



# FROM GARDEN TO HEALTHY SCHOOL LUNCHES



Friends of  
Loma Vista Farm  
Fall 2013



*"Farm-to-Fork programs are about investing in the health of our communities and the future of our food supply." - Shelee Loughmiller*

## Our School Lunch Garden Program

By Shelee Loughmiller

President, Friends of Loma Vista Farm Board

This season, growing fresh vegetables that go straight to the children in our community is now a reality. Loma Vista Farm is supplying Vallejo City Unified School District students with the freshest produce from our all-volunteer School Lunch Garden program. The team leaders have each brought their own enthusiasm for growing food to the project, even getting their family members to come out and help!

New irrigation lines, raised planting beds, and chip-covered walkways had to be installed before the first seeds could be planted. But first a whole lot of weeds had to be pulled out and the soil loosened. Thankfully, Farmer Rita has been enriching the soil over the years by incorporating lots of organic matter, making that task a little easier.

Building the garden—growing and producing weekly harvests of a variety of lettuces, greens, squash, cucumbers, and soon tomatoes—has involved a new group of volunteers to the farm. With very little hands-on gardening experience, the team has created an abundant and beautiful vegetable garden. What began as a former pumpkin patch has been transformed into a highly productive space in the span of a single summer.

Learning how to grow a production garden has involved field trips, researching what grows best under our climate and soil conditions, and asking a lot of questions by interviewing veteran

gardeners. Visits to The Edible Garden and Urban Adamah in Berkeley and Full Circle Farm in Sunnyvale were an eye-opening and motivating experience by all accounts. Armed with the enthusiasm of youth and some good tools, the team members are well on their way to becoming the stewards of a great garden. We are very thankful for the help of each and every single person who has given so generously of his/her time and energy to make this program another reason to visit Loma Vista Farm!

## Our School Lunch Garden Team Lead Members:

**Touro University Students** – Irene Smarr, Travis Israel, Whitney Ball

**Community Food Activists** – Andrea Mrotz, Brandi Reynolds, Shelee Loughmiller



## Mission Statement

The Friends of Loma Vista Farm is a 501(c)3 organization that exists to support the Loma Vista Farm and Garden Education Center, an outdoor classroom which provides hands-on educational activities involving plants and animals for children of all ages and abilities, increasing their knowledge of nature and nutrition while enhancing academic learning, eco-literacy and psychosocial development.

## Contact Information

Friends of Loma Vista Farm  
150 Rainier Ave, Vallejo, CA 94589  
(707) 556-8765  
<http://www.lomavistafarm.org>  
Tax ID# 32-0109022



## Educational Experience at the Farm

By Rita LeRoy

In the last year the Farm has provided educational experiences for over 5,000 students from 70 schools coming from five different counties. Our field trips give students the opportunity to learn about farm life while planting seeds to take home, digging for worms, visiting the animals, and exploring the gardens. Our website contains many instructional activities directly connecting the Farm environment to student education.

Thanks to funding from Kaiser Permanente, Whole Kids Foundation, Slow Food Solano, and student support from Touro University, 352 students from Loma Vista Environmental Science Academy participated in cooking, gardening, and environmental science activities twice per month during the previous school year. This Fall we have increased the number of students coming from Loma Vista Elementary school from 352 to 544.

Our new School Lunch Garden has been harvested approximately once per week since May, providing a wide range of fresh, organic produce to Loma Vista Elementary during the school year and the city-wide lunch program during the summer. We are grateful to the volunteers that have made this happen.

This summer was full of fun and learning as we hosted a new program called Food to Grow On, created and led by Vallejo School District teachers Charla Yakabe and Lynece Edwards. The seven 5th- and 6th-graders learned much about nutrition and cooking during this intensive four-day course. Following this program began our four-week summer camp, which provided 125 children with experience in caring for animals, cooking, gardening, arts and crafts, and other summer fun.

Our educational goals include adults. Our weekend workshops continue through the Fall with workshops on Seed Saving, Making a Succulent Wreath, and Growing Native Plants. Check the Farm's website for more information.

Not only is the Farm a living, educational laboratory for nutrition and nature, but it also serves as an outdoor classroom for Carrington College veterinary technician students. These students come to the Farm twice a year to learn how to give livestock their needed routine medical care.

There is much to learn about farm animals, plants, nature, and nutrition, and we are grateful to all the volunteers and supporters who help to keep the Farm abuzz with healthful and fun educational activities for people of all ages and abilities.

## Farm Field Trips for Fun and Learning Opportunities

Is your group looking for a fun educational experience without spending a lot of money? The Farm offers field trip opportunities for public schools, daycare, preschools, private schools, developmentally disabled groups, senior citizen groups, Scouts, and more! Your group can experience farm animals, work in a vegetable garden, and plant in the Greenhouse. Having your lunch by the pond is a great way for your group to enjoy the Farm. For a small entrance fee your group can visit Loma Vista Farm from Monday through Friday, 9:00 a.m. to 2:30 p.m. Spring and summer dates are available but filling up fast. Make your reservation today by calling (707) 556-8765.



