



Creating a Fifth Season Plan



Diane Chapeta,
Illinois Farm to School Network Program Manager
Seven Generations Ahead



Overview

- Planning pays off!
- Basics to Consider
 - availability and farm/garden safety
 - preservation type
 - HACCP/tracing & tracking/vacuum sealing
 - facility and equipment
 - staff knowledge/training
 - costs
- Resources





Why take the time to write a plan? Because..



- a better degree of success is achieved with forethought
- you gain input and ideas from others
- your grant requests are more appealing with written planning in place
- you will discover opportunities for partnerships in your community





Basic Plan Components



Products and Process

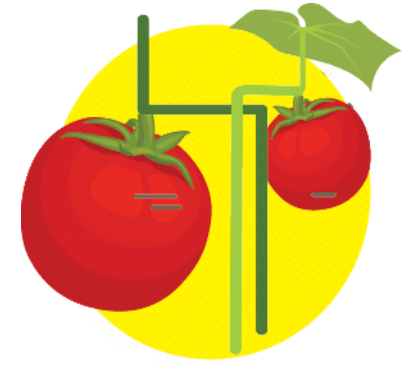


Viroqua Public Schools
Viroqua, WI

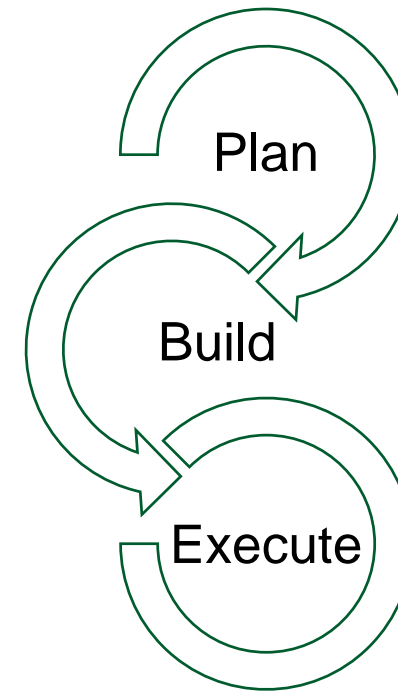
Facility, Staff & Usage

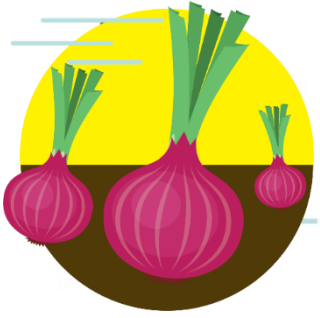


In Season Availability Sourcing & Food Safety



- Choose your source:
 - local farms
 - a farmer coop or hub
 - DOD FFVP
 - site garden or farm
- Verify food safety protocols are in place
- Bids? Forward contract? Existing contract?
- Choose the items & request amounts needed
- Source based on availability and the projected harvest calendar
- Adjust and confirm anticipated purchases





Food Preservation Method



- determine how your harvest items will be utilized

Added to recipes or taste tests:

- as a stand alone side or condiment
 - as an ingredient
- decide which method of preserving will work best for those items in your facility



Food Preservation Techniques

Some methods of preserving food require specialized equipment, methods and ingredients. Others, like refrigerator pickled vegetables, do not. You can utilize clean, glass jars and lids from foods you have purchased and consumed to pickle fresh foods in your refrigerator. Spaghetti sauce jars, applesauce or actual pickle jars have tight-fitting lids and can be washed in your dish machine at high temperatures. Quick pickled food shelf life is dependent on what foods you chose to pickle, normally 3-6 months.



