Welcome! We are thrilled to gather together and to strengthen our network of teachers, parents and others committed to helping kids make the connection between food, health and the environment.

We believe that by sharing best practices and supporting a garden in every school, we create opportunities for our children to discover fresh food, connect to a living environment while applying academic standards and to develop social emotional skills. Students are also introduced to career options for the future.

Our theme this year is Sowing Opportunity, Harvesting Change. We hope to maximize the benefits that outdoor learning spaces offer by facilitating opportunities and being conscious of the amazing changes gardens create. We challenge all to address the implicit biases we might have as we develop curriculum, create plans and organize our garden spaces. As a result, we can move forward as a community of educators that are intentionally working to increase inclusion and relevancy in our learning spaces and in turn, deeply impacting the lives of students no matter race, ethnicity, learning style, age, orientation or background. The change we will harvest is a hopeful future created by talented youth leaders who are empowered and equipped.

Gratitude to Our Growing Circle of Support!

Sponsors:

Lyndsey Waugh, Sprouts Healthy Communities Foundation • Dave & Maxine Clark • Fred & Betsy Weiland Talinis Nursery • General Produce Co. • Raley’s • The Brickyard • Jon Merriman • Roundtree Rock and Gardening • Green Acres Nursery & Supply • Tony’s Fine Foods • Two Rivers Cider • Old Soul Co. • Kelsey Nederveld Nutrition Services • Sacramento City Unified School District • Sean Minor
8:00–9:00 AM Registration & Breakfast
Food and drink sponsored by Pachamama, Sprouts Healthy Communities Foundation and Raley’s. Healthy snacks and beverages will be available throughout the day in the Barn.

9:00–9:30 AM Opening Session BARN
Welcome & Announcements
Janet Zeller, Founder & Co-Director, Soil Born Farms
Shannon Hardwicke, Youth Education Manager, Soil Born Farms
Celebrating the Progress
Jennifer and Josh Ray, Orchard Elementary
Video Project • Why We Love Our School Garden
Tisho Ward, Youth Education Apprentice
Eduardo Romero Jimenez & Itzel Navarro Gonzalez, Students
Meet the Soil Born Farms Youth Education Team

9:45–10:45 AM Workshops
Creating a Scope of Garden Lessons for the School Year (Part 1)
SCHOOLHOUSE • Shannon Hardwicke; Lisa Bettencourt, SBF/SCUSD
Managing a school garden program requires a detailed plan that includes curriculum standards, grade level appropriate activities and awareness of seasonal limitations in the garden. Learn ways to create an effective plan for your campus. We recommend taking both Parts 1 and 2.

Developing Student Leaders
FARMSTAND CLASSROOM • Gao Ly Yang, SBF
Learn how to build the next generation of student leaders in the garden by providing space and structure that encourages students to share their knowledge and passion while mentoring other students and developing a sense of value as a member of their school community.

Edible Art: Creative Ways to Use Produce from the Garden
KITCHEN PATIO • Tisho Ward; Olivia Henry, SBF
Create four edible works of art that you can replicate with your students. They will be simple, fun and educational.

Gardening 101: The Basics of Gardening with Kids (Part 1)
YOUTH GARDEN • Lacey Carlson; Emily Hain, SBF
Learn and practice the basics of getting your garden started and discover how to use it as an outdoor classroom. We will cover everything you need to know to start a sustainable garden program in your school from preparing your garden beds and compost pile to setting up irrigation and planting and harvesting with students. Note: This is a two-hour workshop broken into two parts.

Producing, Preparing and Preserving
OUTDOOR CLASSROOM • Michael Ackley-Grady, Ag in the Classroom
Teach students about producing, preparing, and preserving California agricultural commodities while fostering an appreciation for how fruits and vegetables start in the field and finish at the table. Lessons include inquiry-based, real life challenges to engage students in a meaningful way.

BEE a Garden Scientist: Using Citizen Scientist Curriculum
OUTDOOR CLASSROOM • Rachel Morrison, The Beecharmers
Learn about Citizen Science projects that students can join by making observations about pollinators and their habitats. Use technology and art to make observations, record data, recognize patterns in nature and report findings to help scientists save at risk pollinators. STEAM focused, upper elementary and middle school ages.

