensive, we hope to offer some place-based starting points – farms, historic sites, and museums – along with a sampling of media and organizational resources. We look forward to adding to this guide based on your experience and suggestions. And, if we can help as you and your students explore farms and food, please let us know.

Sincerely yours,

Debi Duke and Hadley Galbraith
April 2011

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Planning your visit

Teachers in THV’s network say the following tips work with every age group and any kind of site, and will help you and your students make the most of your trip. Many also recommend KWL charts or similar graphic organizers for keeping track of information.

Before

- Be sure teachers and site staff or volunteers share the same goals and ideas about what will happen.
- Introduce the site and any planned activities to students using photos, resources from the place’s website, and fiction, non-fiction, and poetry.
- Ask students to draw and/or write what they know about the place and/or what they think it will be like. (This is the “know” in a KWL.) You can also make a classroom list or chart.
- Make a list of questions to ask or topics you want to know more about. (The “want to know” in a KWL.) Older students may make their own lists, but you can also make a classroom chart or list.

During

- Bring supplies so students can jot down observations, take photographs and/or videos, or make sketches for use as prompts and to facilitate discussion upon your return. No cameras at your school? E-mail info@TeachingtheHudsonValley.org to arrange to borrow Flip Video cameras.
- Be sure you get answers or additional information about at least some items on your lists. (This becomes the “learned” in a KWL.)

After

- Discuss students’ pre- and post-visit ideas and impressions. Be sure to compare pre-visit writing and drawing with observations collected during the visit and/or have students complete the “learned” column in their KWL.

What about math?

Farming is full of numbers — acreage, livestock numbers and weights, crop yields, field dimensions, and more — that can be used to create simple to complex story problems, tables, comparisons, and more. For real data, the U.S. Dept. of Agriculture has printable two-page county profiles at www.agcensus.usda.gov/Publications/2007/Online_Highlights/County_Profiles/New_York/index.asp.

Historical/big picture questions

like these can be adapted for every age and help develop critical thinking skills.

- Why did people start farming?
- What has the place visited been used for besides farming?
- Why are/were animals important to farmers?
- In what ways has technology made farming easier and/or more efficient?
- How have technological changes affected the environment?
- What are the differences between large-scale farms and smaller, family-owned farms?
- What are some reasons the number of farms is falling?
Farms

Visiting a farm can get students up close to the people, soils, animals, and processes needed to grow their food. More and more farms are willing to share their operations and expertise, as well as their passion for food and agriculture, to help young people understand where their meals come from.

All farms listed here welcome school groups. Those that provide teacher education programs are indicated with a T. Farms offering summer programs for children are marked with an S. Some farms will send staff to visit you; these are indicated by a V. Check individual farm websites for details about weekend activities and special events. Information is accurate as of fall 2010.

To find additional farms, check local newspapers or farmers’ markets and talk to your neighbors. Don’t be shy about contacting a farm near your school even if it’s not listed here — some farmers welcome their neighbors even though they aren’t prepared to invite the general public to stop by. Additional leads, can be found in the directories listed on page 11.
Albany County

Indian Ladder Farms, Altamont — apples, other produce, herbs, and scenic nature trails. Pre-K-12 field trips can include baby animals (spring), orchards (fall), or beehives (year-round) and emphasize history, ecology, economics, or other subjects as needed. $5/person. Cecelia Soloviev, info@indianladderfarms.com, 518-765-2956, www.indianladderfarms.com

Columbia County

Blackberry Hill Farm, Hudson — organic, family-owned, raising animals and herbs and making maple sugar. The Llama Garden, a program designed to educate children about fiber-producing animals, includes learning about animal husbandry, storytelling, a wool craft, and refreshments. 2 hours. $10/person. Blackberryhillfarm@gmail.com, 518-851-7661, http://blackberryhillfarm.org

Hawthorne Valley Farm, Ghent — biodynamic, vegetables, dairy cows, and pigs. Choose from a wide range of programs for pre-K-grade 12. All include a farm tour and activities. Staff will also work with you to create a custom-tailored experience or bring the farm experience to your class. Prices vary, $10/student is typical; some scholarships available. Rachel Schneider, Rachel@hawthornevalleyfarm.org, 518-672-7500, http://hawthornevalleyfarm.org

Sylvia Center at Katchkie Farm, Kinderhook — not-for-profit education center on an organic farm. Day at the Farm (1.5 to 3 hours) explores farm operations and includes cooking. Also: Fresh Food Comes from the Farm (grades 1-12); See, Touch, & Taste (pre-K/K), Seed-to-Plate (seasonal, middle school), and Veggie of the Month (traveling lesson, Nov.-May). Prices vary. Karyn.Novakowski@sylviacenter.org, 518-758-2170, http://sylviacenter.org

Dutchess County

Common Ground Farm, Wappingers Falls — a range of vegetables, greenhouses, field crops, and a children’s garden. One-hour preschool programs. Elementary Education on the Farm for K-6 covers plants, insects, invertebrates, and gardening. A program called Pioneer Living is based on Laura Ingalls Wilder’s Little House books. Program costs vary. Jen Clapp, education@commongroundfarm.org, 845-231-4424, http://commongroundfarm.org

Fishkill Farms, Hopewell Junction — historic orchard and vegetable farm with chickens and sheep. Pre-K-12. Students pick seasonal fruit and take a hayride learning about cultivation and how the farm is run. Programs can be adapted to your interests and needs. $3-$10/person. Hannah Geller, info@fishkillfarms.com, 845-897-4377, http://fishkillfarms.com

Fresh Air Farm, Fishkill — organic animal and vegetable farm at Sharpe Reservation. Mid-May to mid-June, September, and October. Classes visit animals and harvest food to make snacks, learning about food choices, human health, and the environment. Programs include Farm Hike, Worm Ecology, and Outdoor Café (wild edibles). $15/person, half-day. Tim Stanley, tstanley@freshair.org, 845-896-5910, www.sharpereservation.org

McEnroe Organic Farm, Millerton — compost, greenhouses, nursery, field crops, produce, and livestock. Programs raise awareness of the environment and the value of organic agriculture. Staff members use hands-on activities to connect food, health, and ecology for groups of all ages and abilities. $5-$25/person depending on activity and/or meals. Scholarships available. Education@mcenroefarm.com, 518-789-0319, www.mcenroorganicfarm.com
Poughkeepsie Farm Project, Poughkeepsie — organic and urban with vegetables, herbs, and a seed-saving garden and seed bank. K-12 visits can include picking and tasting vegetables, seed-saving, and cooking. Adult tours may cover organic farming, community supported agriculture, food security, seed saving, or engaging youth. $5/student per hour, adults, $50/group. Jamie Levato, 845-475-2734, Jamie@farmproject.org, http://farmproject.org

Sprout Creek Farm, Poughkeepsie — dairy farm, creamery, and education center. Programs are adapted to meet the objectives of each group and may feature animal husbandry, organic gardening, environmental education, cheese making, and homesteading. $280/1.5 hours, $450/4-5 hours. Most appropriate for elementary grades. Georgie Blaeser, myyopin@aol.com or education@sproutcreekfarm.org, 845-485-8438, www.sproutcreekfarm.org.

