



# FARM to Early Care and Education

Boulder County Public Health

April 2023



## Spring Greens

Spring greens are April's veggies of the month. Examples of spring greens include parsley, spinach, kale, arugula, pea and sunflower shoots, mustard greens and bok choy, to name a few. Greens are a good source of vitamins A, C, and K, folate, manganese, potassium, calcium and iron. Speaking of iron, did you know that spinach contains more iron by weight than a hamburger? Create a 30-minute delicious meal with greens, pasta, and beans in this [recipe](#).



## Sheri's Tot Spot

Sherilyn Bidinger has run Sheri's Tot Spot, a family child care home in Longmont, for over 40 years. Sheri enjoys participating in Farm to ECE because of the opportunities to connect with community. Sheri plants a garden in her front yard each year to share vegetables and conversation with parents, neighbors and even wildlife. For example, one of her children squealed with excitement when she saw a squirrel eating the cherry tomatoes off the vine in the garden, "Yay, the squirrels are going to be healthy, too!" Thank you, Sheri, for teaching your children that gardens not only grow healthy fruits and veggies, but relationships too!



## PARENTSCORNER™

**Vegetable-Tasting Party:** Throw a vegetable tasting party for your family. Buy a variety of vegetables that your family might be unfamiliar with and some fun, healthy dips (i.e., hummus, bean dip, salsa, guacamole). Cut the veggies up into fun shapes, serve with your dips, and party on!



## Free Trainings, Classes, and Field Trips

### Training for Staff

**Farm to ECE Annual Training:** This year's annual training will occur on Saturday, May 13 in-person! More info to come soon.

**Spring Planting Training:** Join CSU Extension for a spring planting training! Participants will learn about starting seeds, caring for seedlings, and what to plant with children. This free training will take place on Wednesday, 4/19, from 6-7:30 p.m. at Persimmon Early Learning Center. Register [here](#).

### Classes and Field Trips for Children

**Field Trip to Ollin Farms.** Come for a tour and learn about nutrition on the farm, what grows in Colorado, and plant life cycles. Register [here](#).

**Milk and Honey Farm's Farm Tour & Explore.** During this program, participants will spend their time exploring the fields, the geodesic domed greenhouse, and all the fruits and veggies that grow there. Register [here](#).

### Growing Gardens' Nutrition Education Lessons

See attached flyer for more info. Email [rachel@growinggardens.org](mailto:rachel@growinggardens.org) to register.

### Eco-Cycle's Health Eating Classes & Worm

**Composting Workshops:** Children will learn how worms help create compost, how compost creates healthy soil, how healthy soil creates healthy fruits and veggies, and how healthy fruits and veggies create healthy kids! Register [here](#). Note: The worm composting workshops are currently full, but there are still a few spots left in the healthy eating classes.

**Save the Date! Seed and Seedling Deliveries:** Boulder County Public Health's Child Health Promotion (CHP) Team will deliver seeds and seedlings to Farm to ECE child care programs the week of 4/10.