

## Plain Local Schools Hydroponic Lettuce

A school in North Eastern Ohio is taking big strides to not only bring fresh and local produce into the cafeteria but to also teach students! Amanda Matchett, Assistant Food Service Director explained, "Oakwood students from Plain Local School District are embracing sustainable agriculture with the help of our Horticulture Department. They've got not one but two incredible systems in action - a plant stand and NFT hydroponic system. From planting to harvest, our students are hands on every step of the way. The Lettuce they grow goes straight to our kitchens for delicious Chef salads." Tiffany Woods from the Horticulture Department shared:

"Our NFT hydroponic system allows students to grow leafy greens. This system is capable of producing 72 heads of bid lettuce per cycle. They started using the tower system this year that was donated to the program to grow additional leafy greens and herbs for the cafeteria. We are in the beginning stages of implementing our new bato bucket system which will allow students to begin growing vine vegetables. They will begin with cherry tomatoes and also be experimenting with green beans, cucumbers and peppers."

These students are learning how to grow their own food, be sustainable, and see the fruits of their labor out on the serving line at school! There are many different ways to incorporate Farm to School Programs at your school, this is just one example! Other way to incorporate Farm to School is reaching out to a local farmer to see what kind of partnership you can cultivate!







Hydroponic lettuce being used to make their chef salads!