Stony Kill Farm Environmental Education Center, Wappingers Falls — a working farm with livestock, greenhouse, shop, and barn. To arrange a guided program, contact Stony Kill Foundation, foundation@stonykill.org, 845-831-1617, www.stonykill.org. $1/student; no charge for teachers or adult chaperones. For information on free, self-guided visits to the grounds contact 845-831-8780, Skfarm@gw.dec.state.ny.us, www.dec.ny.gov/education/1833.html.

Orange County

Hodgson’s Farm, Walden — originally chicken farmers, the family has added vegetables, flowers, trees, shrubs, and more. Farm tours, occasional seminars, and other events. 90-minute presentations and tours available one month per year, $8/student. Info@hodgsonfarm.com, 845-778-1432, www.hodgsonfarm.com

Lawrence Farms Orchards, Newburgh — with a wide range of fruits and berries, seasonal vegetables, and evergreen trees, the farm offers “picking packages” for schools groups: apples or apples and pumpkins in the fall and strawberies in June. Students may also have a wagon ride, wander through a hay bale maze, or participate in a craft project. $10-11/student. JLaw614@aol.com, 845-564-6670, www.lawrencefarmsorchards.com

Putnam County

Glynwood Farm, Cold Spring — livestock and vegetables. Tours emphasize sustainable farming and raising animals humanely. Children will see vegetable gardens and farm animals. Groups of up to 20 children are welcome; through 8th grade, one adult needed for every three children. $25-100/group. Isabel Lopatin, Ilopatin@glynwood.org, 845-265-3338, www.glynwood.org

Hudson Valley Maple Farm, Cold Spring — Taconic Outdoor Education Center, Fahnestock State Park. In February and March school groups learn about the history of maple sugaring, collect sap, and make syrup. $8/person; $14 with pancake lunch. Paul.Kuznia@oprhp.state.ny.us, 845-265-3773, www.nysparks.state.ny.us/environment/naturecenters/3/details.aspx

Rensselaer County

Goold Orchards Inc., Castleton — historic apple orchard and certified kosher cider mill. All ages, September and October. Educational programs are adapted to age and needs stressing how apples go from orchard to market. Includes apple picking and snack. $5-$9/person. Karen Gardy, Karen@goold.com, 518-732-7317, www.goold.com

Soul Fire Farm, East Grafton — organic and family-run with produce, eggs, and meat. Opportunities include tours, cooking, literacy activities related to the food system, farm work, animal care, and wilderness games. Soulfirefarm@gmail.com, 518-610-0008, www.soulfirefarm.com
The Farm at Kristy’s Barn, Schodack — family-run market and farm with fruits, vegetables, and flowers. Pre-K-12 programs are jointly designed by the teacher and the Johnson family. Kris Johnson, KMJApple@nycap.rr.com, 518-477-6250, www.kristysbarn.com

Rockland County

Dr. Davies Farm, Congers — family-run since 1891, currently raising apples and pumpkins. Trailer rides and picking. 845-268-7020, www.drdalessfarms.com


Orchards of Concklin, Pomona — family-owned and operated since 1712, currently raising apples, flowers, and pumpkins. Pick-your-own, occasional events, and more. Concklins@aol.com, 845-354-0369, www.theorchardsofconcklin.com

Saratoga County

Bowman’s Orchard, Rexford — 46 varieties of apples, berries, pumpkins, peaches, pears, and more. Tours may include orchards, packing-house and storage facilities, feed and pet farm animals, trolley ride, and refreshments. $5-9/person for groups of 10 or more. BowmanApples@yahoo.com, 518-371-2042, www.Bowmansorchard.com

General Bailey Homestead Farm, Greenfield Center — built in 1798 by a Revolutionary War staff officer who helped form the NY National Guard, the farm now raises sheep for wool. Programs and spinning demonstrations offered for a nominal fee. Kathy-GBH@msn.com, 518-893-2-015, www.generalbaileyfarm.com

Lady Lilac Farm, Galway — the county’s first dairy goat farm began as a 4-H project. Tours and off-site presentations are available. Jennifer.Flinton@ladylilacfarm.com or Ryan.Flinton@ladylilacfarm.com, 518-882-1401, www.ladylilacFarm.com

Riverview Orchards, Rexford — this family-run apple farm is nearly 100 years old. Tours may include cold room, apple sorting demonstration, beehives, honey house, hayride, pumpkin patch, and the donut robot. Estimated cost: $7.50/student. 518-371-2174, www.RiverviewOrchards.com

Schuyler Farms, Ballston Spa — former dairy farm now operating as a family fun and garden center. Greenhouses, nursery and Christmas tree farm plus corn maze, petting zoo, hayrides, pick-your-own, and more. Kenny@schuylerfarms.com, 518-695-5308, http://schuylerfarms.com

Ulster County

Ashokan Center, Olivebridge — outdoor education center amid forests, streams, ponds, and hiking trails. In late winter students learn about tree identification, photosynthesis, and physiology through maple-sugaring activities. In fall they can explore the history and process of apple production, make their own cider and do a cooking project. Prices start at $150/group of 10-15. 845-657-8333, www.ashokancenter.org

