

Pasta News!

A newsletter of the North Fork Community Kids' Pasta Project

North Fork Valley Harvest School Lunch Project

by Elaine Brett, KPP Board Member

North Fork Valley Harvest School Lunch Project:
Where does your lunch come from?

There is a lot of attention around the country to school lunch programs. Are the lunches nutritious? Do they taste good? Where do the ingredients come from?

While Delta County schools do a pretty darn good job, serving healthy meals by doing "scratch" baking and homemade entrees, we will be working with them in September to incorporate fresh, local ingredients in the North Fork Elementary school lunches. In addition, kids in Paonia, Crawford and Hotchkiss will take part in fun activities that emphasize the benefits of making healthy choices in what they eat, at school and at home.

The Western Colorado Food & Ag Council, the Paonia Rotary Club and the Kampe Foundation will join together at the August 30 KPP dinner to raise awareness (and money) so that our kids can celebrate the local harvest and become better prepared for a healthy future!

Unfortunately for those who wish to join in the fun at the dinner, reservations are full, but if you would like to support this great cause, please let us know.

The Sauce Plot is born

by Ana Kampe

It was a good day when Mark, Moni and I met at the Paonia Library last May. Kids' Pasta Project had been interested in sourcing more products locally, Mark was wondering how he could get more of the community on his farm for educational activities, and I had been dreaming of a garden-based summer educational program (for years).

The Sauce Plot is a collaboration between

Dinner Schedule



August 30
NF Valley Harvest
Lunch Project - Full

September 6
Labor Day - no dinner

September 13
Black Mesa
Cattlewomen's
Association

September 20
Delta County Family
Literacy Program

September 27
Pearl the Labrador
Reading Project

October 4
Friends of Crawford
Town Hall

October 11
School Break - no dinner

October 18
Tri-County Resource
Council

October 25
Grand Mesa Nordic
Council

November 1
TBA

November 8
TBA

November 15

Thistle Whistle Farm, The Kampe Foundation and the Kids' Pasta Project. Our goal is grow enough tomatoes to furnish pasta sauce for the KPP dinners for one year. If our calculations are correct, that is 135 GALLONS of tomato sauce. As we work towards this goal, we are also providing real life, on-farm experiences for the kids involved.

Aside from the tomatoes, we are growing cucumbers, summer squash, basil, giant beets, carrots, winged peas, melons and prickly caterpillars. We met at Thistle Whistle Farm twice a week for the most of June and July and regrouped in August to see how things were growing. In the mornings we worked in garden, laying irrigation line, transplanting, weeding, mulching, trellising, and capturing insects. Later in the morning, we head for the shade to our yurt-classroom for a snack and a garden-based lesson. Weeding contests and edible "soil samples" have been a highlight.

The culmination of all our work in the garden will be the harvest and production of the pasta sauce in September. We're calling it the Sauce Spectacular! If you are interesting in getting involved with the project or if you have some extra canning supplies, please call me at 623.4290.

A Typical Sauce Plot Tuesday...

by Siena Podgorny, age 12

When you get to the Sauce Plot, you smell the smell of goat manure, the sound of guineas, and you see a little garden full of all the wonderful veggies we use for the pasta project!

When you walk into the yurt, Ana and Lizzie are greeting you with bright smiles with laughter of a parrot. (I've never heard a parrot laugh but...I think it is a great laugh!)

Soon, after all the talks, we walk out to the garden. The sunflowers have grown at least two inches, the tomatoes have bunches of fruit on them, and there is a little breeze flowing through the garden.

I sweat so much in the garden, I have to go get a glass of water! After all the testing and smelling the smelly compost we go back to the buzzing (by the bees) yurt. Slater usually asks if we can play the beach ball game (simple directions: throw the ball and answer healthy questions). Alexander is usually reading "a

IBA

Dinners will not be scheduled between Thanksgiving week and January 10. On January 17, Martin Luther King Jr. Day, KPP will hold its second annual KPP Building Bridges Service Awards Dinner.

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Thanks to our sponsors

Partner-Recipients

The following organizations are the recipients of the net profits from Monday night pasta dinner--and they are great partners as well as recipients! They publicize their dinners, enhance the experience and educate us about the work that they do for the community! Some of the partners are listed more than once because there have worked with us more than once.

Hotchkiss Senior Center

KVNF Radio

CAWS

Valley Youth Orchestra*

REALLY good book!" I sometimes ask what we are going to have for snack the answer usually is "its a surprise!"

