



Westview Middle School: Miller Farm Field Trip and Sampling Event

As part of a Project Produce: Fruit and Vegetable Grant, Westview STEM students were taken to Miller Farms to experience what planting, harvesting and farming is like in real life. Students had the opportunity to meet with a farmer, ask questions, and harvest vegetables.

Students harvested 528 vegetables including:

- Acorn Squash
- Potatoes
- Corn
- Carrots
- Kale
- Onions
- Cabbage
- Green Beans
- Pumpkins
- Gourds
- Celery
- Beets

Harvest Prep:

Students were given a food safety lesson and kitchen tutorial in order to help prep the harvested vegetables. Students discussed seasoning and spices with Kitchen Manager, Shanti Benson to create the recipes used in the first sampling.

Harvest Sampling:

Students prepared two different roasted vegetable medleys, kale chips, and roasted pumpkin seeds. Samples were then served to their class and school staff.

