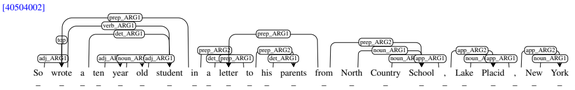
Segment F04

[40504002]



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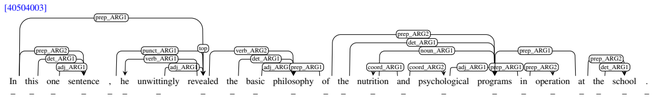

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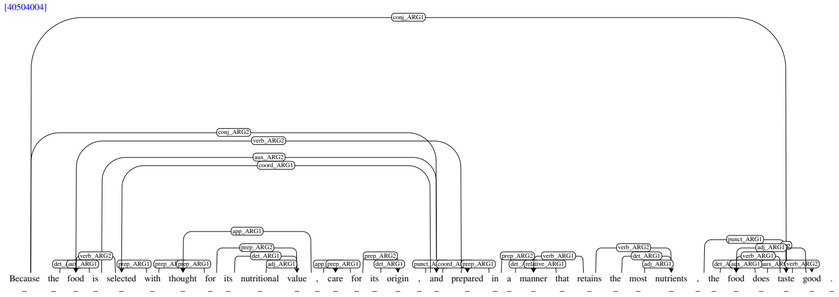

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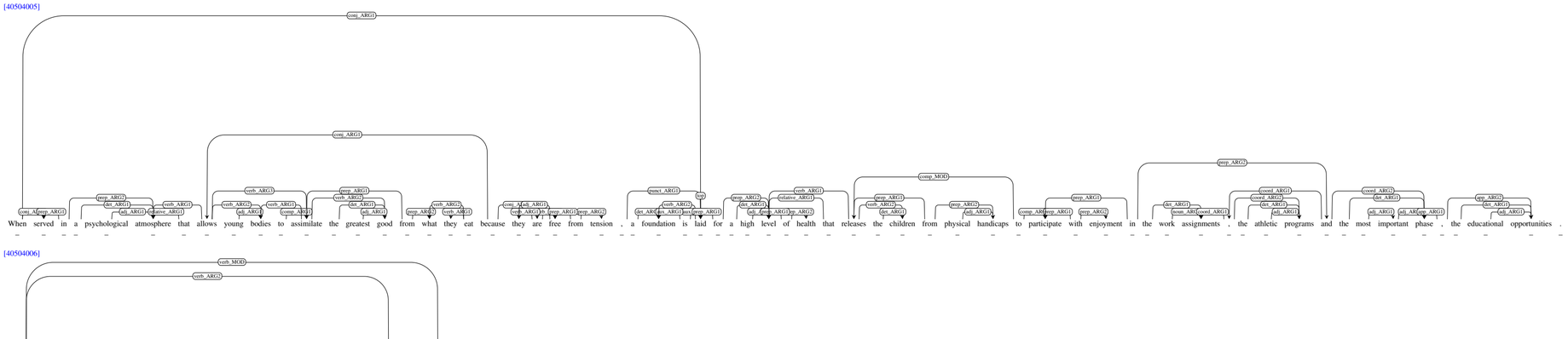

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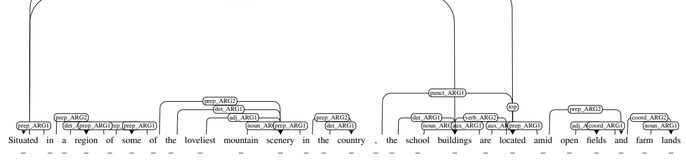

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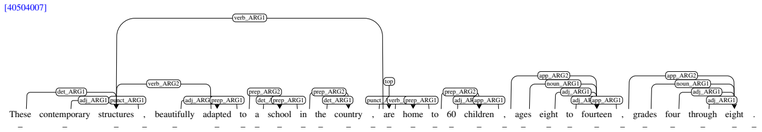

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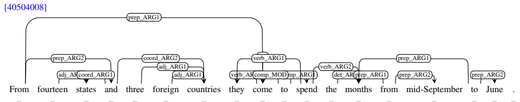

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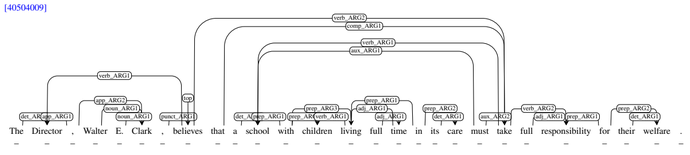
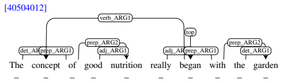


[40504010]

[40504011]

[40504012]



[40504013]

" To give up these notions required a revolution in thought " . Mr. Clark said in reminiscing about the abrupt changes in ideas he experienced when he began reading " Organic Gardening " And " Modern Nutrition " in a search for help with his problems .

[4050401]9

" Louis Bromfield 's writings excited me as a conservationist " .

[4050402]1

He locked his equipment in a cabinet where it still remains .

[4050402]2

After reading " Plowman 's Folly " by Edward H. Faulkner , he stopped plowing .

[4050402]3

[4050402]4

The basis for compost materials already existed on the school farm with a stable of animals for the raising program . poultry for eggs . pigs to eat garbage . a beef herd and wastes of all kinds .

[4050402]4

Separate pails were kept in the kitchen for coffee grounds and egg shells .