DuBois Farms, Highland — 54-acres operated by first-generation farmers. Fruit, tomatoes, pumpkins, farm animals, and more. Visits may include wagon rides, apple picking, corn maze, animals, etc. $9/student or $11 to add pumpkin picking. Requires one adult for every five children. 845-795-4037, www.duboisfarms.com
Hurd’s Family Farm, Modena — specializes in apples, pumpkins, and Christmas trees. Visits for pre-k through grade 6 weave in NYS learning standards and may include hayrides, farm-related games, agricultural history, animals, picking apples and/or pumpkins, and eco-trails with woods, ponds, and wetlands. $8/student. 845-883-7825, www.hurdsfamilyfarm.com

Kelder’s Farm, Kerhonkson — family-owned since 1836 featuring produce, greenhouse, dairy cows, and more. The educational program, developed by a NYS certified teacher, involves students in picking produce, seasonal mazes, barnyard petting zoo, educational mini golf, greenhouse visit, milking a cow, and hayrides. Students take home produce. Schools welcome April thru October. Info@kelderfarm.com, 845-626-7137, www.kelderfarm.com

Phillies Bridge Farm Project, New Paltz — historic farm with organic vegetables and fruits, animals, nature trail, and children’s garden. Programs are adapted to grade and interests, in fall or spring. Topics include science, history, arts and crafts, and food, cooking, and nutrition. Staff will help with school gardens/greenhouses. $7-10/child; some scholarships available. Amie Baracks, 845-256-9108, amie@philliesbridge.org, www.philliesbridge.org

Prospect Hill Orchards, Milton — sustainably operated, family-run fruit farm. Standard school program includes hayride, seasonal story with hands-on activity, apple and/or pumpkin picking. Special themed programs such as Johnny Appleseed, Cider Pressing, Apple Arts, and Orchard Ecology—may be added. Judy Clarke, 845-795-2383, info@prospecthillorchards.com, www.prospecthillorchards.com

Land Trusts

Land trusts in the Hudson Valley are actively preserving open space, including farmland. Many offer free resources — reports, educational programs, and lessons, expertise and connections — that may be useful for teaching about farms and food. Find a land trust in your community and ask about their work and what they might share with your students.

- Agriculture Stewardship Association, includes Rensselaer County, www.agstewardship.org
- Columbia Land Conservancy, www.clctrust.org
- Dutchess Land Conservancy, www.dutchessland.org
- Esopus Creek Land Conservancy, Ulster County, www.esopuscreekconservancy.org
- Greene Land Trust, www.greenelandtrust.org
- Hudson Highlands Land Trust, parts of Dutchess, Orange, Putnam, & Westchester counties, www.hhlt.org
- Mohawk Hudson Land Conservancy, Albany County, www.mohawkhudson.org
- Open Space Institute, works throughout the Valley, www.osiny.org
- Orange County Land Trust, www.orangecountylandtrust.org
- Putnam County Land Trust, www pclt.net
- Rensselaer Land Trust, Rensselaer County, www.rentrust.org
- Scenic Hudson, works throughout the Valley, www.scenichudson.org
- Wallkill Valley Land Trust, southern Ulster County, www.wallkillvalleylt.org
- Westchester Land Trust, www.westchesterlandtrust.org
- Winnakee Land Trust, northern Dutchess County, www.winnakeeland.org

For more information — American Farmland Trust, www.farmland.org, or Land Trust Alliance, www.landtrustalliance.org
Rusty Plough Farm, Ellenville — family-run organic farm growing fruits, vegetables, herbs, and flowers. They also raise chickens for eggs and have beehives. Rustyplough@earthlink.net, 845-647-6911, www.localharvest.org/farms/m16194

Saunderskill Farms, Accord — continuously farmed since 1680 now growing flowers, strawberries, pumpkins, and more. Seasonal activities include gardening classes, pick-your-own, hayrides, corn maze, and a tractor pull. Info@saunderskill.com, 845-626-2676, www.saundersskill.com

Stone Ridge Orchard — farmed for nearly 200 years now growing a range of sustainable fruits and vegetables. School groups are welcome to choose from several opportunities soon to be detailed on the farm’s website. Anne Diaz-Matos, StoneRidgeCSA@gmail.com, 845-266-3979, http://stoneridgeorchard.com/theorchard.htm

Sugar Brook Maple Farm, Kerhonkson — welcomes school groups to discover the art of making maple syrup. They also raise Christmas trees. Sugarbrookmaple@aol.com, 845-626-3466

Westchester County

Groundwork Science Barge, Yonkers — urban hydroponic farm and environmental ed. center. Programs for grades 3-12 and professional development focus on food and nutrition, agriculture, and renewable energy; 1-hour tours and pre- and post-visit activities are also available. In-school programs and help with school gardens available. $125-$400/group of 10-35; some scholarships available. Gwen Hill, gwen@groundworkhv.org, 914-375-2151, www.groundworkhv.org

Hilltop Hanover Farm, Yorktown — county-owned and operated farm and environmental education center. Work alongside farmers, hike, and/or tour the farm. Typical program is 4 hours @ $5/person. 914-962-2368, www.hilltophanoverfarm.org

Also providing programs at this site: Something Good in the World (914-217-9249, somethinggooditw@aol.com, www.somethinggoodintheworld.org), Cornell Cooperative Extension - Westchester (www.cce.cornell.edu/westchester), and the Watershed Agricultural Council (www.nycwatershed.org).

Muscoot Farm, Katonah — historic dairy farm now raising vegetables and animals; also, farm museum and trails. Programs for pre-K-grade 8 educate about the outdoors, contemporary farming, and the historic relationship between New York City and Westchester County farms. Pre-K-2: Wed., Thurs., and Fri.; grades 3-8, Mon. and Tues. Traveling trunks are also available. $75-$150/group. info@muscootfarm.org, 914-864-7282, http://muscootfarm.org

Snowhill Organic Farm, North Salem — raises beef cattle, sheep, bees, fruit, other produce, and hay. The farmers compost and harvest firewood sustainably. “Food For Thought” introduces students to issues related to food, nutrition, and organic farming practices. Spring tours are available for elementary school children and not-for-profit organizations. Info@snowhillorganicfarm.com, 914-669-0999, http://snowhillorganicfarm.com

