



Farm 2X Proposal: CT Grown for Connecticut Kids Grant Proposal

Prepared By: Eric Francis, CEO

School Year: 2024-2025

Total Project Cost: \$37,000

Farm2X is thrilled to submit this proposal in support of KoCo for Kids' application for the CT Grown for Connecticut Kids grant. Our collaboration aims to establish an engaging outdoor garden and learning area for the 2024-25 school year, focusing on enriching the educational experience for children aged 1-12 at KoCo for Kids through hands-on agricultural learning.

Farm2X Garden Design/Build Services: \$26,450

- Garden and Outdoor Classroom/Community Area: We will design and construct an interactive garden space suitable for young learners, including areas for traditional gardening and innovative hydroponic systems for year-round education.
- Tailored Gardening Systems: Adaptation of gardening methods to suit different age groups, ensuring that the garden serves as an effective learning tool throughout the year.
- Includes plants (vegetable transplants, Blueberry and Raspberry bushes) and a plant guarantee that if the plant does not survive transplant we will bring in new ones. The vegetable transplants will be for both 2024 & 2025.

Farm2X Education Services: \$6,475

- Educator Support and Curriculum Integration: Providing continuous support to KoCo educators, focusing on integrating the garden into the curriculum with minimal additional workload for teachers.
- Activity Development: Creation of age-appropriate garden-based activities, including taste tests and a collaborative garden project, encouraging exploration and learning about local agriculture.
- Community Engagement: Initiating activities to involve the wider KoCo community, thereby enhancing the impact and reach of the project.
- Direct Classroom Support: Farm2X educators will work directly with KoCo teachers to seamlessly incorporate garden activities into existing curricula, enhancing the learning experience without adding extra workload.
- Remote and Onsite Assistance: Bi-weekly support for teachers in both onsite and remote formats, assisting in the development and implementation of engaging garden-related activities.

