

# LWPTSA Sustainability Committee

School Garden & Share Table

March 3, 2025



# Land Acknowledgement

- The board of directors of Lake Washington PTSA Council acknowledges that the school district in which our council and our member PTA and PTSA units operate is on the Indigenous Land of the Coast Salish Peoples, who have reserved treaty rights on this land, including the Duwamish (dx<sup>w</sup>dəwʔabš) and the Snoqualmie Indian Tribe (sduk<sup>w</sup>albix<sup>w</sup>). We thank these caretakers of this land who have lived here since time immemorial. We continue to commit to providing the best possible support for all children of native descent who attend our schools—as part of our ongoing PTA mission to advocate for the health, well-being and education of every child.

# Agenda

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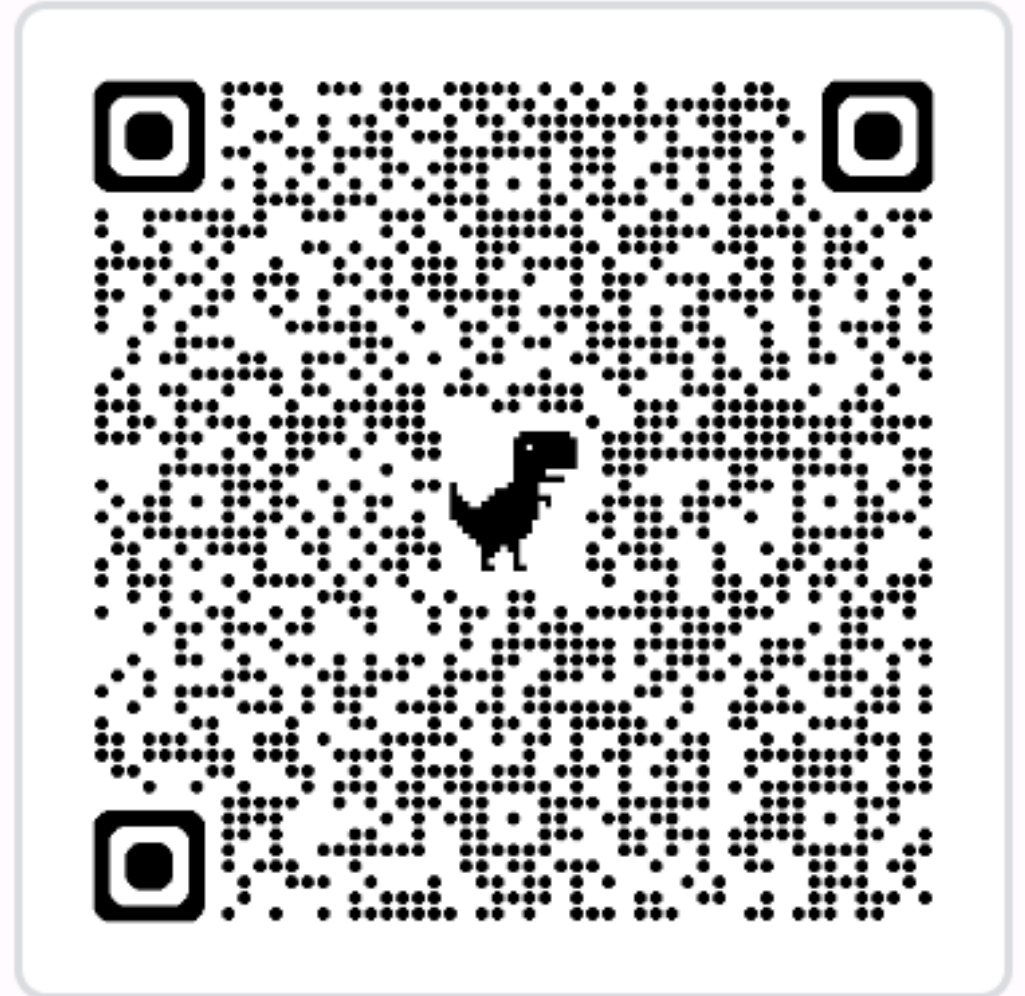
- Introduction
- Sustainability Fair
- King Conservation District
- YEER
- Thoreau Elementary
- Audoborn Elementary
- School Garden Resources
- Important Dates



