



## News from the Delta Garden Study

Addressing Childhood Obesity in the Central and Delta Regions of Arkansas  
 Headquartered in Little Rock, Arkansas  
**February/March 2011**



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**Mabelvale**



### Final Full-Scale Study School Chosen for 2011-12:

**Congratulations Monticello Middle School!** The Delta Garden Study is pleased to announce the fourth and final full-scale study school for the 2011-12 school year! Monticello Middle School will be participating in the first year of the full-scale study, scheduled to begin in August 2011. School

personnel are already hard at work preparing their school's garden site. The search for a Garden Program Specialist for Monticello Middle School is now open. For more information about this position, please contact Emily English at 501-364-3390 or [esenglish@uams.edu](mailto:esenglish@uams.edu).

## Garden Update

The spring garden is in full swing at Mabelvale.

Carrots that have been delicately seeded, thinned, and weeded for months were finally able to be harvested this month. For many of the students this was the first time they had ever seen a carrot come out of the ground. Chris reviewed the lesson on plants with fibrous root systems and tap roots so that the students would understand how the carrots were able to take up water and nutrients through one large root.

Chris says, "*In the beginning, students struggled to pull the roots from the ground. As time went on, the students relaxed and used finesse and technique to unlock the carrots from the firm grip they had established over the winter growing season. In many instances our reaction was to assist the students in harvesting the carrots but we realized this was their opportunity, their experiences and their garden. We were proud that so many of the students relished the joy that came from working hard for something and waiting patiently on the reward for that hard work.*"

They have also been busy planting broccoli, cabbage, lettuce, potatoes and more carrots in the newly opened garden space. The greenhouse is full of baby tomatoes, peppers and



## Harrisburg, Highland and Searcy County School District's Garden Program Specialists Chosen!

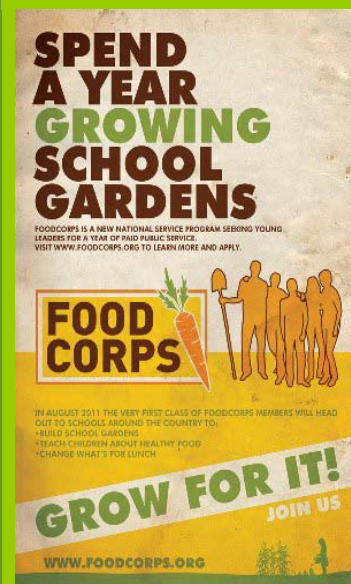
The Delta Garden Study and its participating schools are very excited to announce their Garden Program Specialists for the 2011-12 school year. Starting in June, **Ryan Norman** will be the Garden Program Specialist at Harrisburg Middle School, **Kevin Keen** will be the Garden Program

Specialist at Highland Middle School, and **Cale Nicholson** will be the Garden Program Specialist at Marshall High School, the site for Searcy County School District's garden. All three bring tremendous amounts of experience and enthusiasm to their new positions. They will spend the summer building the gardens and greenhouses at their respective sites. This will also give them time to begin developing relationships with the school staff and community, and the chance to participate in teacher trainings and curriculum workshops. Welcome to the team Kevin, Cale, and Ryan!

## April 10th Deadline for FoodCorps Applications

The FoodCorps application deadline is fast approaching.

Arkansas-placed members will serve in Delta Garden Study schools across the state. Four members will work alongside the Garden Program Specialists to build and maintain new gardens, co-teach DGS lessons, and to develop community relationships to aid in the sustainability of the gardens. One member will serve at Mabelvale Middle School as it enters its first year of sustainability. The final member will serve in the Delta Garden Study



headquarters office and will work on building capacity for farm to school across the state. Service members will receive health insurance, an education award and a modest living allowance for a year of full-time service. Service terms begin in August, 2011. More information is available on the national FoodCorps website ([www.foodcorps.org](http://www.foodcorps.org)).

eggplants that will be ready for transplanting in mid-April.



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## First Lady Michelle Obama's *Let's Move!* Initiative Marks 1st Anniversary

February 9, 2011 marked the anniversary of the launch of First Lady Michelle Obama's *Let's Move!* campaign. Mrs. Obama started the campaign in an effort to improve

children's nutrition and increase physical fitness, as well as support parents and communities committed to helping kids make these lifelong changes. In a recent speech Mrs. Obama praised the accomplishments already made by a variety of groups and encouraged others to continue to get involved. *Let's Move!* has already accomplished much in their effort to support schools. For example, "The Healthy, Hunger-Free Kids Act, a groundbreaking piece of legislation, was signed into law so all kids have healthier food in school and even more have access to a healthy lunch." Mrs. Obama explains the importance of getting schools involved in making these changes and suggests two ways to do so are, "planting a garden" and "incorporating nutrition education and physical education into curriculum". The Delta Garden Study is proud to be addressing childhood obesity in both of these ways and our study team and participating schools are thrilled to support Mrs. Obama's initiative and to contribute to the *Let's Move!* campaign. - *Thanks to Rachel Robbins for this great article. Rachel is a Hendrix College student, class of 2012, and is currently serving as a Spring intern with the Delta Garden Study. She is working on curriculum development and implementation.*

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