We go home after a long, fun day of work! "See ya on Thursday!"

Anschutz Family Foundation supports KPP!

The Anschutz Family Foundation supports Colorado nonprofit organizations that assist people to help themselves while nurturing and preserving their self-respect. The Foundation encourages endeavors that strengthen families and communities and advance individuals to become productive and responsible citizens. There is a special interest in self-sufficiency, community development and programs aimed at the economically disadvantaged, the young, the elderly and the disabled. The Foundation is also dedicated to funding efforts in rural Colorado.

Anschutz Family Foundation representative, Michelle Sturm, visited the North Fork just in time for the KPP Anniversary Dinner in April this year. Board members had a fruitful discussion with her about the possibilities for KPP expansion within our own community as well as beyond it. Ms. Sturm's visit was a follow up visit for the grant application submitted earlier in the year. Just a few weeks later, we received a \$5,000 check to be used for general KPP operations. The support and confidence that this contribution reflects means a lot to our community, and we look forward to learning and growing more through our relationship with the Anschutz Family Foundation!

Many thanks to Anschutz Family Foundation President, Sue Anschutz-Rogers, Michelle Sturm and all of the others at the foundation who chose to support our program!

Dinner Management Change

by Daniel Feldman, Chairman of the KPP Board

Since the beginning of the Kids' Pasta Project 16 months ago, the day-to-day operations of KPP have taken place under the auspices of an operating committee: Aki Blake, Jo Edmonson, Jo Feldman and Moni Slater. These "four founding mothers" have done an incredible job in establishing the procedures, standards for operations, and coordination of the Monday night dinners. Their tireless efforts have made KPP what it is today--a valued, important, and

[North Fork Vision HCP](#)

[NF Community Montessori School](#)

[North Fork River Improvement Association](#)

[River Theatre](#)

[The Paonia Players](#)

[Slow Food Western Slope*](#)

[Blue Sage Center for the Arts](#)

[Delta County Recycling](#)

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[Paonia Library](#)

[Family Treatment Court*](#)

[Paonia Historical Society](#)

[Paonia Elementary School Student Council](#)

[The Creamery Arts Center*](#)

[Valley Organic Growers Association](#)

[Tri-County Resources](#)

[North Fork Math & Science* Center](#)

[Spirit Wind Horse Rescue](#)

[Hotchkiss Library](#)

[Families Plus](#)

[Crawford Elementary](#)

[Hotchkiss K-8](#)

[Partners](#)

[Hotchkiss Pool](#)

[Hotchkiss Fire](#)

uplifting program for the children and community of the North Fork Valley.

The KPP Board has decided to transition to having a single Program Manager manage the Kids' Pasta Project weekly dinner program. This decision has come about because of changes in the lives of the operating committee members. For the next 3-6 months, Moni Slater will serve in this role in a voluntary capacity with the continued support of the other members of the operating committee and the rest of the KPP Board. In addition, Lisa Carney and Tracey Schwartz will be taking over kitchen management (cooking, pasta making and shopping). Some of the youth volunteers will be learning about KPP activities, such as the quarterly newsletter, sponsor and partner-recipient coordination and special events.

Siena Podgorny will be training with Moni to take over volunteer scheduling. Elaine Brett will be assuming responsibility for finances. In the upcoming months we'll be looking for more volunteers to take on various management tasks.

During this time the KPP Board will be pursuing funding to support a permanent, paid, part-time Program Manager position. We are all very grateful for the time, energy, and love everyone has contributed to the success of KPP.

Learning opportunities abound in KPP

by Moni Slater

Kids in KPP are giving a lot to our community, and we hope that they are also getting a lot out of their experiences. We continue to develop materials that help them see how much they are doing and learn even more as they perform their work and participate in discussions. To that end, we have come up with seven essential questions that are a part of all educational materials and plans we make. (See sidebar.)

The essential questions have been added to the work journals that KPP youth volunteers have started using to record and reflect on their work. *My Work Journal*, the first of a few KPP publications, provides checklists for skills learned in each of the main work areas with room for reflections and comments and a final KPP certification at the end. The work areas include cashier, maitre d', waiter/waitress, busboy/busgirl, pasta maker and sous chef.