Farm2X Garden Maintenance Services: \$4,075

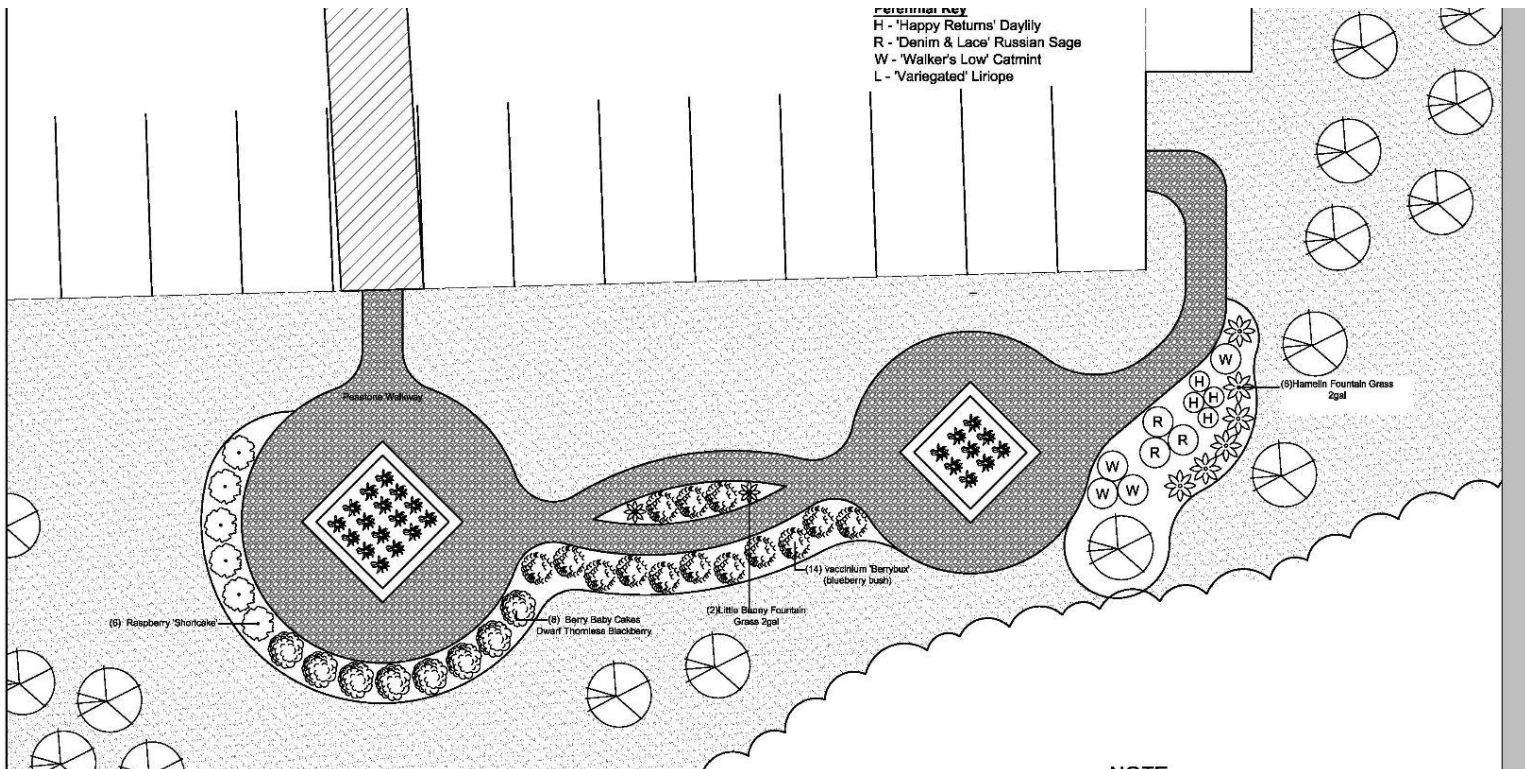
- Comprehensive Maintenance and Training: Regular garden maintenance visits and professional development workshops for KoCo staff, ensuring the sustainability of the garden.
- Ongoing Support: Supplying all necessary consumables for the garden, replacement seedlings, and providing continued support for optimal garden operation and educational integration.

ERIC FRANCIS

Eric@TrifectaEcosystems.com (860) 740-2104
www.TrifectaEcosystems.com 207 Oak Street, New Britain, CT



Garden Design



This proposal for the “Local Flavors at KoCo for Kids” project, under the auspices of the CT Grown for Connecticut Kids grant, embodies our commitment to fostering a connection between young students and local agriculture. We are excited about the opportunity to enhance the learning environment at KoCo for Kids and support the development of sustainable, health-conscious eating habits among children.

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"Local Flavors: A Journey Through Connecticut's Farms at KoCo for Kids"

"Local Flavors at KoCo for Kids" is a vibrant and educational project designed to connect children aged 1-12 with the wonders of local agriculture through tailored taste testing events. Scheduled from April 2024 to September 2025, this initiative focuses on the significance of local produce, educating young minds about healthy eating, and building sustainable connections between KoCo for Kids and nearby farms.

Project Components:

1. Partnership with Local Farms: Building relationships with local farmers to source child-friendly fresh produce and value-added products suitable for young palates.
2. Age-Appropriate Educational Program: Developing curriculum-integrated educational materials about agriculture and nutrition, tailored to different age groups within the 1-12 year range.
3. Taste Testing Events: Organizing events, segmented by age group, to introduce children to a variety of locally grown foods in a fun, interactive way.
4. Student Engagement: Engaging activities, sensory explorations, and feedback sessions designed to be age-appropriate and informative.
5. Sustainability Planning: Strategies to integrate local foods into school meals and nurture ongoing partnerships with farms, focusing on items that are appealing and nutritious for children.

Objectives:

- To educate young students at KoCo for Kids about local agriculture and healthy eating.
- To increase the presence of locally sourced, child-friendly foods in the school's meal programs.
- To strengthen partnerships between KoCo for Kids and local agricultural producers.
- To enhance children's appreciation for and knowledge of local produce, tailored to their understanding and interests.

