

A photograph of a woven basket filled with fresh, orange carrots with their green leafy tops. The basket is placed on a rustic, blue-painted wooden surface. The text "sow healthy garden-to-table" is overlaid on the image, with "sow" and "healthy" in green and "garden-to-table" in yellow. A small green seedling icon is positioned between the words "sow" and "healthy".

**sow**  **healthy**  
**garden-to-table**



# sow healthy garden-to-table

## mission

The mission of Sow Healthy Garden-to-Table is to provide an opportunity for children to learn how to grow fruits and vegetables in a garden and cook delicious recipes using this produce. By learning basic, hands-on gardening and cooking skills, students will discover which foods are healthy for the body and the planet. The Sow Healthy Garden-to-Table curriculum consists of a series of eight lessons, each with a gardening and cooking component. In addition to learning the skills needed to create and maintain a school garden, students will also gain an understanding about the origin of real foods and their nutritional benefits.

## sow healthy garden-to-table history

The original Sow Healthy Garden-to-Table school program was created by the Resolute Health & Wellness charity in its efforts to provide integrative health services to the Comal and Guadalupe County area. Resolute Health had an emphasis on preventative health with the main focus of keeping people healthy rather than treating illness alone. Since that time much has changed at Resolute Health, including the name of the non-profit changing to the Sow Healthy Coalition. However, even throughout these changes, the mission and vision of the garden program has remained alive and thriving—“To Grow Wellness across Generations and Communities.”

The Sow Healthy Garden-to-Table curriculum was developed to align with 3rd grade TEKS science curriculum but can easily be tailored to other grade levels and provides supplemental activities for both core and special content areas. In addition, Sow Healthy Garden-to-Table strongly encourages an intergenerational, community-based garden program. It encourages volunteers of all ages, from seniors to parents to students, to participate and assist with the garden.

In the Fall of 2011, Sow Healthy Garden-to-Table started with a three-acre garden on an empty plot of land behind Canyon High School in New Braunfels, Texas. Students from 2 local elementary schools were bussed over one day a week for a hands-on lesson in the garden. Since that time,

the flagship garden has been allocated for other uses, but a growing number of smaller, “satellite” gardens have popped up on school campuses throughout Comal and Guadalupe County. We are seeing positive results as students engage in educational gardening, nutrition education, and increased physical activity.

By May 2018, the Sow Healthy Garden-to-Table curriculum was adopted by the San Antonio Food Bank (SAFB) to integrate this curriculum into the schools in San Antonio, TX. SAFB partnered with Pre-K 4 SA, an innovative, prekindergarten educational program, and Haven for Hope, a facility helping people who are experiencing homelessness in San Antonio, to educate children about gardening and nutrition using Sow Healthy. In the 2018-2019 school year, SAFB Nutrition, Health & Wellness Division educated children in 4 schools and 1 shelter establishing a total of 92 garden beds.

In the Spring of 2019, SAFB collaborated with Culinary Health Education for Families (CHEF) and San Antonio Botanical Garden to enrich the Sow Healthy Garden-to-Table Curriculum with hands-on cooking demonstrations using locally grown fruits and vegetables. This collaboration and updated curriculum focuses on putting children in contact with real foods by learning how to cook fun, friendly, and delicious recipes using produce grown in our garden.

# sow healthy creative partners

Sow Healthy- Garden to Table is a comprehensive school gardening program, adapted in partnership with the San Antonio Food Bank (SAFB), Culinary Health Education for Families (CHEF), and San Antonio Botanical Garden (SABOT).

## San Antonio Food Bank

The mission of the San Antonio Food Bank is to fight hunger in southwest Texas through food distribution, programs, education, and advocacy.

For more information: [www.safoodbank.org](http://www.safoodbank.org)



## Culinary Health Education for Families (CHEF)

Rooted in the belief that food is medicine, CHEF is a Culinary Health Education Program that teaches children and families basic nutrition and practical cooking skills, with the long-term goal of driving healthy eating habits in our community. For more information: [www.chefsa.org](http://www.chefsa.org)

## San Antonio Botanical Garden

The San Antonio Botanical Garden's mission is to inspire people to connect with the plant world and understand the importance of plants in our lives.

For more information: [www.sabot.org](http://www.sabot.org)





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In 1980, the **San Antonio Food Bank** (SAFB) was the first food bank established in Texas. Since then, the Nutrition, Health & Wellness (NHW) Program was created in 2002. The SAFB has been one of the key leaders in the communities served in Bexar and 15 surrounding counties to focus on their health through affordable nutrition, physical activity, and gardening.

The NHW Division and SAFB Farm Team combines the expertise of a diverse group of nutrition, health, food, and gardening professionals who translate science-based information into practical messages to instill a "Culture of Health." They empower communities to take action and control of their own health through the modification of lifestyles while following federal guidelines outlined by the USDA Dietary Guidelines for Americans (DGA).

To back the transition to a "Culture of Health," the SAFB has instituted one of the largest Urban Agriculture initiatives in the city of San Antonio, Texas. The San Antonio Food Bank cultivates 43 acres spread across three unique agricultural sections at our main facility. SAFB also farms an additional 50 acres at the National Park Service's Mission San Juan Capistrano, a World Heritage site. The fruits and vegetables grown on our farms are made available to the SAFB network of agencies to feed the hungry in our community. A small portion of the produce we grow is available for purchase at local SAFB Farmers' Markets operated by the Food Bank and Mobile Mercado.







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**CHEF (Culinary Health Education for Families)** is proud to partner with The San Antonio Food Bank and San Antonio Botanical Garden to offer Sow Healthy, a comprehensive school gardening program designed to promote environmental stewardship and sustainability.

This integrated curriculum incorporates best practices reflecting the latest data indicating that edible garden education combined with nutrition education and basic culinary training leads to a positive school experience with a strong foundation of life skills. Research studies have found that students who participate in school garden programs:

- Improve their academic performance, social behavior, responsibility, and environmental stewardship;
- Increase their consumption of fruits and vegetables;
- Enhance their preference for fresh produce.







SAN ANTONIO  
BOTANICAL GARDEN

## *San Antonio Botanical Garden*

*The San Antonio Botanical Garden's mission is to inspire people to connect with the plant world and understand the importance of plants in our lives.*

The **San Antonio Botanical Garden** features 38 acres of diverse botanical displays, including Texas native trails, a conservatory with plants from diverse ecosystems, watersaver landscapes, a family adventure garden, and one of the nation's oldest youth gardening programs in which children experience hands-on horticulture (with the help of partner organizations Texas A&M AgriLife Extension Service and Bexar County Master Gardeners). Since its opening in 1980, Botanical Garden programming has explored the ways in which plants form the foundation of the natural world, and are essential for our survival, health, and enjoyment. Inspired by the success of the children's vegetable garden program, the Botanical Garden built the one-acre Zachry Culinary Garden to showcase the staples of healthy eating and to invite visitors to participate in harvesting and preparing fresh vegetables, herbs, and fruits year-round, engaging young and old in the art and science of gardening and cooking. In 2017, the Zachry Culinary Garden opened with the CHEF Outdoor Teaching Kitchen and Goldsbury Foundation Pavilion in its center. This new space highlights the Botanical Garden's partnership with CHEF (Culinary Health Education for Families), providing families, youth, and students with the knowledge and the skills to prepare healthy food at home while learning about growing produce and sustainability.

