



Resources for Home Gardening, Food Safety, and Food Preservation

Virginia Cooperative Extension Resources

- <http://resources.ext.vt.edu/>
Search for: canning, freezing, drying, food safety, food storage guidelines
- [Food Safety for School and Community Gardens](#)
- Benson, M. and K. Niewolny (2018). *Virginia Farm to School Resource Guide: Helping Connect Virginia Foods to Virginia Schools*. Virginia Tech/Virginia Cooperative Extension. Accessed via web 21 Aug 2019: <https://www.pubs.ext.vt.edu/AEE/AEE-77/AEE-77.html>

University of Georgia's National Center for Home Food Preservation

- <http://www.uga.edu/nchfp>
- Provides current research-based recommendations for most methods of home food preservation and is endorsed by the United States Department of Agriculture
- Also includes information on freezing, curing and smoking, fermenting, jams/jellies
- Recommendations for freezing prepared foods (such as soups)

United States Department of Agriculture's Complete Guide to Home Canning (through the University of Georgia's National Center for Home Food Preservation):

- https://nchfp.uga.edu/publications/publications_usda.html

School Garden Resources

Books:

Bucklin-Sporer, A. and R. Pringle (2010). *How to Grow a School Garden: A Complete Guide for Parents and Teachers*. Portland, OR: Timber Press.

Jaffe, R., G. Appel and W. Cohen (2014). *The Growing Classroom: Garden-Based Science and Nutrition Activity Guide*. Williston, VT: National Gardening Association for KidsGardening.org.

James, C. (2015). *The Garden Classroom: Hands-On Activities in Math, Science, Literacy & Art*. Boulder, CO: Roost Books.

Junior Master Gardener (2016). *Learn, Grow, Eat & Go!* Bryan, Texas: Texas AgriLife Extension Service.

Junior Master Gardener (2005). *Operation Thistle: Seeds of Despair. Plant Growth and Development for Grades 6-8*. Bryan, Texas: Texas AgriLife Extension Service.

United States Department of Agriculture (2018). *Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care or Preschool*.

Toolkits:

United States Department of Agriculture. *Farm to School Planning Toolkit*. Accessed via web 21 Aug 2019: <https://fns-prod.azureedge.net/sites/default/files/resource-files/F2S-Planning-Kit.pdf>

Whole Kids Foundation and Slow Food USA (2017): *Garden to Cafeteria Toolkit*. Accessed via web 20 Aug 2019: <https://www.wholekidsfoundation.org/garden-to-cafeteria-toolkit>

Webinars:

States Department of Agriculture (2019). *SNAP-Ed and School Gardens: Growing Together*. Accessed via web 16 Jan 2020: <https://snaped.fns.usda.gov/training/snap-ed-webinars>

Recorded webinar: United States Department of Agriculture (2018). *Planning Toolkit – School Gardening*.

Accessed via web 20 Aug 2019: https://www.youtube.com/watch?v=xFwF07_vjsU&feature=youtu.be

Websites and Email Lists:

FeedVA provides data mapping tools and overlays which provide information regarding food access, nutrition educations, school and community gardens, and school nutrition across the Commonwealth. Accessed via web 21 Aug 2019: <http://feedva.org/>

KidsGardening.org. Provides educator and garden resources and grant information. Accessed via web 20 Aug 2019: <https://kidsgardening.org/>

Northern Virginia's Great Environmental Educators Network (GREENetwork). For Loudoun, Clarke, Warren, Fauquier, Frederick, and Winchester City Schools. This email group of over 150 members provides resources and a discussion platform geared toward the Northern Virginia region. Contact Mark Pankau at mpankau28@gmail.com to join the network.

National Farm to School Network School Garden Resources. Accessed via web 21 Aug 2019:

<http://www.farmtoschool.org/Default.aspx?CCID=16779&FID=176904&ExcludeBoolFalse=True&ID=/resour ces-search-results>

School Garden Support Organization Network: A Learning Community of School Garden Support Professionals. Accessed via web 21 Aug 2019:

<https://sites.google.com/site/nationalschoolgardennetwork/>

Slow Food USA Resources and Grants. Accessed via web 20 Aug 2019:

<https://www.slowfoodusa.org/resources-and-grants>

United States Department of Agriculture Farm to School Census. Learn about Farm to School efforts in your county. Accessed via web 21 Aug 2019:

<https://farmtoschoolcensus.fns.usda.gov/find-your-school- district/virginia>

United States Department of Agriculture: Procuring Local Foods for Child Nutrition Programs. Accessed via web 21 Aug 2019: https://fns-prod.azureedge.net/sites/default/files/f2s/F2S_Procuring_Local_Foods_Child_Nutrition_Prog_Guide.pdf

Virginia Department of Agriculture and Consumer Services' Farm to School. Accessed via web 21 Aug 2019: <https://www.vdacs.virginia.gov/marketing-virginia-farm-to-school-program.shtml>

Virginia Farm to School Network. Join the network to receive a list of local and regional contacts and to stay informed regarding upcoming events.

<https://www.surveymonkey.com/r/VAF2SNetwork>

Virginia Department of Education's Local School Nutrition Program Contacts. Connect with the school nutrition leaders in your school division to align school garden activities with the nutrition program. Accessed via web 21 Aug 2019:

http://www.doe.virginia.gov/support/nutrition/resources/nutrition_programs_dir.shtml

Virginia FFA Chapters. Accessed via web 21 Aug 2019:

http://media.wix.com/ugd/4e58fc_5b136ab73b4e443f95b57a4617d2b5b3.pdf

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