



FARM to Early Care and Education

Boulder County Public Health

February 2023



Cabbage and Potatoes

Cabbage Fun Fact: Did you know that cabbage is one of the oldest cultivated vegetables in existence and continues to be a dietary staple throughout the world?

Potato Fun Fact: The potato is the first vegetable grown in space.



Recipe

Any-Vegetable Minestrone

Use any vegetable that looks good at the market, and your soup will be great. Check out the recipe here -

<https://bit.ly/AnyVegSoup>



Friends Preschool

Shelby Pawlina, Director at Friends Preschool, especially enjoys these parts of the Farm to ECE program:

- Children eating different textures and colors of vegetables with friends
- Eco-Cycle's composting class
- Documenting plants growing in science journals.



Trainings, Classes, and Field Trips

Growing Gardens' Nutrition Education Lessons (Free)

See attached flyer for more info. Email rachel@growinggardens.org to register.

Field Trips to Milk and Honey Farm (Free*)

Learn more and register here -

<https://bit.ly/MilkandHoneyFieldTrip>

**Note: Due to new grant funding, these field trips are free in 2023!*

Eco-Cycle's Classes on Composting and Healthy Eating (Free)

Learn more and register here -

<https://bit.ly/EcoCycleClasses>



Stubborn Roots Farm

Thank you, Farmer Calvin and Bradi for providing nutrient dense fruits and veggies to Farm to ECE participants. As Farmer Calvin says, "if our kids can't eat our fruit or vegetables right off the plant, we are not using it." Learn more about Stubborn Roots Farm here - <https://bit.ly/SRFarm>

PARENTSCORNER™

Plants from Kitchen Scraps

A fun growing project that teaches kids about the life cycle of plants through kitchen scraps. Check it out here -

<https://bit.ly/PlantsfromScraps>