## Shop for Groceries and Support the Farm!

Did you know you could help the Farm by shopping at Lucky's, Food Maxx, Save Mart, or Raley's? Present your Lucky S.H.A.R.E.S. card at the checkout counter at Lucky's, Food Maxx, or Save Mart, and a percentage of your purchased items will be donated to Loma Vista Farm. We hope you have signed up for Raley's 'Extra Credit' Program, as well. And if you love Jamba Juice, we have a card just for you! The money earned from these fundraising programs helps to support all the wonderful opportunities offered at the Farm. For more information, call (707) 556-8765 or log onto <http://www.lomavistafarm.org>



## Mikayla's Summer Fun on the Farm

### Junior Counselor-in-Training

My name is Mikayla. I have been coming to Loma Vista Farm for five years now. The Farm has helped me a lot and this is how: When I was in preschool, my mom and dad split up. I was about 5 years old when I came to the Farm. When I moved in with my grandpa, we heard about the summer camp and I wanted to go so bad.....so I did. The only problem was that it was hard for me. Every day I had been with my favorite person, my dad, but it was hard for me to see him move across the country. The only thing I had left from him was my glass dog that he gave me, and my pet bunny. The Farm loved me and I loved the Farm. Since that year, every July I get to make new adventures at Loma Vista Farm!



## Jennifer Diethelm's Summer Experience

### College Student

For the past four years it has been my pleasure to volunteer my time as a junior counselor here at Loma Vista Farm. The opportunities provided for children on the Farm are not only fun but educational, and in my opinion this is a completely unique experience that would be hard to find anywhere else. A broad spectrum of topics is covered during a single week here. From cooking to planting to animal diets, even at my age I learn new things every day with the kids. I am so grateful to have been a part of this experience, and I hope others will take advantage of this rewarding opportunity.

knowledge that holds the attention and excitement of our campers.

And we could never have a successful program without the generous time of our junior counselors! Most of these teenagers have been with us for more than a year, and they, too, always want to return each summer. We are grateful for their participation and enthusiasm.

It was another great summer! We look forward to seeing familiar faces next year, as well as new friends and neighbors.

## "Do these cows have gutters...?"

By Lin O'Day, Summer School Teacher

That was just one of the wonderful questions asked while the campers of Summer Fun on the Farm were giving the morning feeding to the Farm cows.

So many questions, such curiosity and wonder, so much sharing of information and knowledge! That is what takes place daily during the four one-week sessions of the Loma Vista Farm summer program. Those children who come never seem to get enough...and they beg their parents to sign them up time and time again!

This year campers fed the animals, learned about wool, and became gardeners learning about seeds, plants, and the web of life. They did craft activities, played games, and cooked each day in the kitchen. A student camper performed a violin solo for us, and a junior counselor offered a singing performance.

A special thanks always goes out to Barbara Velasco for coordinating the program and giving far more than her share. Rita LeRoy and Denise Bodin are filled with

## A Holiday Gift of a Special Friend for a Special Person

You can treat a loved one, big or small, young or old to a special animal friend. For \$5 a month, your special person chooses an animal to be his/her special friend. He/she receives special time to brush, pet, and talk to their favorite animal friend. The Special Friends program at Loma Vista Farm provides this special person with the opportunity to feel connected to an animal and get to know it better.

Businesses are also encouraged to sign up for the Special Friends program with your business sign displayed on the animals' yard. The Farm's 18,000 visitors per year will know your business supports and cares for the children and animals at Loma Vista Farm. Call the Farm for more information.



## Recycle to save the Environment

Help the environment and help the Farm at the same time. Recycle water bottles and cans at Valcore Recycling Inc. on 38 Sheridan Street in Vallejo and mention the Farm. The Farm will receive credit for your recycling donations. Don't forget to recycle your Capri Sun drink pouches and ink cartridges at the Farm. Help the environment and recycle!

**Loma Vista Farm's  
Harvest Festival & Craft Fair**

**Pumpkins Sold  
Every Saturday In October  
From 10 to 2 pm**

**Saturday,  
October 19, 2013  
11 am to 4 pm**

Loma Vista Farm  
150 Rainier Avenue in Vallejo  
(707) 556-8765  
[www.lomavistafarm.org](http://www.lomavistafarm.org)

**Directions:**  
From Highway 37 take  
Fairgrounds Drive North.  
Left on Corcoran and  
left on Rainier.

**FREE Admission  
Activity Tickets 50¢**

Buy Pumpkins  
Food and Farmware for Sale  
Plants for Sale  
Make a Pumpkin Face  
Make Cornhusk Dolls  
Scarecrow Making

## Farm Happenings

### By Arlene Hoffmann, Special Projects

Christmas will arrive again at the Farm on Thanksgiving weekend, November 29th and 30th, and December 1st. The hours on Friday will be 12:00 noon to 5:00 p.m. and on both Saturday and Sunday from 10:00 a.m. to 5:00 p.m. Wreaths and Christmas ornaments will be on hand on our opening day. We will again have a selection of Blue Noble and Nordmann Noble trees. They are beautiful trees and will come from Santa's Tree Farm in Oregon. Sizes will vary from 5 feet to 10 feet, and pricing is reasonable.

