

The Pennsylvania Farm to School Network Success Story:

# CENTRAL ELEMENTARY SCHOOL

Venango County, PA



**Sarah Kulling**, an elementary school teacher of 15 years at Central Elementary School in Venango County, has been incorporating farm to school practices and activities into her classroom for the past nine years. Sarah and her students have grown beans, peas, potatoes, lettuce, tomatoes, peppers, cucumbers, radishes, beets and tulips. They have grown a pizza garden with fresh oregano, basil and chives and even had a salsa party at school, making salsa from their home-grown produce!

Last year, they worked with the Venango County Master Gardeners Program to add a pollinator garden.

Before her class plants the garden, Sarah teaches her students how to map out a garden, so they know how to properly space plants and which plants require full or partial sun.

Sarah teaches the plant life cycle with bean seeds that they start at school and take home to plant once they sprout. Sarah allows

students and parents to take home any extra produce at the school's open house every fall. "Last year, we gave away two bushels of tomatoes to families," Sarah said.

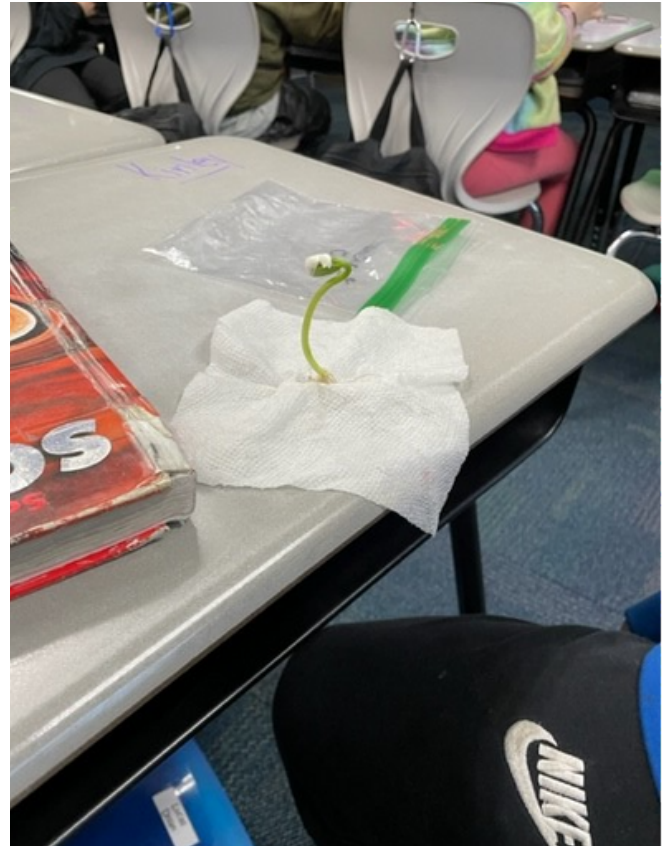
"This is a wonderful program and allows the children to take ownership of their own healthy eating and is something that will stay with them," Sarah says.

"Even though most of my students live in town, they have started growing vegetables in small containers on their porches because of the impact that the school garden has made!"

"The students' favorite thing about gardening is checking on the plants daily and being included in it."

– Sarah Kulling, educator





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