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Timeline and Responsibilities

Month(s)	Activities	Responsible Parties
April - June 2024	Initial Planning and Farm Partnerships	Farm2X, KoCo Staff
July - September 2024	Curriculum Development and Material Preparation	Farm2X (Educational Materials), KoCo Educators, Nutritionists
October 2024 - March 2025	Taste Testing Events and Educational Sessions	Farm2X (Event Organization), KoCo Educators, Local Farmers, Chefs
April - June 2025	Student Engagement and Feedback Collection	KoCo Educators, Farm2X,
July - August 2025	Sustainability Planning and Strategy Development	Farm2X, KoCo School Administration, Local Partners
September 2025	Project Wrap-Up and Reporting	KoCo Administrators, Farm2X

Evaluation Metrics

- Participation and Engagement: Measure student and staff involvement in events and activities.
- Feedback Analysis: Evaluate changes in student knowledge, attitudes, and dietary preferences.
- Partnership Effectiveness: Assess the strength and benefits of partnerships with local farms.
- Sustainability Assessment: Evaluate the project's potential for long-term integration into school programs.



Evaluation Metric	Description	Data Collection Activities
Participation and Engagement	Measure involvement in events and activities.	- Track attendance at taste testing events. Record participation in educational sessions. Monitor involvement in interactive activities.
Feedback Analysis	Evaluate changes in knowledge, attitudes, and preferences.	- Conduct pre- and post-project surveys. -Host focus group discussions with students. -Collect feedback from teachers and parents.
Partnership Effectiveness	Assess the strength and benefits of farm-school partnerships.	- Conduct interviews with participating local farmers. -Analyze the variety and quality of produce supplied.
Sustainability Assessment	Evaluate the project's potential for long-term integration.	- Analyze cafeteria menu changes post-project. -Survey school administrators about future plans.

“Local Flavors at KoCo for Kids” is an initiative designed to enrich the educational experience of children by bridging the gap between the classroom and local farms. With activities tailored to the developmental stages of children aged 1-12, the project aspires to positively impact their food choices and promote an understanding and appreciation of sustainable and local eating habits.



Taste Testing Activities			
Activity Number	Activity Name	Description	Objective
1	Variety Tasting	Sampling different varieties of a single type of produce like apples, berries, or tomatoes.	Educate students on the diversity within a single type of produce; develop taste preferences and descriptive vocabulary.
2	Farm-to-Table Comparison	Comparing local produce with its conventional counterparts.	Highlight the taste difference between locally grown, fresh produce and conventional sources.
3	Blind Taste Testing	Tasting different foods without prior knowledge of what they are.	Encourage unbiased tasting and help students focus on flavor, texture, and aroma.
4	Cooking Demonstrations	Local chefs or culinary students prepare dishes using local produce.	Teach students simple, healthy recipes; demonstrate the versatility of local produce.
5	Seasonal Flavor Exploration	Organizing taste testing events around seasonal themes.	Educate students about seasonality in produce and its impact on flavor and availability.
6	Herb and Spice Pairing	Pairing various herbs and spices with simple local produce.	Introduce the art of seasoning and flavor pairing; encourage creativity in food preparation.
7	Preserve and Condiment Sampling	Sampling local jams, jellies, sauces, and pickles.	Showcase methods of preserving local produce; introduce a range of culinary uses for these items.
8	Value-Added Product Showcasing	Featuring products like local honey, cheese, or yogurt.	Expand awareness of the variety of products local farms offer beyond fresh produce.
9	Smoothie Making Session	Creating healthy smoothies with local fruits, vegetables, and dairy products.	Promote creative and nutritious ways of incorporating local produce into diets.
10	Cultural and Traditional Foods	Preparing and sampling dishes that represent the region's cultural and traditional foods.	Celebrate local history and diversity through food; highlight the role of local agriculture.