Department Swift Water Rescue

KVNF*

Destination Imagination Teams from Hotchkiss K-8

Delta Libraries Big Read

Lamborn School

Montessori CIMI trip

Girls on the Run

Black Canyon Audubon Society

NF All Star Baseball Teams

Pickin' Productions

Sustainable Agriculture - Terra Madre Conference

Celebrate the Beat

**indicates that the organization has been a KPP partner more than once.*

KPP Essential Questions

1. What makes my community so special?
2. What is the value of service to community?
3. What is healthy living and eating?
4. How am I learning life skills in Kids' Pasta Project?
5. What is my role on a team?
6. How do I take initiative and why is it important?

A similar publication, *My Garden Journal*, is being introduced to kids participating in the activities at Thistle Whistle Farm with Ana, Lizzy and Mark (see article above).

There is a lot more potential for KPP volunteers to thrive through the learning experiences they have in serving our community. Stay tuned for updates!

An interview with Julie Littlefield by Slater Podgorny, age 10

Kids' Pasta Project is always grateful for Julie Littlefield's support, both in making it possible for us to have KPP dinners at Scenic Mesa Ranch and also for being a great guest at dinners! Slater Podgorny has had the pleasure of waiting on Julie and wanted to interview her for the newsletter. He wrote the following based on their discussion.

Slater: What do you like about the valley?

Julie: It's paradise! It grows everything its rural and simple. Everybody is on their best behavior because if they do something wrong it gets around.

Slater: Why did you let KPP use Scenic Mesa Ranch?

Julie: I love KPP and I loved the idea. I thought it could help the community.

Slater: What do you like about the dinners?
(When I asked Julie what she liked about the dinners she answered fast!)

Julie: They're delicious and home made!

Slater: What do you think KPP needs to improve upon?

Julie: I would like to see the kids doing a little more and the parents doing less.

Slater: How do you describe KPP to your friends?

Julie: It's a great "idea" and I want them to come and see then do it where they're from.

Slater: How do you see KPP in the future?

Julie: One in every town.

Slater: If you could add one thing to the menu what would it be?

Julie: I loved the bruscetta and I loved the lasagna.

Serving Valley Youth Orchestra by Beth Skelton, Parent Volunteer Extraordinaire!

Dear KPP,

Thank you so much for the generous donation of \$500 to the Valley Youth Orchestra. The evening at Scenic Mesa Ranch raised not only a substantial amount of money for the youth

7. How does KPP help me understand sustainability?

Visit our website

www.kidspastaproject.org

Thanks to our 2010 Friends & Sponsors!

Anschutz Family Foundation
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Blackbridge Winery
Hutman Media
Thistle Whistle Farm
Flying Fork Bakery
DMEA
Hardins Natural Foods
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Eleni and Rick Stelter

ShadeScapes USA Leadership
Performance Solutions
Environmental Excavation
Elaine & Jim Brett
Nancy Murphy
Hardins Natural Foods
Mesa Winds Farm
Slow Food Western Slope
North Fork Family Dentistry
Liz Blake
Neela Bindu Farm
TLC Living Farm
Zephyros Farm & Gardens
Round Earth Farm
Western Colorado Food & Ag Council
Bob McHugh
Bethlehem Wine Cellars
Black Bridge Winery
North Fork Community

orchestra; it also raised community awareness of this incredible musical opportunity for youth in the area. Thanks to several VYO students, dinner guests were able to enjoy violin and cello music throughout their meal.

Valley Youth Orchestra is led by a group of dedicated volunteer board members, a paid conductor, and a paid manager. The 30 students in the orchestra come from 5 different counties on the Western Slope. They practice together twice a month in Delta and perform 4 to 5 concerts each year.

Each student in VYO pays only \$150 per semester in tuition, although our operating costs are twice that amount. Many of the students receive scholarships for their tuition. We rely on grants and donations to meet our budgetary needs, so the donation from KPP will make a huge impact on the organization in the coming semester. The support from KPP will provide tuition scholarships and enable the purchase of new music for the coming season. Thank you, KPP. And thank you to the community who came to dinner to support VYO.

Editor's note: Beth and her daughter, Mari, have been amazing volunteers ever since the beginning of KPP. They are now living in Germany for a couple of years, and we will miss them greatly!

**Enjoy five dinners &
get the sixth one
free!**

**Ask for a punch card next
time you come to dinner.**

North Fork Community
Montessori School
Natural Beauties
Norwex Enviro
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kidspastaproject@gmail.com if you would
like to become a
sponsor!