Stone Barns Center for Food and Agriculture, Pocantico Hills — non-profit growing fruit, vegetables, animals, and bees; also features a sophisticated composting system. Pre-K-college visits emphasize hands-on activities and community-based farming. Special sessions for teachers and help with follow-up lessons are also offered. $200-$400/group; some assistance available. Judy Fink, judyf@stonebarnscenter.org, 914-366-6200, ext. 113, www.stonebarnscenter.org
Stuart's Farm, Granite Springs — in production since 1828; current crops include apples and pumpkins. School tours in September and October include barn, cider mill, cold storage, and picking. 914-245-2784, www.StuartsFarm.com

Teatown Lake Reservation, Ossining — nature preserve and non-profit environmental education center teaching ecology and promoting nature-friendly living. Programs for pre-K-grade 12 feature hands-on, inquiry based programs like Egg to Chick, Maple Sugaring, and Composting with Worms. $7-15/child; some scholarships available. Phyllis Bock, pbock@teatown.org, 914-762-2912, ext. 135, www.teatown.org

Ward Pound Ridge Reservation, Cross River — former farm community now the county’s largest public park featuring old farm foundations, open fields, and varied natural surroundings. In later winter, maple-sugaring programs for all ages explore the science and history of the process. $150/group up to 30. 914-864-7317, www.westchestergov.com/parks — click “Parks & Destinations,” “Parks & Recreational Areas,” and then “Ward Pound Ridge Reservation”

Farm Directories
Don’t see a farm near you on our list? Find more leads at one of these websites.

**Community Markets**, Westchester and Rockland counties, www.communitymarkets.biz

**Edible Hudson Valley Magazine**, www.ediblecommunities.com/hudsonvalley

**GrowNYC** features Hudson Valley farms selling at New York City Greenmarkets, www.cenyc.org/greenmarket/ourfarmers

**Guide to Farm Fresh Produce**, Pure Catskills, Greene and Ulster counties. Also features a local food map with farms and more. http://buypurecatskills.com

**Hudson Valley Fresh**, Dutchess and Columbia counties, http://hudsonvalleyfresh.com

**NYS Department of Agriculture and Markets**, farmers market directories, Farm Fresh County Guides, and NY State fruit and vegetable harvest calendar, www.agmkt.state.ny.us

**LocalHarvest.org**, search for family farms by zip code, www.localharvest.org

**Roundout Valley Growers Association**, Ulster County, www.roundoutvalleygrowers.org

**The Valley Table Magazine**, www.valleytable.com
Annual events

For URLs and contact information not included here, see farm (page 5) or site (page 14) listings. Fees may be charged for some events. For additional sites check the directories listed on page 11.

**FALL**

- Harvest celebrations or other fall festivals, usually in September or October.
  - Columbia: Hawthorne Valley Farm and Sylvia Center at Katchkie Farm
  - Dutchess: Common Ground Farm
  - Rensselaer: Goold Orchards
  - Ulster: Phillies Bridge Farm Project
  - Westchester: Muscoot Farm, Philipsburg Manor, Stone Barns, Science Barge
- Farm to You Fest and NY Harvest for NY Kids — weeklong in-school celebrations of local food and farming. The week may be used to integrate local produce into school lunches, design new curricula, visit farms, invite a farmer to school, or learn about farmers’ markets. For examples of past activities and contacts visit NYS Dept. of Agriculture and Markets, www.agmkt.state.ny.us/ap/prideofny/farm_to_school.html

**WINTER**

- Agricultural Literacy Week and National Agriculture Week — volunteers all over New York visit schools to read books with agricultural themes to second graders and to share lessons and activities with teachers. Activities organized by county volunteers. Details on the educators page, NY Agriculture in the Classroom website, www.nyaged.org/aitc/
- Pancake Brunch and Sugaring, March Sundays, Teatown Lake Reservation, Westchester
- Sap to Syrup Pancake Breakfast Festival, March, Hudson Valley Maple Farm, Taconic Outdoor Education Center, Fahnestock State Park, Cold Spring, Putnam County
- Sugar Maple Celebration, Fresh Air Farm/Sharpe Reservation, Putnam County

**SPRING**

- Be Aware of NY Agriculture Art Contest, also known as the I ❤️ NY Agriculture Contest (pre-K-grade 6), NY Agriculture in Education & NY Farm Bureau, www.nyaged.org/aitc
- Local Food Festival, June, Indian Ladder Farms, Albany County

**SUMMER**

- A Seat at the Table, July, Poughkeepsie Farm Project, Dutchess County
- Agricultural fairs: Goshen Historic Track, Orange and Saratoga counties, July; Altamont (Albany), Dutchess, and Ulster counties in August; and Columbia and Schaghticoke (Rensselaer) in September. www.agmkt.state.ny.us/AD/countyfairs.html
Food service director Karen Blessin and health teacher Olga Ashline at Averill Park Central Schools teamed up with Ken Johnson and The Farm at Kristy’s Barn (see page 8) in Schodak to bring local fruit and vegetables into the cafeteria. Johnson delivers 10 varieties of apples to the school each week throughout the fall.

The benefits are mutual — Kristy’s has a new income source while schools and students can connect what they learn about food with the actual experience of eating it. Elementary students visit the farm, and many see for the first time where and how food is grown.

Ashline works with high school students on a school garden that contributes vegetables and herbs to the school cafeteria. She hopes to add a greenhouse so they can grow more produce year round.

While fresh produce can take more time to prepare, Averill Park cafeteria staff members believe it is important to provide students with whole foods. And Blessin has found local farm prices comparable to those of the district’s regular suppliers.

Getting started

Programs like Averill Park’s, known as “Farm to School,” can begin in many ways — local or healthy snack days in a single classroom or school, changing vending machine foods, or school-wide plans to purchase more cafeteria food from local farmers for instance. Blessin’s advice is to start small with one or two products from one farm.

Establishing a farm to school program typically takes cooperation among food service directors, school boards and administrators, food distributors, and farmers. It is not unusual for parents to be involved or even initiate such efforts. Blessin says involving everyone and educating them about farm to school is critical to success.

Farm to School in the Northeast: Making the Connection for Healthy Kids and Healthy Farms is a detailed step-by-step guide including assessment and evaluation forms, contracts, flowcharts, and other tools. The guide is available in the resources section at http://farmtoschool.cce.cornell.edu. Cornell University’s Farm to School Extension and Research Program also advises schools.