Empowering Teachers and Volunteers
SONGBIRD STAGE • Vanessa Forwood, SBF
Explore ways to build your program to empower teachers, volunteers and other supporters to be proactive contributors to the overall success of your school garden. You are welcome to bring challenges and successes you have experienced at your sites for our group to discuss together.

11 AM–12 PM Workshops
Creating a Scope of Garden Lessons for the School Year (Part 2)
SCHOOLHOUSE • Shannon Hardwicke; Lisa Bettencourt, SBF/SCUSD
See description for Part 1. We recommend taking both Parts 1 and 2.

Honoring Culture in the Garden
FARMSTAND CLASSROOM • Gao Ly Yang, SBF
Learn about ways to utilize your school garden to create an open and inclusive space that honors cultures and reflects the many voices of your school community.

Easy School Garden Snacks
KITCHEN PATIO • Michelle Sikora; Bonnie Speer, SBF
Learn about recipes that have been tested and proven to motivate students to eat all types of produce in the garden. Make four recipes that are simple, no cook and use a variety of produce.

Gardening 101: The Basics of Gardening with Kids (Part 2)
YOUTH GARDEN • Lacey Carlson; Emily Hain, SBF
See description for Part 1. We recommend taking both Parts 1 and 2.

Do Seeds Always Come in Packets?
GREENHOUSE CLASSROOM • Emily Andress, SBF
Learn how to identify seed pods, save seeds and finally how to use this resource to grow new plants and raise funds for your garden.

Garden Activities for Preschoolers
SONGBIRD STAGE • Vanessa Forwood, SBF
Looking for ways to engage your preschoolers in gardening? This workshop focuses on some simple activities that your youngest students will enjoy.

12:15–1:15 PM Lunch & Networking
Lunch is sponsored by Sacramento Natural Foods Co-op, Old Soul Co. and General Produce Co. Please enjoy your food in the barn or outdoors. Organizations will host tables in Milly’s Circle and curriculum, books, plants and supplies will be on sale at the SBF table. Music by Jon Merriman.

1:30–2:30 PM Keynote Presentation
BARN • Laura Rodriguez, Youth Outside
Outdoor learning has the potential to be an equalizer that supports all students to make meaningful educational gains. But when the implicit biases that often shape outdoor learning curriculum remain unaddressed, equity, inclusion and cultural relevancy efforts remain undermined. This interactive session will explore how we might deepen intentionality when engaging youth in outdoor learning and what's at stake if we don’t.

connecting food, health
2:45–3:45 PM Workshops

Explore It: NGSS Garden Curriculum (Part I)
SCHOOLHOUSE • Shannon Hardwicke; Lisa Bettencourt, SBF/SCUSD
Experience science units that develop curiosity, intrigue and a hunger to become self-driven learners. You will get insights from a garden educator and a classroom teacher that have used and refined these lessons. We recommend taking both Parts 1 and 2.

Equity and Access: Speaker Q and A
FARMSTAND CLASSROOM • Laura Rodriguez, Youth Outside
Picking up where the plenary leaves off, this session will engage participants in deepening their understanding of common pitfalls within curriculum development; practicing applying critical questions to strengthen curriculum for increased inclusion and relevancy. Participants will leave with useful tools that can be applied to an organization’s specific programming back home.

Sunflower Power: Hands-on Demo of a STEM-based Garden Lesson
KITCHEN PATIO • Evelyn Morales; Dave Schultz, Food Literacy Center
Participants will learn about the seeds of a plant—how to save them and how to cook with them.

Gardening 101: The Basics of Gardening with Kids (Part I)
YOUTH GARDEN • Gao Ly, Carol Hillhouse; Dave Chapell, SBF/UC Davis/Sac Food Bank
Learn and practice the basics of getting your garden started and discover how to use it as an outdoor classroom. We will cover everything you need to know to start a sustainable garden program in your school from preparing your garden beds and compost pile to setting up irrigation and planting and harvesting with students. Note: This is a two-hour workshop broken into two parts.

Back Pocket Activities to Keep Students Engaged
GREENHOUSE CLASSROOM • Olivia Henry; Tisho Ward, SBF
What do you do if your garden lesson isn’t going well or if you have an extra 10 mins? You use your fun, creative and engaging back pocket activities. These can be used with all age levels and in all spaces.