12-Month Taste Testing Program

This program introduces students to a diverse array of flavors and textures through a well-structured, year-round taste testing schedule. Each month focuses on seasonally appropriate raw ingredients and complementary value-added products, sourced from local farms. The program includes various activities, from tasting different varieties of vegetables and fruits to enjoying value-added products like soups, compotes, and baked goods.

Educational discussions about the origin, nutritional value, and culinary uses of each food item are integral to each session. The plan also emphasizes local farm involvement and interactive experiences, such as simple food preparation activities, to deepen the children's understanding and connection to local agriculture and seasonal eating habits. Flexibility in the schedule allows for adjustments based on the actual availability of produce, ensuring a dynamic and responsive program that caters to the interests and developmental needs of young learners.

Month	Raw Ingredients	Value-Added Products	Taste Testing Activity
January	Carrots, Beets, Potatoes	Carrot soup, beet chips, potato wedges	Root Vegetable Rainbow - Exploring and tasting different root vegetables like carrots, beets, and potatoes.
February	Acorn and Butternut Squash	Squash puree, maple syrup, maple candy	Squash Tasting & Maple Drizzle - Tasting winter squash puree and experimenting with maple syrup.
March	Spinach, Kale, Microgreens	Green smoothies, honey on bread	Green Leafy Match - Tasting and matching spinach, kale, and microgreens with pictures, and trying with honey.
April	Parsley, Cilantro, Mint	Herb butter, fruit jams on toast	Herb Tasting & Jam Pairing - Smelling and tasting fresh herbs and various local fruit jams on toast.
May	Strawberries	Strawberry yogurt, strawberry shortcake	Strawberry Sensation - Exploring the texture and taste of fresh strawberries, yogurt, and shortcake.
June	Radishes, Peas, Lettuce	Radish dip, pea pesto, lettuce sandwiches	Veggie Faces & Bread Art - Tasting summer vegetables and making vegetable faces on pesto or dip-topped bread.

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July	Blueberries, Raspberries	Berry compotes, pickled vegetables	Berry Blast & Pickle Party - Berry tasting session followed by trying different pickled vegetables.
August	Peaches, Plums, Nectarines	Peach salsa, plum sauce, nectarine chutney	Fruity Fiesta - Tasting stone fruits and trying them in different salsas.
September	Apples	Apple cider, baked apples, apple muffins	Apple Adventure - Variety of apple tastings, followed by trying apple cider and muffins.
October	Pumpkin, Decorative Squashes	Pumpkin pie, roasted squash, pumpkin bread	Pumpkin and Squash Discovery - Tasting raw pumpkin and squashes, then sampling pumpkin pie and roasted squash.
November	Sweet Potatoes, Turnips, Parsnips	Sweet potato fries, turnip mash, parsnip chips	Rooty Tooty Tasting - Trying root vegetables in various forms and pairing with local preserves.
December	Greenhouse-grown Citrus (if available)	Citrus cakes, muffins, citrus salad	Citrus Celebration - Tasting greenhouse-grown citrus fruits and their incorporation in baked goods.

Taste Testing Activities w/ Corresponding Farms

Month	Taste Testing Activity	Corresponding Farms
January	Root Vegetable Rainbow - Exploring and tasting different root vegetables like carrots, beets, and potatoes.	Gotta's Farm, Dondero Orchards, LLC
February	Squash Tasting & Maple Drizzle - Tasting winter squash puree and experimenting with maple syrup.	Belltown Hill Orchards, Scagliia Fruit Farm
March	Green Leafy Match - Tasting and matching spinach, kale, and microgreens with pictures, and trying with honey.	Rose's Berry Farm LLC - Matson Hill Farm
April	Herb Tasting & Jam Pairing - Smelling and tasting fresh herbs and various local fruit jams on toast.	Udderly Woolly Farm, Scott's Orchard and Nursery
May	Strawberry Sensation - Exploring the texture and taste of fresh strawberries, yogurt, and shortcake.	Rose's Berry Farm LLC - Hebron Ave Stand