[4050402]5

All these materials and supplementary manure and other fertilizers from neighboring dairy and poultry farms made over 40 tons of finished compost a year .

[4050401]4

It a climate hostile to agriculture . Mr. Clark has had to keep alert to the most productive farm techniques .

[4050401]5

Where a growing season may . with luck , allow 60 days without frost . and where the soil is poor . sandy . quick-drying and subject to erosion . many farmers fail .

[4050401]7

The basis for compost materials already existed on the school farm with a stable of animals for the raising program . poultry for eggs . pigs to eat garbage . a beef herd and wastes of all kinds .

[4050401]8

Mr. Clark found that orthodox procedures of deep plowing . use of chemical fertilizers and insecticides . plus the application of conservation principles of rotation and contouring . did not prevent sheet erosion in the pasture fields and depreciation of the soil .

[4050405 26]

" People and soils respond slowly " , says Walter Clark . " But the time has now come when the gardens produce delicious long-keeping vegetables due to this enrichment program .

[4050405 32]

No chemical fertilizers and poisonous insecticides and fungicides are used " .

[4050405 33]

The garden supplies enough carrots , turnips , rutabagas , potatoes , beets , cabbage and squash to store for winter meals in the root cellar .

[4050405 35]

There is never enough corn , peas or strawberries .

[4050405 37]

A new project planned is the use of Bio-Dynamic Starter .

[4050405 38]

New ideas for improving nutrition came with the study of soil treatment .

[4050405 40]

The first major change was that of providing wholewheat bread instead of white bread .

[4050405 42]

At first the kitchen help was tolerant , but ordered their own supply of white bread for themselves .

[4050405 44]

[4050051]

[4050052]

[4050053]

[4050054]

[4050055]

[4050056]

[4050057]

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[4050073]

[4050074]

[4050075]

[4050076]

[4050077]

[4050078]

[4050079]

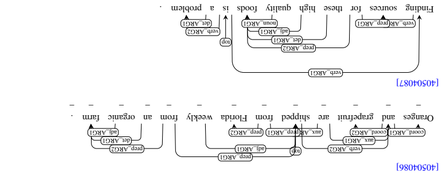
[4050400]

Organ meats such as beef and chicken liver , tongue and heart are planned once a week .

[4050401]

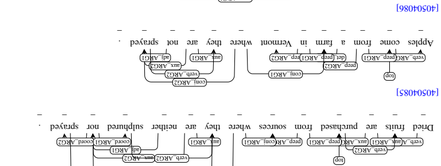
Also , salt water fish is on the table once a week .

[4050402]



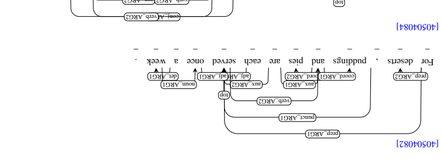
For deserts , puddings and pies are each served once a week .

[4050403]



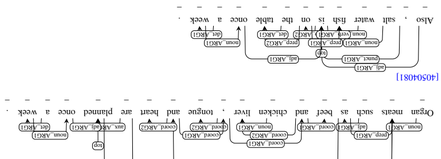
Dried fruits are purchased from sources where they are neither sulphured nor sprayed .

[4050404]



Apples come from a farm in Vermont where they are not sprayed .

[4050405]



The source is known so there is no necessity to remove insecticide residues .

[4050406]

Oranges and grapefruit are shipped from Florida weekly from an organic farm .

[4050407]

Finding sources for these high quality foods is a problem .

[4050408]

Sometimes the solution comes in unexpected ways .

[4050409]

Following a talk by Mr. Clark at the New York State Natural Food Associates Convention , a man from the audience offered to ship his unsprayed apples to the school from Vermont .

[4050409]

Miss Column hopes to find suitable shakers so that kelp can be available at the tables .

[4050409]

Very few fried foods are used and the use of salt and pepper is discouraged .

[4050409]

Nothing is peeled .

[4050409]

The cooking conserves a maximum of the vitamin C content of vegetables by methods which use very little water and cook in the shortest time possible .

[4050410]

root
adj ARG1
Outdoor exercises
.
[4050411 6]
root ARG1
Even before he saw the recessity of growing better food and planning good nutrition , Mr. Clark felt the school had a good health program .
adj ARG1
comp ARG1
det ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
punct ARG1
mp
comp ARG1
det ARG1
comp ARG1
poss ARG1
adj ARG1
poss ARG1
[4050411 7]
root ARG1
Rugged outdoor exercise for an hour and a half every day in all kinds of weather was the rule .
adj ARG1
comp ARG1
det ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
mp
comp ARG1
det ARG1
poss ARG1
adj ARG1
det ARG1
[4050411 8]
root ARG1
A vigorous program existed in skating , skiing sports and overnight hiking .
det ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
mp
comp ARG1
adj ARG1
[4050411 9]
mp
Healthier children
adj ARG1
[4050412 0]
Since the change to better nutrition , he feels he can report on improvements in health , though he considers the following statements observations and not scientific proof .
prep ARG1
cau ARG1
punct ARG1
mp
comp ARG1
adj ARG1
prep ARG1
det ARG1
comp ARG1
punct ARG1
mp
comp ARG1
det ARG1
comp ARG1
comp ARG1
comp ARG1
comp ARG1
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comp ARG1
comp