Rainy Day Garden Activities
SONGBIRD STAGE • Emily Hain, SBF
Rainstorm? Lightning? Hail? Don’t let a little bad weather get in the way of garden class. This workshop will help you make the most of the wet winter months with a variety of indoor garden activities. Projects include making seed tapes, performing plant part skits and making indoor worm bins.

Native Plants for School Gardens
OUTDOOR CLASSROOM • Jennifer Hogan, CNPS volunteer and previous chapter president
Become familiar with several California native plants that work well in school and community gardens. Participants will be able to see examples and learn how to succeed at starting and cultivating a California native plant garden.

4:00–5:00 PM Workshops

Explore It, NGSS Garden Curriculum (Part 2)
SCHOOLHOUSE • Shannon Hardwicke; Lisa Bettencourt, SBF/SCUSD
See description for Part 1. We recommend taking both Parts 1 and 2.

Working with Special Needs in the Garden
FARMSTAND CLASSROOM • Judy Kennedy, SCUSD
Gardens can be used for meditation, observation, healing, tactile exposure, building relationship to food and of course hands-on learning. Students with special needs are unique and each classroom culture can be different. Join us in brainstorming unique ways the garden can serve special needs and begin the process of developing a plan for your students to access and learn in a garden space.

5:00–6:30 PM

Sunset Happy Hour & Networking KITCHEN PATIO
Sponsored by UNFI, Tony’s Fine Foods, Two River Cider and Sean Minor Wines.

REMININDERS
Let us know if we can improve your experience.
- Visit the Soil Born Information table for upcoming events, curriculum supplies and other questions.
- Visit information tables during lunch.
- There is a map of the workshop locations on the back of the workshops-at-a-glance flyer.
- Your name badge is your ticket for the entire day. Please wear your badge at all times.
- Your feedback is important to us. Please complete an evaluation form and return to the Soil Born Farms booth to be entered for a raffle prize.
- STAY ON PATHWAYS; as the weather heats up we do see rattlesnakes on the farm.
- Please share symposium photos: rle@soilborn.org
- Wifi user: SBF-PUBLIC pw: 9163639685

www.soilborn.org 916 363.9685
Speakers

Laura Rodriguez, Director of Programs, Youth Outside
Youth Outside is an organization committed to ensuring that the lived experience of all youth is honored as part of the outdoor narrative. Laura has been addressing the need for equity and inclusion and cultural relevancy in the outdoor and environmental field for nearly a decade and today has the privilege of travelling throughout the country in support of others working to make individual and systems-level change for effective equity and inclusion efforts.

Shawn Harrison, Founder & Co-Director, SBF
Shawn has been directly involved in the development of sustainable food systems and healthier communities since 1993 and holds an M.S. degree in international agricultural development from U.C. Davis. He is passionate about the development of Soil Born farms into a community center for learning and connecting to the land. Apart from his duties as Co-director and visionary, Shawn loves to work in the fruit orchard at the farm.

Janet Whalen Zeller, Founder & Co-Director, SBF
Janet has been an activist and educator promoting local family farms, sustainable agriculture, school gardens, organic food, healthy living and socially conscious business practices for over 30 years. She was the marketing manager for the Sacramento Natural Foods Co-op for 22 years. She earned a degree in communication and is a trained mediator and facilitator. She is passionate about transforming Soil Born into a center for education around food, health and the environment.

Shannon Hardwicke, Youth Education Manager, SBF
Shannon has worked in the field of school gardens and youth education for over 10 years. She is passionate about training others, creating opportunities for all kids to learn outside, investigating wild habitats and eating fresh produce. She has a B.A in Spanish and a M.A in Community Development. Soil Born is the perfect place to weave all these talents together and still have dirty hands.

Gao Ly Yang, Youth Educator, SBF
Gao Ly has worked in all our current and previous South Sacramento school sites and hosts field trips at Soil Born Farms. She is an aspiring teacher who will enter the teaching program at CSUS this fall. She is looking forward to bringing more garden curriculum to children.

Tisho Ward, Youth Education Apprentice, SBF
Tisho Ward has worked in youth enrichment and recreation programs for over 10 years. She is excited to bring her experience to Soil Born Farms and continue to empower young people to live their best lives.