At our Fall Festival on October 19, we will showcase a tree and take prepaid orders for both our Christmas trees and wreaths. These items can be picked up on our opening weekend. Added to the Christmas booth will be a fall selection of craft items and assorted Halloween masks. Choices of grab-bag items for children with a mix of cookies, Halloween candies, and small toys will be available and priced accordingly.

SML Construction has built retaining walls in the sheep and horse paddocks to reduce the erosion in these areas. Thirty yards of soil donated by Recology was added to protect the root system of the giant eucalyptus tree. With volunteer help we will add additional drainage stone, decomposed crushed granite, and another 20 yards of top soil in this area. New fence boards and posts will be installed in Albert's area.

SML (Kamphousen) Construction will erect a new structure to shelter the cows from bad weather and mud conditions. This structure will keep our cows dry and out of the ankle-deep mud during the heavy winter rains. Dave Jones of Foster Lumber has given the Farm a tremendous discount on all the lumber for both these projects. The Farm continues to get major support from our business community. Thanks to all.

## The Joys of Membership!

The Friends of Loma Vista Farm are excited to announce a NEW program to help you save money and enjoy everything the Farm has to offer. For a yearly price you can now purchase a membership to Loma Vista Farm. With this membership you will receive a free t-shirt, advanced notice of all programs offered at the Farm, and discounts on farm wear and future events. For more information, go to <http://www.lomavistafarm.org>

## If it's October, it must be time for the Loma Vista Farm Harvest Festival!

Where can you find pumpkins, animals, crafts, great food, plants for sale, and scarecrows to make? You can find all this on October 19, 2013 from 11:00 a.m. to 4:00 p.m. at the Loma Vista Farm Harvest Festival. Be prepared to spend the day and have a lot of fun. Our animals are looking forward to seeing you!

## Pumpkins, Pumpkins, and More Pumpkins!

Every Saturday in October, the Farm will once again be open for you to buy your holiday pumpkins! From 10:00 a.m. to 2:00 p.m. you will be able to visit the Farm, say "hi" to all the animals, and pick out a small/medium or large pumpkin. Why go to the store when you can relax and enjoy choosing your pumpkin at the Farm? Don't forget, all proceeds go toward supporting Loma Vista Farm.

## Plants for Fall Planting and Winter Holiday Shopping!

The Greenhouse is full of plants, which are grown by the students during their plant-science lessons. Fall is the perfect time for you to plant perennials. The Farm is also the perfect place for your winter holiday shopping. Specializing in plants that provide food for pollinators and people, the Greenhouse is open from 9:00 a.m. to 2:30 p.m. Monday through Friday during the school year.

## 2013 Pre-Christmas Tree Sale

Buy your Christmas tree by November 1, 2013 to take advantage of the 15% discount! Happy Holidays, in advance, from Loma Vista Farm! We are preparing the Farm for a fun family experience when you come to buy your tree this year! Enjoy hot chocolate, pick out a handmade wreath, choose an ornament, buy a plant, and visit our animals while you take time to choose just the right tree. The sales begin at the Farm on Friday, November 29, or you can pre-order your tree now for a 15% discount. Remember, all profits go toward Loma Vista Farm. For more information, visit <http://www.lomavistafarm.org>.

Loma Vista Farm's  
**CHRISTMAS TREE  
SALES 2013**

Proudly Sponsored By:  
**Sunible**  
Home Solar Simplified

**Fresh Noble Fir, Blue Noble Fir,  
and Blue Nordman Fir**

**Stands for large trees for sale**

**Starts Friday, November 29th  
Then sales every Thursday - Sunday  
Ends Sunday, December 15th**

**Thurs & Fri Noon to 5 p.m.  
Sat & Sun 10:00 a.m. to 5:00 p.m.  
Close at or before sunset**

Pay for in full when ordering.  
All fees paid become non-refundable.  
Optional delivery \$10 per location for Vallejo,  
Benicia, and American Canyon, beyond \$15.  
Delivery area limited to within  
45 miles of Loma Vista Farm.  
Pick up starting Friday, November 29th at Loma Vista Farm

**Buy your Christmas Tree today  
Buy your tree in person at the farm,  
online at lomavistafarm.org,  
call Arlene at (707) 642-4925 or by mail  
For price sheet and list of tree types and sizes visit the farm's website**