Scan QR Code

# Introduction

- Where is your school in its garden journey—dreaming, starting, growing, or sustaining?
- LWPTSA Green School Programs – Mid-Year Status Survey <https://forms.office.com/r/cB2EUA9bRi>



# Sustainability Fair

ORGANIZADO POR EL **CONSEJO PTSA DEL LAGO WASHINGTON**

**A NIVEL DISTRICTAL**

## **FERIA DE SOSTENIBILIDAD**

**DESCUBRIR, APRENDER, COMPARTIR**

**24 ABR 6-8PM CENTRO DE RECURSOS LWSD**  
TIEMPO SENSIBLE A LOS 5:45-6PM

EXPOSICIONES, PROYECTOS Y PRESENTACIONES DE ESTUDIANTES

SOCIOS COMUNITARIOS Y EXPERTOS

INTERCAMBIO DE ROPA Y LIBROS  
ACTIVIDADES PARA LA FAMILIA

**REGISTRARSE PARA PRESENTAR ANTES DEL 10 DE ABRIL**



[HTTPS://WWW.LWPTSA.NET/ADVOCACY/SUSTAINABILITY/](https://www.lwptsa.net/advocacy/sustainability/)

PREGUNTAS? [SUSTAINABILITY@LWPTSA.NET](mailto:SUSTAINABILITY@LWPTSA.NET)



HOSTED BY **LAKE WASHINGTON PTSA COUNCIL**

**DISTRICT-WIDE**

## **SUSTAINABILITY FAIR**

**DISCOVER, LEARN, SHARE**

**APR 24 6-8PM LWSD RESOURCE CENTER**  
SENSORY FRIENDLY TIME 5:45-6PM

STUDENT EXHIBITS, PROJECTS & PRESENTATIONS

COMMUNITY PARTNERS & EXPERTS

CLOTHING & BOOK SWAP

ACTIVITIES FOR THE FAMILY

**REGISTER TO PRESENT BY APRIL 10**



[HTTPS://WWW.LWPTSA.NET/ADVOCACY/SUSTAINABILITY/](https://www.lwptsa.net/advocacy/sustainability/)

QUESTIONS? [SUSTAINABILITY@LWPTSA.NET](mailto:SUSTAINABILITY@LWPTSA.NET)





**Local Food**  
**Healthy Forests**  
**Clean Water**  
**Better Ground**

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Miranda Smith  
miranda.smith@kingcd.org

YOUTH  
ECOLOGY  
EDUCATION  
THROUGH  
RESTORATION



**Cynthia Updegrave**

[stewardsyeermgr@wnps.org](mailto:stewardsyeermgr@wnps.org)

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# Thoreau Herbicide Free Program

Year 3 with PTA Chair Kali Oswald

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# Criteria for recognition

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- Complete at least 1 schoolyard stewardship activity.
- Conduct a baseline [Waste Walk Through](#) (WWT).
- Share your schoolyard stewardship goals with the rest of the school.
- Share your schoolyard stewardship efforts and progress with your program representative.



# Sponsored Project

## Contact Information

**Ryan Vucinovich** Maintenance Field Supervisor,  
Support Services


**Lake Washington School District \* Office:** 15212  
NE 95th St. Redmond, WA 98052

**Phone:** 425-936-1154

- **Project Details: Sponsored Project**

**Action Required:** All relevant forms are available via the **Staff Portal**.

**Compensation:** Work is eligible for **Overtime Pay** or **Weekend Rates**.

 **Lake Washington School District** **Sponsored Projects Proposal**

School: \_\_\_\_\_ Date: \_\_\_\_\_

Project Proposer/Representative: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

School Funded  Community Funded

I have read the document on Page 2 and agree to follow the described procedures.