For additional resources, see “Better School Food,” page 20, and the box on Cornell, page 21.
**Historic Sites and Museums**

Unique geography and input from many peoples — natives, European colonists and immigrants, and enslaved Africans — have combined to create a rich and varied agricultural past in the Hudson Valley. Farmsteads, estates, and museums throughout the region explore various aspects of our agricultural history including culture, family life, slavery, business, and the environment.

Like schools, many sites have experienced cutbacks. When arranging a visit, be clear about your specific interests and needs and whether the staff is able to address them or whether you should prepare your own program or activity.

Sites listed here have identified agriculture as a topic of interest or developed related exhibits or programs. Many others lack the resources to explicitly publicize these aspects of their collections or sites but will share them gladly if you ask. Historical societies may also be good sources of collections, oral histories, and other information. Typically they are staffed by volunteers who will be delighted to share with students so don’t hesitate to contact them, but be specific about what you need.

For more sites, click “Destinations” at www.TeachingtheHudsonValley.org.

**Albany County**

**Albany Institute of History & Art.** AIHA’s wide-ranging collections include many objects and images related to farms and food. For instance, resources prepared for *Hudson River Panorama* (HRP) include activities related to a 19th century agricultural journal; meat-packing; and ice harvesting. Download the package and then search for relevant items. Click “education,” “teacher resources,” and “HRP teacher resource,” www.albanyinstitute.org  

ST
Columbia County

Martin Van Buren National Historic Site, Kinderhook, home to our 8th president, includes a restored mansion and part of his original farm. Surrounded by protected land including a working farm. Mid-May-Oct. An upper ES lesson, *What’s So Funny About Political Cartoons?*, includes “North Bend Farmer.” Find it on MAVA and THV’s websites; facilitate it yourself or invite NPS educator, Dawn_Olson@nps.gov, 518-758-9689, www.nps.gov/mava

Olana State Historic Site, Hudson, once featured a working farm that provided produce for the Church family table. Olana’s view shed now encompasses several modern farms. The Wagon House Education Center hosts programs for children and adults that touch on farms and food. Programs, activities, and art projects related to farm history may be requested. Carri.Manchester@oprhp.state.ny.us, 518-828-0135, ext. 305; www.olana.org, www.nysparks.state.ny.us/historic-sites

Dutchess County

Franklin D. Roosevelt National Historic Site, Hyde Park. Programs highlighting FDR’s farm upbringing include *FDR’s Farm Tour* (grades 1-3), *The President’s Petunias* (2-3), and *Empire Forester* (7-12). Tours may include gardens, greenhouse, trails, tree plantation, home, or a combination. Students learn about plants, land conservation, etc. Educator Susanne_Norris@nps.gov, 845-229-0174, www.nps.gov/hofr

Locust Grove, Poughkeepsie, an heirloom vegetable garden can be used to learn about historical attitudes toward growing food. House tours and related activities may touch on domestic service, cooking, refrigeration, and the like. A program for elementary and middle schools highlights levers used to perform basic household and agricultural tasks. Most programs are $4-5/student. A.Pinna@lgny.org, 845-454-4500, ext. 213; www.lgny.org

Mid-Hudson Children’s Museum, Poughkeepsie, Hudson Valley farm educational play for preschoolers. Older children can learn about the food chain and water cycle in active, entertaining ways. T-F, 9:30 to 5. Sat. & Sun., 11-5. Groups of 10 or more — $6/child, chaperones/group leaders free. Must have an adult for every five children. Lisa DiMarzo, interpretative educator, 845-471-0589, ext. 16; ldimarzo@mhcm.org, www.mhcm.org

Journey to the Past: The People and the Land

This interdisciplinary kit attuned to NYS standards explores land use beginning with the Abenaki and brings students into the present. It includes primary documents and features hands-on resources such as stencils, looms, hand tools, and election advertisements, along with lessons for middle school social studies, language arts, math, science, and art.

A related website provides background on historic county residents such as Robert Livingston, Frederic Church, and Martin Van Buren, along with a contemporary farming family. Each individual’s view of land use is supported by primary documents such as diaries, paintings, advertisements, and posters.

Journey was developed by local teachers and museum educators from Clermont State Historic Site (www.friendsofclermont.org, nysparks.state.ny.us/historic-sites), Hancock Shaker Village, Martin Van Buren National Historic Site (www.nps.gov/mava), Mount Lebanon Historical Site (www.mountlebanonshakervillage.org), and Shaker Museum and Library (www.shakermuseumandlibrary.org). All materials were piloted in local schools.
Mount Gulian, Beacon. James F. Brown was head gardener here from roughly 1829-1868. Brown, who escaped slavery in Maryland, kept extensive journals, grew exotic species, built an early greenhouse, and raised beans, fruits, and other edibles making Mount Gulian nearly self-sufficient. Visits include a hands-on activity and last about 90 minutes. $5/student. Info@mountgulian.org, 845-831-8172, www.mountgulian.org

James F. Brown at Mount Gulian

I See Freedom, an interdisciplinary unit developed by fifth grade teachers in Beacon, features eight lessons built around entries from James F. Brown’s journals covering the years 1829-1868. www.teachingthehudsonvalley.org/component?option=com_units/Itemid,12/unit_id,61/


Forthcoming from New York University Press, Seeds of Freedom: James F. Brown — Fugitive Slave and Master Gardener in the Hudson by Myra Young Armstead

Greene County

Bronck Museum and Barns, Coxsackie, features three barns and houses from the 16, 17, and 1800s, a federal-era kitchen, research library, and more. Gchsbm@mhcable.com, 518-731-6490, www.gchistory.org

Orange County

Storm King Art Center, New Windsor/ Mountainville, outdoor sculpture park celebrating the relationship between art and nature. More than 100 post-WW II sculptures unfold over 500 acres including farm fields, grasses, wetlands, and water. See esp. Andy Goldsworthy’s Storm King Wall made from the stones of old farm walls. Open April to mid-Nov. $8/student; discounts for groups of 15 or more. He.hydos@stormkingartcenter.org, 845-534-3115, ext. 110, www.stormking.org

Putnam County

Boscobel, Garrison, this Federal-era mansion features an herb garden. School programs may also include a visit to the springhouse used for cold storage and a discussion of how the seasons influenced food and activities. $5/student. One teacher or chaperone per 10 children is admitted free, additional adults, $8. Linda Moore, lmoore@boscobel.org, 845-265-3638, ext.132, www.boscobel.org

