

# 4-H Farm to Fork Camps

North Carolina 4-H Volunteer Leaders Conference

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HARNETT COUNTY CENTER

# Welcome to 4-H Farm to Fork Camps



# Today's Agenda

- ▶ Discuss 4-H Farm to Fork Camps
- ▶ Share tips for choosing farms to visit and what to do at the farms
- ▶ Share food safety and culinary skills to incorporate into your club or summer fun programs
- ▶ Simulate a **4-H Food Challenge**
  - ▶ Modeled on the Food Network show *Chopped*
- ▶ Share a link to all of our current and future resources

# 4-H Farm to Camps are...

- ▶ A Cooperative Extension program between 4-H, FCS and Agriculture to teach youth (8-18) where their food comes from and how to prepare meals using fresh items from the farm
- ▶ Fun for all youth!
  - ▶ Includes local farm tours where youth learn how food crops are grown and poultry & livestock are raised
- ▶ Teaching youth how to prepare items from the farm using recipes that the participants can do at home
- ▶ The educational component that ties into the Texas A&M 4-H Food Challenge curriculum that is similar to the Food Network show *Chopped*



# Harnett County Farm to Fork Camp

- ▶ 4-H, FCS and Ag Agents chose a week for the program
- ▶ Our Ag team planned different farms we could visit working with Greg so he could plan recipes and culinary skills to teach the first four days of the program
- ▶ We used the Texas A&M “4-H Food Challenge Guidelines” as a guide for our “4-H Food Challenge” on the last day of the camp
- ▶ We included food from the farms we visited in the mystery basket and added a few surprises (cornflakes, ramen noodles, juice boxes)
- ▶ We provided staple items in our pantry to allow the youth to be creative with their dishes
- ▶ We evaluated the skills the members learned by observing them during the “4-H Food Challenge” competition and conducting a survey months after the camp



# Value of the Program

- ▶ 100% of parents reported that their children, who participated in our cooking programs
  1. Cooking at home
  2. Practicing proper food safety (temping meat, washing fruits & vegetables etc.)
  3. Using proper knife & culinary skills
- ▶ 91% of parents reported that their children, who participated in our cooking programs
  1. Are utilizing healthy recipes we provided
  2. Are eating more fruits & vegetables



# Choosing Farms to Tour

- ▶ Coordinate with your Extension Horticulture and Agriculture Agents
- ▶ Geographic Proximity
- ▶ On-farm Accessibility
  - ▶ ‘You-pick’ farms are ideal
- ▶ Crop Diversity
- ▶ Crop Seasonality
- ▶ Food safety and quarantine issues
- ▶ On-site purchase options



# Things to Do on the Farm

- ▶ Extension Agent and/or Farmer can lead tours
  - ▶ Seek farmers that enjoy talking about their farm
  - ▶ Agents are trained to explain farming methods
- ▶ Demonstrate different kinds of cropping systems
- ▶ Explain the life cycles of different crops
- ▶ Discuss water, soils, pollinators, equipment
- ▶ Tour crop storage, curing and packing facilities
- ▶ Ask if participants can help pick or harvest
- ▶ Ask farmers to tell the history of their farm





# Where to Start in the Kitchen



# Step 1: Determine your farm schedule

## Tips

- ▶ Work with Ag Agents
- ▶ Think of time (travel, farm visit, etc.)



## Step 2: Figure out what food you can get from each farm

### Tips

- ▶ Call in advance
- ▶ Prepare how you will pay
- ▶ Know what form you will receive the food items



# Step 3: Pick a recipe(s) for each farm visit

## Tips

- ▶ Keep it simple
- ▶ Be aware of the time you have
- ▶ Highlight the main ingredients from the farm
- ▶ Be aware of what appliances or utensils will be needed



# Step 4: Decide on a lesson

## Tips

- ▶ Focus on culinary skills
  - ▶ Knife skills
  - ▶ Stir frying
  - ▶ Creating a batter
- ▶ Nutrition focus
  - ▶ Food groups/Myplate
  - ▶ Using healthy ingredients
- ▶ Food Safety
  - ▶ Proper handwashing
  - ▶ Preventing cross contamination
  - ▶ Cooking temperatures
  - ▶ Bacterial growth
- ▶ Food cost analysis
  - ▶ Cost of dish
  - ▶ Cost per serving



# Farm to Fork Camps Work Group

- ▶ The Farm to Forks Camps Work Group is the newest addition to the statewide Extension Local Food Program Team (LFPT)
- ▶ The mission of the (LFPT) is “This multidisciplinary team of Extension professionals shall identify and assess priorities, build capacity and mobilize resources to support Cooperative Extension in leading and fostering stakeholder and community efforts that enhance the local food system(s) of North Carolina
- ▶ The Farm to Fork Camps work groups focus is to build overall capacity for extension offices and their customers to start Farm to Fork Camps in their county and 4-H Club programs
- ▶ Our work group secured \$7,000 to build four Farm to Fork Camps kits for each Extension District, train agents & volunteers, develop resources and other online tools to increase the capacity of counties to implement this program
- ▶ More information is coming from the webpage we will share later on how you can access all of these tools

# Let's Get Cooking

## ▶ The Rules...

- ▶ We will have up to 5 teams of 5 participants
- ▶ You will have to develop a dish (not a meal) using all items in your basket. You can choose how much of each item you will use but you must use some of everything in the basket.
- ▶ You can use up to 5 different items from the pantry (not counting spices etc.)
- ▶ You must share the title of your dish, your recipe & how you used the basket ingredients during judging

## ▶ Time Limit

- ▶ 40 minutes from start to finish including planning, cooking and clean-up

## ▶ Basket of Ingredients

- ▶ Sausage links, canned cinnamon rolls, blueberries, potatoes and snack paks

## ▶ Your time starts...

## ▶ **NOW!**

# Any questions?

- ▶ Link to our resources at <http://go.ncsu.edu/farmtoforkcamp>
  - ▶ Contains this presentation, Texas A&M 4-H Food Challenge Handout, Hand Washing Handout, Food Safety Classroom Activities Handout, Kitchen Thermometers USDA Handout and many other tools.
- ▶ QR Code
- ▶ Find us on Facebook at <https://www.facebook.com/North-Carolina-Cooperative-Extension-Harnett-County-149649221721545/>
- ▶ Find us on the internet at <https://harnett.ces.ncsu.edu/>
- ▶ Remember to contact your local 4-H, FCS and Agriculture Agents for help!



Thank you!