**Project description:** (attach pages if needed)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Materials & supplies needed and proposed source(s):** (attach pages if needed)

\_\_\_\_\_  
\_\_\_\_\_

**Maintenance required – what type, and who will perform?** (attach pages if needed)

\_\_\_\_\_  
\_\_\_\_\_

**Photos/drawings attached:** \_\_\_\_ Yes \_\_\_\_ Not Yet \_\_\_\_ Not Applicable

**Target start date:** \_\_\_\_\_ **Target completion date:** \_\_\_\_\_

**Estimated cost:** \$ \_\_\_\_\_ or \_\_\_\_ TBD **Quote(s) attached:** \_\_\_\_ Yes \_\_\_\_ No

**Funding:** (mark all that apply) \_\_\_\_ PTSA \_\_\_\_ ASB \_\_\_\_ Building \_\_\_\_ Other: \_\_\_\_\_

**Proposed labor by:** \_\_\_\_ Professional (must be hired through Facilities Dept., funds deposited with LWSD)  
\_\_\_\_ Volunteers (must complete Hold Harmless Agreements)

**CONCEPT ACCEPTANCE & RECOMMENDATION BY SITE ADMINISTRATOR (PRINCIPAL) REQUIRED**

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Submit proposal to "LWSD Support Services, Attn. Sponsored Projects".  
**Project is not approved until proposal has been reviewed and accepted by LWSD.**  
Note: Projects will have conditions that need to be agreed to by the project representative and site administrator in order to receive final approval.

# Best Practices in School Garden



- CLEAN SOIL
- CLEAN WATER
- CLEAN HANDS
- CLEAN SURFACES

An infographic titled 'GROWING GUIDE SWANSONS' with the subtitle 'Seattle's Favorite Garden Store' and the website 'DUNNDIY.COM'. It provides a seasonal planting schedule for the Pacific Northwest, divided into six sections: February, March, April, May-June, July-August, and September-October. Each section includes a brief description of the weather and planting needs, along with illustrations of various vegetables and their seeds. The background is dark blue with small white dots.

**GROWING GUIDE** SWANSONS  
Seattle's Favorite Garden Store  
DUNNDIY.COM

When to plant vegetables in the Pacific Northwest

**February**  
Mid- to late-February is for the hardest cool-season veggies. Plant seeds or starts (baby plants) under a cover like Harvest Guard® for cold protection.

LETUCE, RADISHES, BEETS, ASIAN SALAD GREENS, ARUGULA, KALE

**March**  
Depending on the weather, some plants may still need protection from the cold. Plant carrots, more radishes and lettuce, and peas.

PEAS, CARROTS, TOMATOES

**April**  
Sow runner bean seeds in mid-April. In warmer late April, plant starts of tomatoes and squash to give them time to mature before fall.

RUNNER BEANS, SQUASH, LETTUCE

**May-June**  
Warm-season veggies like tomatoes, eggplants, and cucumbers need as much sun and warmth as possible in the short Northwest summers.

CUCUMBERS, TOMATOES, EGGPLANTS

**July-August**  
As your summer garden grows and ripens, start planting your fall garden.

CARROTS, BEETS

**September-October**  
Overwintering vegetables grow a tiny bit in fall, then stay dormant over the winter. They "spring" to life in spring. Leafy greens can be harvested well into fall.

ASIAN SALAD GREENS, GARLIC, BROCCOLI, RADISHES, ARUGULA, LETTUCE, KALE

# FAQ

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- Teacher involvement
- Grow fast growing crop
- Theme Gardens
- Prevent Vandalism
- What about Summer & Holidays
- Garden Coordinator
- Generate funds



Sense of place: students re-create the surrounding neighborhood in their garden. ©



XERCES  
SOCIETY  
for  
Invertebrate  
Conservation

KEY:



Promotes foraging resources



Helps protect pollinators from pesticide exposure



Promotes nesting and overwintering habitat




















Contributes to pollinator conservation in your community














## CHECKLIST OF ACTIONS

### To Promote Pollinators In Yards, Gardens & Parks

#### LANDSCAPING

-   Plant a **native** wildflower garden that includes species that bloom in succession all season long and are high-value to pollinators (species with ★ on Table 1, page 12).
-   Plant **native** bunchgrasses; these plants are food for rare butterflies and also help provide nesting sites for bees.
-  Reduce lawn footprint by converting as much as possible to *flowering* habitat.
-  Plant **spring**-blooming **native** wildflowers, such as woodland ephemerals in shady areas.
-  Plant **spring**-blooming **native** shrubs and trees, such as willows (*Salix*), maples (*Acer*), and native fruit trees and shrubs.
-  Plant **summer**-blooming **native** wildflowers, such as blazing star (*Liatris*), bee balm (*Monarda*), and numerous others.
-  Plant **summer- or fall**-blooming **native** shrubs, such as wild roses (*Rosa*) or meadowsweet (*Spiraea*).
-  Plant **fall**-blooming **native** wildflowers, such as asters (*Symphyotrichum*), native sunflowers (*Helianthus*), and goldenrods (*Solidago*).
-  Plant **native** trees that serve as important host plants for a wide variety of butterflies and moths (species with 🦋 on Table 1, page 12).
-  Plant **native** milkweed (*Asclepias*), violets (*Viola*), pawpaws (*Asimina*), or other regionally appropriate plants that provide critical food for specialist butterflies and moths.
-  Plant species known to provide food for specialist bees in your region (species with 🐝 on Table 1, page 12).
-  Gradually replace perennial and annual landscaping that provides little value to wildlife (e.g., daylilies, hostas, pansies) with more diverse **native** wildflower plantings.
-  If non-native plants are included in landscaping, choose varieties that are known to have value to pollinators (e.g., flowers with ample pollen or nectar) **AND** that are not invasive or aggressive.
-  Remove invasive species from your landscape, as well as any non-native species that appear to be spreading into wild areas (e.g., butterfly-bush).
-  Ensure that new landscaping plants were not treated with neonicotinoids or other related insecticides.

#### LAWN & YARD CARE

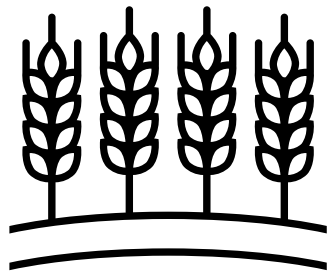
-    Avoid pesticides (including herbicides, insecticides, and fungicides) on lawns and other landscaping; choose less harmful alternatives such as non-chemical controls.
-   For mowed areas, reduce mowing frequency and increase mowing height, allowing flowering weeds to flourish.
-  Leave dead wood on site, including dead logs, snags, and brush; consider planting flowers around these features, to add intention and aesthetic value.
-  Leave leaf litter on-site—keep a thin layer of leaves on lawn; use the rest to mulch trees/ shrubs/ garden and/or rake to woodland edges if available.
-  Leave bare spots or areas with patchy vegetation in lawn; avoid thick turf and sod.
-  Avoid plastic mulch/ weed barrier, heavy wood chips, and treated wood chips.
-  Leave dead wildflower stems standing over the **winter**; prune them back in **early spring** to 8–12" to create nesting sites for stem-nesting bees.
-  Prune shrubs with pithy stems, to create nesting sites for stem-nesting bees.
-  Leave some areas of lawn unmown to create tall grass habitat.
-  Install a water feature (e.g., bird bath with stones to prevent insects from drowning) for pollinators that need water for nest building or other uses.

# Pollinator Garden

# School Garden to School Cafeteria

- Food Safety Practices in the School Garden
- Harvesting and Handling of School Garden
- Products Handling of School Garden Produce

**CAN FOOD GROWN IN  
SCHOOL GARDENS BE  
SERVED IN THE CAFETERIA?**



**YES!**

# Food Share Tables in Schools

## Purpose

- Reduce food waste
- Make unopened school meal items available to students
- Ensure food safety in all donation and sharing practices
- Key Guidance (PHSKC, Aug 2023)
- FSSR 2023



# What **CAN** go on a Share Table

- **Unopened school meal components** (no homemade foods)
- **Commercially packaged, shelf-stable snacks**  
e.g., granola bars, dried fruit, nuts
- **Whole fruits with inedible peels**  
bananas, oranges
- **Whole apples & fruits with edible skins**  
*only if rinsed by school and undamaged*

# What Requires Extra Steps

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**TCS foods** (milk cartons, yogurt, string cheese)

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Must stay at **41°F or below**

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May require a **variance** from Public Health

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**Unrinsed apples/edible-skin fruits**

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Can be donated only to nonprofits with an approved variance

# When a Variance is needed

- For TCS foods
- For nonprofits picking up previously served items
- No fee; results in a signed document outlining approved practices