Southeast Museum, Brewster, includes an exhibit on the history of Borden Milk Condensery, a collection of farm implements, and more. Open April-December, Tuesday-Saturday. 845-279-7500, www.southeastmuseum.org

Ulster County

Bevier House Museum, Marbletown. In Exploring Ecology: From Native Americans to Today (grades 1-6) students learn how Native peoples in the area farmed and fed themselves. The program is offered onsite in the fall and spring and year-round at schools. Pre- and post-visit activities included. Check the website for additional programs. Education@bevierhousemuseum.org, 845-338-5614, www.bevierhousemuseum.org

Historic Huguenot Street, New Paltz. Programs are designed to serve a variety of learning styles; many use data-based questions (DBQs). Visits generally touch on farm work and slavery; you can request an emphasis on these or other topics. A standard visit lasts about three hours, but can be adjusted to meet your needs. March - December. $7/student. Angela Canepa, education coordinator, info@huguenotstreet.org, 845- 255-1660, ext. 10, www.huguenotstreet.org
Hudson River Maritime Museum, Kingston. The Museum’s collection, library, and exhibits include the transportation of food and ice on the Hudson River from the Valley to New York City and beyond. Children’s programs, adult lectures and workshops, and waterfront programs are offered May-October. Museum staff will also visit schools and community events. Educator-hrmn@hvcrr.com, 845-338-0071, www.hrmm.org

Sam’s Point Preserve, Cragsmoor, is a good place to learn about 19th and 20th century huckleberry pickers. Groups are welcome to hike the area, which includes the remains of summer shacks, Mondays and Fridays, with advance notice. A conservation center is open mid-April to mid-Nov. CLee@TNC.org or HWagner@TNC.org, 845-647-7989, ext. 100; www.nature.org/samspoint

Trapps Mountain Hamlet, Mohonk Preserve, New Paltz. Remains include a restored cabin, cellar holes, and the foundations of dwellings, barns, and other structures; charcoal pits; and burial grounds used by huckleberry pickers in the 1800s. Take a self-guided hike or an online tour to learn more about this agricultural community. Related lesson plans on THV's website. Downloadable guide and more at www.mohonkpreserve.org/index.php?id=118,115,0,0,1,0

Westchester County

Cranberry Lake Preserve, West Harrison. A Walk Back in Time (grade 2-adults) tours the preserve, including a historic farmhouse and root cellar, to explore the formation of Cranberry Lake and Kensico Dam. 1.5 hours. 914-428-1005, www.westchestergov.com/parks, click “Parks & Destinations” and then “Nature Centers.”

Historic Hudson Valley properties. Most programs are $6-12/student. 914-631-8200, ext. 611, www.hudsonvalley.org.

Philipsburg Manor, Sleepy Hollow, historic home with interactive farm activities. Among the programs are Life and Labor on a Provisioning Plantation: Slavery at Philipsburg Manor (grades 9-12), Millers and Merchants (3-5), and Touching the Past (1-2).

Sunnyside, Tarrytown, was the home of writer Washington Irving. An historically accurate kitchen garden features a wide variety of herbs, flowers, and other plants popular in the 1850s.

Van Cortlandt Manor, Croton-on-Hudson, offers a look at post-revolutionary farming at an estate owned by one of New York’s most prominent families. Vegetable and flower gardens representative of the late 1700s have been maintained.

John Jay Homestead, Katonah. Programs use letters, maps, and historic farm structures including a cold frame, summer kitchen, teaching and herb gardens, and more to explore the evolution of New York agriculture including the effects of technology. Features include an original cold frame, summer kitchen, herb and teaching gardens, and more. Transportation grants and post visit activities are available to schools. Education coordinator, Bethany.White@oprhp.state.ny.us, 914-232-5651, ext. 101, www.johnjayhomestead.org.

Philipse Manor Hall, Yonkers, was a revolutionary-era mansion with acres of tenant farms and a history of enslaved workers. Now, the museum and historic site offers a range of programs and opportunities including traveling trunks that come to your school. 914-965-4027, http://philipsemanorhall.blogspot.com, www.nysparks.state.ny.us/historic-sites

The Huckleberry Pickers

This 27-minute, 2007 video, produced by The Nature Conservancy captures the beauty of the Shawangunk Mountains and documents the story of Ulster County’s fruit gathering industry and the people associated with it. Huckleberry pickers and family members share their profound sense of community and their intimate connection to the land at Sam’s Point Preserve (see listing at left).

http://video.google.com/videoplay?docid=521193289441139868&hl=en#
Resources

Stay open to what comes your way. Almost every day newspapers and other media include at least one item that could provoke discussion or prompt an activity related to farms and food. This list of books, essays, posters, and video is an idiosyncratic sampler to get you started. If you need something specific, contact us at 845-229-9116, ext. 2035, or info@teachingthehudsonvalley.org, and we’ll do our best to help.

A Family Place: A Hudson Valley Farm, Three Centuries, Five Wars, One Family, Leila Philip, Excelsior Editions, 2001. The “biography” of a Columbia County family and their historic farm. www.SUNYPress.edu


Ag Facts, New York State Dept. of Agriculture and Markets, www.agmkt.state.ny.us

Conserving Family Farms in the Hudson Valley, a five-minute film made by award-winning director Josh Aronson for Scenic Hudson, www.scenichudson.org/videos


Farmers’ Museum (farmersmuseum.org), Cooperstown, is not in the Hudson Valley but offers two great resources. “Harvest of History” (www.harvestofhistory.org) includes four interactive lessons on the history of New York farming with resources and bibliography. “Plowline: Images of Rural New York” (http://plowline.farmersmuseum.org) includes lanternslides and family snapshots from around the state including 30 years of photos from one Orange County farm.

Feeding the Children: The politics of food in our schools and classrooms, a special issue of Rethinking Schools, Vol. 20, No. 4, Summer 2006. This collection includes classroom activities for all ages, e.g., writing about food, worm bins, and “acting out” the Irish potato famine, as well as resources and articles on school lunches, food policy, wellness, and more. Some items are available online, or buy the entire issue (PDF or paper) for $4.95. www.rethinkingschools.org.