- Pickling, water bath: (veggies, fruits, proteins)
 - Quick pickling, refrigeration: (veggies, fruits, proteins)
- Dehydration, forced warm air: (veggies, seasoning blends, meats, fruits)
 - Air drying, hanging: (herbs, garlic)
- Curing by salting, drying, aging process: (meats, dairy)
 - Brining, wet process with salt: (proteins)
- Canning, water bath: (sauces, veggies, fruits, jellies, fillings, fruit butters, proteins)
- Refrigerated / emulsification- limited storage life: (condiments like pesto, mayo, ketchup, salad dressings, hot sauces, oils)
- Freezing: (seasonal vegetables, fruits, herbs, proteins)
- Fermentation: (kombucha, kimchi, kraut, yogurt, kefir)



Food Safety Planning

- HACCP and SOP's
- product trace back and tracking
- product flow and handling
- packaging and labeling for use
- vacuum sealing process- need for variance
- training the staff

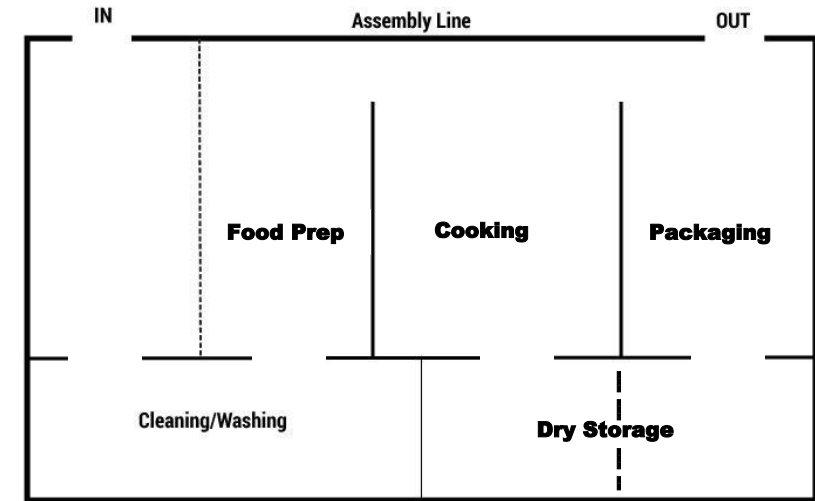


Spring Lake CCSD 606 zucchini and yellow summer squash ready for roasting & freezing

Facility and Equipment



- Consider use of equipment that is easy to disassemble and wash, rinse, and sanitize
- Be sure to have small wares and equipment in good working order avoiding the use of damaged items
- Only process during down times
- When setting up your kitchen for processing create a product flow to avoid cross contamination and be mindful of flavor and color mixing when washing produce
- Train the staff and volunteers on the proper handling of equipment and production SOP's and recipes

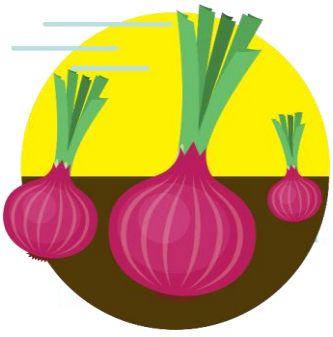


Staff Knowledge and Training



- equipment usage and cleaning
- knife skills
- new recipe orientation
- process and usage
- volunteer orientation and training
- inventory
- processing day(s) scheduling
- certificates for training and achievement





Costing Your Products



Viroqua Public Schools
Ratatouille

- Labor rate per hour
 - labor hours required
 - supervisor cost
 - facility overhead?
- Unprocessed to processed yields
- Produce raw cost per pound
- Packaging
- Extra fees (delivery, new small wares, training)



Product Usage



- as an ingredient swap in existing recipes
- as an ingredient in new recipes
- as part of a taste test cycle
- as a condiment or a side
- as part of culinary or garden lessons



Resources

- [Farm to School Extending the Harvest Video Resource](#)
- [IFSN Lessons in Freezing PDF](#)
- [Recommended Equipment for Processing](#)
- [WSU ExT Planning a Fifth Season at Your Site](#)
- [Preserving Locally Harvested Foods in Schools](#)
- [IFSN Institute page resources](#)



Sun dried and dehydrated patio tomatoes with local garlic using the emulsion/refrigeration method of preserving. These lovely tomatoes in oil have a cold shelf life of approximately 3-4 months. Keeping them "capped" under oil prevents spoilage.





Thank you for listening!

ILLINOIS FARM^{TO}SCHOOL NETWORK



Diane Chapeta | IL Farm to School Program Manager
diane@sevengenerationsahead.org

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informed: <http://illinoisfarmentoschool.org/about/join/>

General Inquiries: farmentoschool@sevengenerationsahead.org
708.660.9909



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