Olivia Henry, Youth Education Apprentice, SBF
Olivia graduated from U.C. Davis with a degree in nutrition. Eager to learn new things and share with others, she loves working in the garden, singing songs, and doing nature art projects with kids.

Emily Andress, Youth Educator, SBF
When Emily doesn't have her hands in soil looking for worms with kiddos, you can find her working as a childbirth doula at local hospitals. She loves spending her time off cooking and baking sourdough bread, foraging for wild foods and hanging out with her family.

Lacey Carlson, Youth Educator, SBF
Lacey grew up in the Sacramento area, and then moved to Santa Cruz, CA to attend college for Environmental Studies and Education. She has worked for various outdoor and garden education organizations and trained as a naturalist. She moved back to Sacramento and joined our staff in 2018.

Emily Hain, Youth Educator, SBF
Emily graduated from U.C Davis with bachelor degrees in Spanish and Agricultural and Environmental Education. She loves spending time outdoors gardening with students, doing yoga and making arts and crafts.

Vanessa Forwood, Community Education Coordinator, SBF
Vanessa is passionate about gardening with youth. She graduated from U.C. Davis with a B.A. in Sustainable Ag. She believes the garden is the perfect place to engage with the natural world, participate in our food system, build community, become leaders, share knowledge, and have limitless experiential learning experiences.

Bonnie Speer, Youth Ed and Culinary Intern, SBF
Bonnie is a nutritionist and educator with deep roots in the Farm-to-Fork Capital. She is passionate about wellness and loves helping others learn about food, health, and the environment. Bonnie finds great joy in the opportunity to promote healthy lifestyle habits for young people.

Evelyn Morales, Program Manager, Food Literacy Center
Evelyn Morales has 6 years of experience working with schools in the Central Valley on policy, systems, and environmental change. She is the program manager for the Food Literacy Center in Sacramento.

Carol Hillhouse, U.C. Davis Children’s Garden
Carol has directed the U.C. Davis School Gardening Program and managed the Ecological Garden at the U.C. Davis Student Farm since 1991. In 2008, her program became a part of the Agricultural Sustainability Institute. Ms. Hillhouse received her B.S. at Cornell University in Plant Science and her M.S. at U.C. Davis in Crop Production.

Judy Kennedy, SCUSD Intermediate Special Day Class Educator
Judy has been teaching in Sacramento City School District for 6 years and was a teaching and working local artist for 15 years. She has four daughters, one of whom is a special needs child. She loves to garden and tries to incorporate the school garden into her lesson plans.

Michael Ackley-Grady, Outreach Coordinator, Ag in the Classroom
Michael grew up in Sacramento raising and showing livestock throughout the nation. He currently owns and operates a small farm with 30+ show goats. He loves connecting with people and being able to share his passion for agriculture and education.

Dave Chappell, Garden Coordinator, Sacramento Food Bank and Family Services
Dave is an avid gardener and former farmer. He has been involved in school garden programs since the late 90s. He currently manages a large garden for the Sacramento Food Bank and Family Services in Oak Park.

Lisa Bettencourt, Teacher at Pacific Elementary, SCUSD
Using the school garden and related learning in the classroom combined with mentoring other classes has made Lisa’s job really fun. Her students are engaged, enthusiastic and transformed by her work.

Rachel Morrison, Owner, The Beecharmers
The Beecharmers provide bee and pollinator experiences to adults and youth in the greater Sacramento area including Hive to Spoon farm and pollinator field trips, backyard hive management consulting services, school and corporate workshops and bee talks. Rachel is the President of the Sacramento Area Beekeepers Association and a California Master Beekeeper Program Journey Level participant.

Michelle Sikora, Kitchen and Nutrition Coordinator, SBF
Michelle joined the Soil Born Farms team in 2013. She graduated from CSUS with a B.A in Food and Nutrition with a minor in Child Development. Michelle has a passion for cooking with veggies and loves teaching children how to cook out of the garden. She is a new mom and excited to teach her little one to love veggies.

Jennifer and Josh Ray, Orchard Elementary
For the past several years, Jennifer and Joshua have worked to rebuild their Rio Linda school’s Outdoor Learning Center through grant writing, community partnerships and collaboration with the Twin Rivers Unified School District. Their 2nd Annual Spring Garden Gathering Family Event will celebrate the first full year of the new school garden.

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