



FRESH PRESSED

OUHSD Farm to School News

OCTOBER HAPPENINGS:

- **Farm Field Trips to UC Hansen Center;** RMHS 10/23, OHS 10/24, CIHS 10/25
- **Harvest Festival @ Lunch;** CIHS date TBD
- **Haunt in the Park;** Sat. October 27th @ Plaza Park
- **Banana Ghosts and Tangerine Pumpkins;** ACHS 10/29, HHS 10/31, & FHS 10/26

GOOD FOOD = GOOD MOOD

Chef Ali has been welcomed back this school year with overwhelming support at all of our OUHSD schools. While visiting each school site for a week at a time, she is able to offer 2 different lessons to the students by choice of the instructor. Her lessons are adapted from UC Davis Center for Nutrition in Schools and cover a variety of ways to help students start taking ownership in their food choices.

This year we will also continue working with our Culinary Academies in finding ways to use specialty produce out of our gardens. Some students have been able to try butternut squash brownies Chef Ali has prepared and taken with her on classroom visits.

Stay tuned for more cooking and nutrition news!

*"People who love to eat are always the best people."
-Julia Child*

Did you know?

BELL PEPPERS CONTAIN 2-3 TIMES THE AMOUNT OF VITAMIN C FOUND IN AN ORANGE?

OCTOBER: BELL PEPPERS
"BELL PEPPER RANCH HAND"

NOVEMBER: PERSIMMONS
"PERFECT PERSIMMON SALAD"



HARVEST OF THE MONTH SPECIALTY SALADS ARE SERVED EVERY TUESDAY & THURSDAY

Keep an eye out for our emails to know when we are on your campus or contact us for special requests!

Anna Jackson: ouhsdfarm2school@gmail.com or

Ali Villegas: 23alicv@gmail.com

SPOOKY SUGGESTION

FOR A SWEET TREAT, TRY GIVING OUT
PRETZELS DIPPED IN YOGURT OR
CHOCOLATE INSTEAD OF CANDY THIS YEAR



WHAT'S GROWING ON?

As the school year kicks off with positive energy, so does all the wonderful OUHSD Gardens!

We are celebrating **Farm to School Month** by breaking ground at **Frontier** to build a productive school garden and encouraging the continual success of developed gardens across the District! **Channel Islands Garden** continues to flourish as we switched from a summer to a fall crop, planting multiple lettuce varieties, broccoli and onions. The very dedicated and enthusiastic **SNAC Club at Pacifica** began planting fall crops, mulching open space and getting ready to fill in their freshly composted rows with seeds.

Adolfo Camarillo is extending into their very successful native plant garden and independent student initiative has lead to the construction of a compost bin with hopes of reducing food waste in the cafeteria.

Rancho Campana students are eager to plant in their garden, build a meditation meadow and a teepee trellis to create an inviting atmosphere to the centrally located garden space.

Mr. Newman and Garden Club students at **Hueneme** have cleared their summer crop and are busy sowing seeds!

Talks of garden development at **Rio Mesa** and **Oxnard** are going on with much appreciated support and eagerness.

A BIG thank you to the students and staff helping with these projects and for being leaders in sustainable gardens systems in your District!

If you are interesting in bringing your class out to the garden or getting involved please email Farmer Litz at: farmerlitz@gmail.com

UPCOMING GARDEN DEVELOPMENT...

- Compost building at CIHS, PHS, FHS, RMHS
- Pollinator habitat construction at all gardens
- Planting of fall crops & fruit trees
- Outdoor classroom development

Nutrition Services Staff Appreciation:



Petra Ortiz

Petra Ortiz has been working with Nutrition Services at OUHSD since 2010, and in the cafeteria at Pacifica since 2015. She loves the fast pace of her work, serving breakfast to over 1,000 students each morning and lunch to over 1,700 every afternoon. Sometimes she says that students think she's "grouchy" because she's concentrating on working so quickly to ensure that everyone can get through the line with enough time to actually eat their lunch. "But they like me anyway!" she says with a long laugh!



Before coming to OUHSD, she worked in a factory for nearly 20 years building solar panels, and spent ten years working in an Oxnard packing house before that. She says one thing people don't know about the food we eat is that aside from the packaging, "it's all the same!" She would pack spinach, broccoli, and celery from different local farms to be distributed to grocery stores, restaurants, and other food suppliers.

She remembers one student made her day last year by thanking her for her hard work "Thank you for serving us food!" he said. It's so easy to make someone's day better with gratitude. At home, she loves to spend time with her husband, two sons, daughter, and granddaughter. Her love of cooking doesn't stop in the Pacifica kitchen; she loves to cook traditional Mexican dinners for her family whenever she has the chance- tamales, enchiladas, chile rellenos, and sopes are a few of her favorites. She also loves to bake and used to decorate her children's birthday cakes when they were young.

As for her goals for Pacifica students; she wishes they would try new foods more often. "So many students eat the same exact meal each day, and we'd love for them to try something new! Our salads are delicious and prepared fresh each day; life gets boring if you eat the same things over and over". Petra came to the United States with her parents when she was only 12 years old. "There was no free lunch back then!" she explains. She attended Fremont Junior High and was really grateful that there was a cafeteria at school. She says that in her family home in Mexico, the only fruits they could eat were ones they grew in their yard- mangos, papayas, and guavas. Things like apples and pears were really expensive, so getting to eat one was a special treat. It makes her sad when she sees fresh food being wasted when students toss it on the ground. She explains that the staff work hard to prepare meals that students will enjoy, and they wish that students would return the food if they don't like it, instead of throwing it away.

Her most important request of students this year is that they read the menu while standing in line to help the lines move faster. This will give students more time to eat lunch, which means hopefully they won't throw so much food away! Also, please remember to take off your headphones when she's talking to you. Petra believes it's really important for students to eat three nutritious meals every day so they can learn and concentrate in class; and she says "they need to do good in school to have a good future!".