“The First Kitchen: Eleanor Roosevelt’s austerity drive,” by Laura Shapiro, The New Yorker, November 22, 2010, is a very readable account of food politics during the New Deal era. It would be a great way to spark discussion among high school students while also elucidating essay writing. The descriptions of unfamiliar dishes will hold students’ interest.


Hudson River Valley Farms: The People and Pride Behind the Produce, Joanne Michaels, Rich Pomerantz, Globe Pequot, 2009. A guide with maps, photos, and short essays about 44 Hudson Valley farms. Includes a directory of nearly 100 farmers’ markets and directions to featured farms that are open to the public.

Hudson River Valley Heritage provides online access to historical materials including documents and photos. Browse by topic, e.g., agriculture, barns, or search by keyword, e.g., barns or cows. Administered by the Southeastern New York Library Resources Council. www.hrvh.org.

Hudson Valley Voyage, photos by Ted Spiegel, text by Reed Sparling, Involvement Media: Fishkill, NY, 2007. Packed with gorgeous full-color photos, this 158-page, large-format book covers four centuries, touching on agriculture in each. It also includes a timeline beginning with Henry Hudson, maps, and a guide to historic sites.
Know Your Farmer, Know Your Food is a well-designed and organized website with a range of resources including photos (historic and contemporary) and video. Developed by the U.S. Dept. of Agriculture it aims to connect consumers with local producers and start a conversation about where our food comes from and how it gets to our plates. www.usda.gov/wps/portal/usda/knowyourfarmer?navid=KNOWYOURFARMER

Letters from an American Farmer, J. Hector St. John de Crèvecoeur (sometimes shortened to Jean de Crèvecoeur), 1782. Several editions, paper and hardcover, are still in print. Wikipedia includes an overview of the author’s life and the book, which touches on slavery and democracy, along with agriculture and many other subjects. It was written at what is now Pine Hill Farm in Chester, NY (Orange County) where de Crèvecoeur settled in 1769.


Lunch Line, starts out, according to a review in The Atlantic, profiling the efforts of one Chicago school trying to serve better food, but turns into a “political and social history” of the school lunch program, which began in 1946 as an anti-hunger initiative. 2010, Uji Films, Michael Graziano and Ernie Park, DVD $19.95, www.lunchlinefilm.com

The Role of Agriculture in the New York State Economy, February 2010, Office of the New York State Comptroller. This clearly written four-page report is a great source for discussion questions and writing prompts and has plenty of statistics for developing math problems. www.osc.state.ny.us/reports/other/agriculture21-2010.pdf


Yes! Magazine consistently publishes articles on food and farming; we especially like their posters, online exhibits, and videos, such as, “Everybody Eats” 2009, a poster to download and print or buy ($3 plus shipping), www.yesmagazine.org/issuess/food-for-everyone/everybody-eats-how-a-community-food-system-works, and “Hidden Roots of the Local Food Movement,” 2010, a fascinating collection of World War II-era posters used to promote canning, conservation, and home gardening, www.yesmagazine.org/planet/hidden-roots-of-the-local-food-movement
Additional Organizations

As with print and online resources, our advice is, stay open; there are many groups—local, state, and national that can help you provoke discussion or come up with activities related to farms and food. This list should get you started. If you’re looking for something you don’t see here, contact us at 845-229-9116, ext. 2035, or info@teachingthehudsonvalley.org, and we’ll do our best to help.

**American Farmland Trust**, founded in 1980 to help farmers and ranchers protect their land, create a healthier environment, and build successful communities, AFT offers factsheets, e.g., *Why Save Farmland*, and studies, such as, **New York: Agricultural Economic Development for the Hudson Valley** appropriate for older students or background for teachers. [www.farmland.org/programs/states/ny/default.asp](http://www.farmland.org/programs/states/ny/default.asp)

**Better School Food** and **Two Angry Moms** • Tips • Action plans • Proposal Templates. These resources grew from a documentary (view clips online or buy for about $35 w/shipping) created by two Westchester County women. Especially useful are a top10 list for improving school lunches, clear cut information about farm-to-school, unhealthy ingredients, school gardens, and more. [http://betterschoolfood.org](http://betterschoolfood.org), [www.angrymoms.org](http://www.angrymoms.org). See also: Farm to School, page 13.

**BOCES** offer a wide range of support to school districts. Some publish guides featuring ideas and resources for enrichment activities that may include farms and food. Depending on which programs/services a school district participates in teachers may have access to free or low cost professional development related to environmental education, the arts, and other disciplines that touch on farms and food.

Teachers may also be able to get support for planning and/or paying for related enrichment activities and off-campus experiences including help searching and/or applying for grants or accessing state aid. If your principal or other administrator is unsure what services are available, contact your BOCES directly. Click “About” and then “BOCES in your area,” at [www.boces.org](http://www.boces.org).

**Glynwood Center, Cold Spring** (Putnam). Helping communities in the northeast save farming • Printable maps of farms in nine Hudson Valley counties • Workshops • Audio, video, and publications • Speaker series • Publications on website. Maps are great for all ages. Other resources best for teacher development or older students. [www.glynwood.org](http://www.glynwood.org)
**Honest Weight Food Coop, Albany. Ready, Set, Grow!** is a series of cooking and nutrition programs for pre-K through grade 5. HWFC will bring a program and all materials to schools, youth groups, or libraries. Most are an hour or less and introduce locally-grown foods along with nutrition information. Donations appreciated. Mariah Dahl, Mariah@honestweight.coop, 518-482-3312, ext. 120. The coop also sponsors films, talks, and classes. www.hwfc.com

**Hudson River Valley Institute at Marist College, Poughkeepsie**, features a growing collection of lesson plans, student research papers, field trip ideas, and more. www.hudsonrivervalley.org, 845-575-3052, hrvi@Marist.edu

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**Cornell University**

The University’s College of Agriculture and Life Science is home to a wide range of farm and food resources.

