



Katie Caterino, Agricultural Biologist, SB County
Mind Your P's and Q's:
Pesticide and Quarantine Regulation



Rolf Christoffersen, Associate Professor,
Molecular and Cell Biology, UCSB
Genetic Engineering of Crops



Brian Colgate, Owner,
Santa Barbara Fish Market
Local Seafood Distribution



Matt Fellers, Meat Manager,
Gelson's Market
The Flow of the Production of Meat



Gerri French, Registered Dietician and
Certified Diabetes Educator, Sansum Clinic
Your Nutrition and the Environment



Krista Harris, Editor / Publisher,
Edible Santa Barbara
The Story on Local Food



FIELD TRIP:
Harvest Blend Compost
Santa Maria, CA



FIELD TRIP:
Hilmar Cheese Company
Hilmar, CA



FIELD TRIP:
Five Loaves Farm
Santa Barbara, CA



Eric Lohela, Environmental Specialist,
City of Santa Barbara
From Garbage to Gold



Seth Nickinson, Consultant,
Jamie Oliver's Food Revolution
Building a Food Revolution, One Meal at a Time



Elizabeth Poett, Cattle Rancher,
Rancho San Julian
Raising Food on Rancho San Julian



Marty Robertson, Anacapa School Parent
and Synthesis Unit Coordinator
An Overview of This Year's Synthesis Unit



Justin and Emma West, Owners / Operators,
Julienne Restaurant
Eat Local Food

2011-2012 Synthesis Unit Thanks to All of Our Speakers! Food: You Are What You Eat

The development of critical thinking skills is an essential part of the philosophy of Anacapa School. Critical thinking is emphasized not only in our classes but also in our annual Synthesis Unit. In fact, the three-day Synthesis Unit is our premier tool for developing critical thinking skills.

Our Synthesis Units are designed to provide students with unique opportunities to explore in depth a topic outside the regular curriculum. During these annual units, as many as eighteen expert speakers make individual 45-minute presentations on different aspects of the chosen topic, and students are encouraged to ask questions to further their understanding of the topic. After each Synthesis Unit, students produce "products" designed to "synthesize" the information learned during the presentations.

The topic for the 2011-2012 Synthesis Unit was *Food: You Are What You Eat*. After the presentations, students were divided into five groups for their final Synthesis Unit products. Each group planned nine meals meeting certain dietary guidelines. The students were asked to find as many ingredients as possible from California and to use organically grown foods whenever possible. In their menus, students included information on nutritional values, cost, preparation time, and the distances from sources of production to table. As a culmination to the unit, each group gave a presentation to the student body describing their menus and any challenges they encountered during the process.

In addition to the presentations on campus, this Synthesis Unit included interesting and

informative field trips both during the unit and afterward. We even made on-site visits to several farms in the San Joaquin Valley and other destinations during the all-school end-of-the-year trip to Sacramento in June. Field trips related to this year's Synthesis Unit on food included the following destinations:

Farmers West Flowers and Bouquets, Inc., Carpinteria

Five Loaves Farm, Santa Barbara

Greene and Hemly Apple and Pear Farm, Sacramento River Delta

Harvest Blend Compost, Santa Maria

Heidrick Agricultural History Museum, Sacramento

Hilmar Cheese Company, Hilmar

Manzanita Berry Farms, Santa Maria

Roots Organic Farm, Los Olivos

Sanders Family Dairy Farm and Almond Ranch, San Joaquin Valley

San Luis Reservoir Visitors Center, California

Water Delivery System, Merced County

Yolo County Farm Bureau, Woodland

Special thanks to all of our presenters on campus and during our field trips for their extraordinary contributions as we considered this important topic. Congratulations to our speakers, farm hosts, students, and faculty for making *Food: You Are What You Eat* such a successful educational experience.

Gordon Sichi

Gordon Sichi, Headmaster

LOWER SCHOOL:
GRADES 7-8

Anacapa School
FOUNDED IN 1981

UPPER SCHOOL:
GRADES 9-12

Anacapa School is an independent, co-ed college preparatory school for grades 7-12.

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Lyle Kafader, Owner / Operator,
ZP Growers
Organic Farming: A Beginner's Perspective



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Carpinteria, CA



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Manzanita Berry Farms
Santa Maria, CA



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Heidrick Agricultural History Museum
Sacramento, CA