



# Fresh Pressed

Harvest. Eat. Sleep. Repeat.

## Happy Spring!

Springtime is here! And with the gardens flourishing at multiple sites, we couldn't be more excited!

## What's Growing On?

While the cold weather slowed down the growth of the plants, it did not slow down the motivation of our awesome students! In the month of February roughly **473 students** from across the district visited one of the many Farm 2 School gardens. Despite the cold, rainy weather the garden produced **50 pounds of produce that was distributed amongst the cafeteria and classrooms!** A big thank you this month to Jeff Wondoloski,



Richard Ramirez and Ben Regan from the **Oxnard Fire Department** for coming to a garden build at **Rio Mesa** on a Saturday to teach students how to build a raised garden bed. Also, a big thank you to Peach Hill Soils for donating loads of mulch to the school gardens!

-The **Channel Islands** garden is now home to a mini greenhouse where students can help plan out how many and what type of plant will go in the ground next. The Channel Islands garden also has a sink hooked up so students can help with the harvest process and pre-clean the produce before it is delivered to the cafeteria.

-**Frontier High School** students have been working on mulching, weeding and harvesting the garden. In March students will build a mini greenhouse and plant fruit trees.

-Mr. Newman at **Hueneme High School** is working with his Garden Club to plant lettuce for the spring.

-Students at **Rancho Campana High School** from the RC Makes program are working on a design for raised garden beds to make this spring.

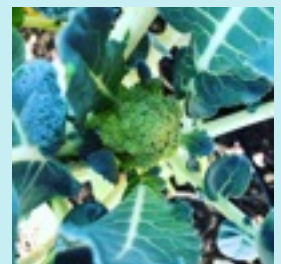
-**Adolfo Camarillo High Schools** native garden is thriving due to the rains!



- March: Broccoli

**Try the HOTM salads on Tuesdays & Thursdays in the cafeteria!**

**Asian Broccoli Salad:** Broccoli, jicama, carrots, green onions, and Asian dressing.



- April: Strawberry

## Good Food=Good Mood

### JANUARY: KALE

Students were able to try kale in their school cafeteria! The Thai Kale HOTM salad was a filled with baby kale, bell peppers, carrots, and edamame. The best part? The delicious homemade Thai dressing the Farm to School team prepared for all the OUHSD campuses! We hope you enjoyed it as much as we did!

### FEBRUARY: CITRUS

Our Sunshine Salad was tested with students last year and loved, so we brought it to the menu this year to celebrate February and the start of citrus season. With spinach, tangerine wedges, bell peppers, and thinly sliced red onion, this salad was super sweet when topped with balsamic vinaigrette.



## NUTRITION IN THE CLASSROOMS

2019 has started with a bang! Just since January, over 2,000 students have benefited from Farm to School nutrition classes!

We love helping our OUHSD students make the connection with the benefits of fruits and vegetables. We offer multiple lessons including budget grocery shopping, benefits of eating a variety of colors, and the impacts of consuming too much sugar.

The Farm to School curriculum is adapted from the UC Davis Center for Nutrition in Schools, the California Dept. of Public Health, and Health Corps CK-12

curriculum. Our team rotates between site spending a week at each school within the district.

We are available to come to your classroom, so please keep an eye out for emails from our Nutrition Educator, Ali Villegas, or feel free to reach out to her directly at: [23alicyv@gmail.com](mailto:23alicyv@gmail.com).



## HEALTH CORPS CORNER

Jessica Silon, District Wellness Coordinator

**Oxnard High School kicked off the Health Fair season with a bang!**

**Here are the dates for a Health Fair coming to your campus ->**

*For more information on bringing a staff wellness program to your site and/or getting involved with any of the OUHSD Health Fairs please contact: [jessica.cilon@healthcorps.org](mailto:jessica.cilon@healthcorps.org)*

- Camarillo High School March 15th
- Rio Mesa High School March 29th
- Hueneme High School April 12th
- Rancho Campana April 25th
- Pacifica High School May 2nd
- Frontier High School May 17th