**Agricultural Outreach and Education** (607-255-9252) operates under the auspices of the New York State Education Department, with funding from the NYS Dept. of Agriculture and Markets. The following programs are accessible through its website, www.nyaged.org:

- **New York Agriculture in the Classroom** - Lessons • Teacher training • Awards and Grants • Links. Especially useful is a list of books for all ages. Programs include *Kids Growing Food* — mini-grants for integrating knowledge of food and farming; *Teacher of the Year Award* — for weaving agriculture into the curriculum; and *Orchard to Table* — sessions on agricultural products and careers presented by volunteers. Heather Davis, 607-255-9253, hed24@cornell.edu

- **Future Farmers of America** is dedicated to developing students’ potential for leadership, personal growth, and career success through agricultural education. The New York chapter is based at Cornell University in Ithaca. Contact Juleah Tolosky, jft25@cornell.edu or 607-254-2880. www.ffa.org, www.nysffa.org

- **New York Agricultural Education Outreach**, a new resource for secondary and post-secondary teachers of agriculture and related fields, is currently under construction, but now includes resources for starting agricultural education programs in schools and links to Future Farmers of America and the NY Association of Agricultural Educators.

**Cooperative Extension** (CCE) uses Cornell’s research and resources to provide programs and information on agriculture, nutrition and cooking, gardening, environment and natural resources, and more. In most cases, they offer something for every age group. All Hudson Valley counties have an extension office; find yours on the “local offices” tab at http://cce.cornell.edu. See also, the box on garden learning, page 22. CCE is also home to the NY chapter of **4-H**, a national organization preparing young people to embrace community and world challenges. 4-H provides opportunities to explore science, health, and citizenship through programs delivered after school, in school and via clubs and camps. Every Hudson Valley county has its own chapter. Click “get involved” and then “find” at www.4-h.org. Also: http://cce.cornell.edu/Youth/Pages/4-HYouthDevelopment.aspx.

**Farm to School Extension and Research Program** features resources, policy updates, recipes, an e-newsletter, and other resources to help increase the amount of local food served in schools, http://farmtoschool.cce.cornell.edu (See the Farm to School box on page 13.)

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*The history of cooperative extensions is a valuable lesson in good government. In 1862 Congress sold government-owned land to finance universities. In return they were charged to provide broad-based education and public benefit. Extension systems were established to “extend” the resources of those universities to a wide range of citizens. Cornell is New York’s land-grant institution, and the Extension connects research-based knowledge to individuals, families, businesses, and communities.*
Garden Learning

Community gardens are springing up throughout the Valley. If you don’t want to create a garden at your school, use Google or another search engine to look for a nearby community garden that might welcome a visit—or better yet—work from your students.

**Groundwork Hudson Valley Science Barge** (Yonkers) and **Phillies Bridge Farm Project** (New Paltz), listed in the farms section, both offer help with school gardening projects.

**Cornell Garden-Based Learning** • Professional Development • Lessons, Activities, Project Guides • Publications • Local Collaboration
http://blogs.cornell.edu/garden


**Hungry Hollow Co-op, Chestnut Ridge** (Rockland) hosts occasional farm and food related events. 845-356-3319, www.hungryhollow.org

**New York Apple Country** • Teacher Kit • Videos • Posters. www.nyapplecountry.com

**New York Farm Bureau Foundation for Agricultural Education** • Lessons such as “Journey from Farm to Fork” and “Feed the Hungry” • Support for collaboration with farmers • Books and other items at nominal cost. Sandra Prokop, sprokop@nyfb.org, www.nyfbfoundation.org


**Rockland Farm Alliance** is working to develop sustainable agriculture in the county. Cropsey and Orangetown Community Farms are in the organizational stage and will likely have educational components. Info@rocklandfarm.org, 845-634-3167, www.rocklandfarm.org

**Sustainable Table** advocates for and celebrates local food with an abundance of online resources, much of it free to download including handouts and presentation kits: “The Meatrix,” a series of short, award-winning, humorous videos exploring factory farms—industrial meat and dairy production; and an encyclopedia. There’s a lot here, so if you’re short on time, orient yourself and make a plan when you arrive at the site. www.sustainabletable.org, 212-991-1930

**The Watershed Agricultural Council** offers teacher and student programs within the NYC watershed including a week long teacher institute on forestry and water quality; a classroom partnership with field trips and curriculum related to healthy forests, clean drinking water, and watershed protection; bus tour grants for educational trips in NYC watershed regions; and Catskills-based streams and watershed lessons. www.nycwatershed.org
Think Global, Act Local

Want your students to consider the broader implications of what they’re learning about local farms and food? Try these resources.

EcoLiteracy’s website features a range of downloadable written materials, e.g., Rethinking School Lunch, plus teaching ideas, and more. The group believes “schools play a pivotal role in moving us beyond our growing environmental crises and toward a sustainable society. We recognize schooling for sustainability as a process that fosters abundant living on a finite planet and makes teaching and learning come alive.” www.ecoliteracy.org

Heifer International’s purpose is to end world hunger. As part of that mission, the group educates about sustainable, environmentally sensitive development. Heifer offers programs for teachers and produces picture books, games, activities, elementary and middle school curriculum, and more. Many materials are free. Click “get involved” and then “schools” at www.heifer.org.

Kids Can Make a Difference: Finding Solutions to Hunger, Stephanie Kempf, www.kidscanmakeadifference.org, 2009. The book and teacher’s guide with 25 lessons and activities for middle and high school students are available in English or Spanish; print version about $26 or download free. Kids Can is a project of iEARN, International Education and Resource Network, a great source for projects and activities connecting your classroom with students in other countries.

A typical activity is called, “The hidden grain in Meat.” It provides students with basic background on how cattle are raised and then presents two math problems—How much grain would be needed to produce enough meat for everyone in the class to have a Quarter-Pounder for lunch? Ms. Kempf doesn’t stop there; she goes on to propose that students discuss whether or not this is a good use of resources.

Nourish: Food + Community, a project of artists, scientists, and educators brought together by WorldLink, uses a television program, short films, web content, and learning tools to encourage conversation about our food system, especially among students. 11 films under 5 minutes are available free online as is a middle school curriculum with viewer’s guide, learning activities, and more. A DVD of the PBS program and short films is $90 for schools. www.nourishlife.org


Credits
Conceived and researched by THV Student Conservation Associate Hadley Galbraith and Debi Duke, THV coordinator. Designed by Seth Martel.

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Also available from THV:
“Diversity in the Hudson Valley: Resources for Teaching Regional History with a Multi-Ethnic Perspective.” Download and print from our website or contact us for a paper copy.

Online library of free activities and lessons, most developed by Hudson Valley teachers. A growing number touch on food and farming. Find them by searching keywords such as “farm,” “food,” “barn,” or “vegetables.”