## Cold Holding vs. Time as a Public Health Control

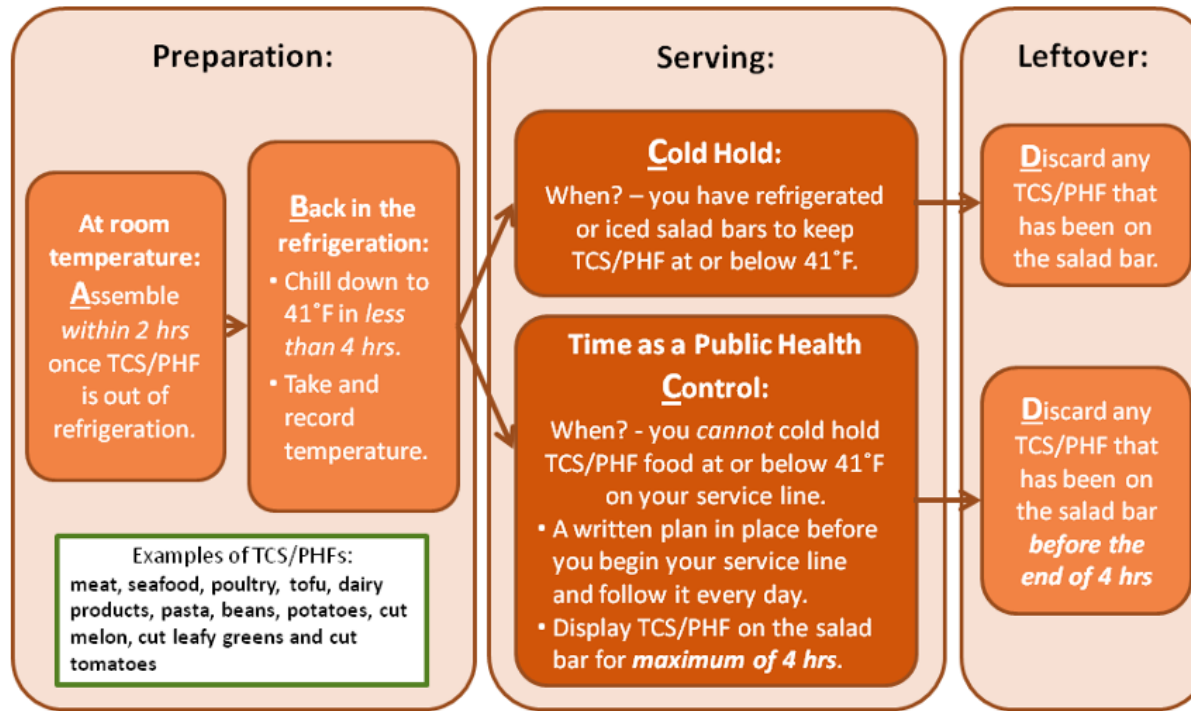


Figure I “ABC’s” of TCS/PHFs: How and When to Use Cold Holding and Time as a Public Health Control

# Support Available

- **Public Health – Seattle & King County**
  - Thu Bui • 206-477-8145
  - Doug Dyer • 206-263-1518
  - Ian Miller • 206-477-7558
- **King County Green Schools Program**
  - Provides crates, signage, student education, and setup support
- **LWSD**
  - Hannah Ljunggren

# Upcoming dates



World Water Day - March  
22



Earth Hour – March 28



Earth Day – April 22



Sustainability Fair – April 24

# Success Story



## **Share your stories**

Help the District know about  
the work you are doing



## **Provide feedback!**

The District will soon be  
sharing a draft version of our  
Plan and Roadmap. Your  
feedback will be crucial



## **Reach out**

I am always excited to connect,  
hear your ideas, and provide  
resources

Hannah Ljunggren

Associate Director of Sustainability and  
Resource Conservation

[hljunggren@lwsd.org](mailto:hljunggren@lwsd.org)

425-936-1482

# Next Session

- Zoom
- April 3rd (7 pm- 8:30)
- Agenda: Transportation
- Whatsapp Group
- Social
- Instagram  [lwptsacouncil.sustainability](https://www.instagram.com/lwptsacouncil.sustainability)

Scan QR Code