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June	Veggie Faces & Bread Art - Tasting summer vegetables and making vegetable faces on pesto or dip-topped bread.	Bastiani's Blueberry Farm, Fair Weather Acres
July	Berry Blast & Pickle Party - Berry tasting session followed by trying different pickled vegetables.	Lyman Orchards, Botticello Farms
August	Fruity Fiesta - Tasting stone fruits and trying them in different salsas.	Pesce's Farm, Futtner's Family Farm
September	Apple Adventure - Variety of apple tastings, followed by trying apple cider and muffins.	Eddy Farm Stand, Emerald Green Farm and Gardens
October	Pumpkin and Squash Discovery - Tasting raw pumpkin and squashes, then sampling pumpkin pie and roasted squash.	Bishop's Orchards Location 2, Karabin Farms
November	Rooty Tooty Tasting - Trying root vegetables in various forms and pairing with local preserves.	Pleasant Valley Harvest, Rogers Orchards-Shuttlemeadow Farm
December	Citrus Celebration - Tasting greenhouse-grown citrus fruits and their incorporation in baked goods.	Avery's Tree Farm, Petersen Farm

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Local Farm Offerings				
Farm Name	Location	Distance	Offerings	Contact
Gotta's Farm	Portland, CT	5.7 mi	Peaches, Strawberries	(860) 342-1844
Dondero Orchards, LLC	Glastonbury, CT	6.3 mi	Apples, Blueberries, Flowers, Peaches, Pears, Plums, Pumpkins, Raspberries, Strawberries, Tomatoes	(860) 659-0294
Belltown Hill Orchards	Glastonbury, CT	6.5 mi	Blueberries, Nectarines, Peaches, Pears, Plums, Pumpkins, Raspberries, Sour Cherries, Tomatoes	(860) 633-2789
Scagliia Fruit Farm	Glastonbury, CT	6.8 mi	Apples, Blueberries, Nectarines, Peaches, Pears, Plums, Raspberries	(860) 633-9055



Rose's Berry Farm LLC - Matson Hill Farm	South Glastonbury, CT	6.9 mi	Apples, Blackberries, Blueberries, Pears, Pumpkins, Raspberries, Strawberries	(860) 633-7467
Udderly Woolly Farm	Glastonbury, CT	7.3 mi	Raspberries	(860) 633-4503
Scott's Orchard and Nursery	Glastonbury, CT	8.3 mi	Apples, Peaches, Pears, Plums	(860) 633-8681
Berruti's Harvest House	Glastonbury, CT	8.3 mi	Apples, Flowers, Pumpkins	(860) 657-8158
Tryo's Farm	Glastonbury, CT	8.4 mi	Pumpkins, Strawberries	
Bastiani's Blueberry Farm	Hebron, CT	8.7 mi	Blueberries	(860) 228-3868
Fair Weather Acres	Rocky Hill, CT	9.9 mi	Pumpkins	(860) 529-6755
Rose's Berry Farm LLC - Hebron Ave Stand	South Glastonbury, CT	10.3 mi	Strawberries	(860) 633-7467
Lyman Orchards	Middlefield, CT	12.2 mi	Blueberries, Corn, Flowers, Nectarines, Peaches, Pears, Raspberries, Strawberries	(860) 349-1793
Botticello Farms	Manchester, CT	13.2 mi	Eggplant, Onions, Peppers, Pumpkins, Tomatoes	(860) 649-2462
Pesce's Farm	Bolton, CT	13.4 mi	Strawberries	(860) 643-5712
Futtner's Family Farm	East Hartford, CT	14.1 mi	Eggplant, Peppers, Tomatoes	(860) 569-4138
Eddy Farm Stand	Newington, CT	14.3 mi	Pumpkins	(401) 932-2912
Emerald Green Farm and Gardens	Wallingford, CT	15.6 mi	Apples, Apricots, Blackberries, Blueberries, Nectarines, Peaches, Pears, Plums, Raspberries	(203) 949-0594

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