



# FARM to Early Care and Education

Boulder County Public Health

March 2023



## Free Trainings, Classes, and Field Trips

### Spring Planting Training

Join CSU Extension for a Spring Planting training! Participants will learn about starting seeds, caring for plant starts, and what to plant with children. This training will take place on Wednesday, 4/19 from 6-7:30 PM at Persimmon Early Learning Center. Register here – <https://bit.ly/SpringPlantingTraining>

### Growing Gardens' Nutrition Education Lessons

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

### Field Trips to Milk and Honey Farm

Learn more and register here - <https://bit.ly/MilkandHoneyFieldTrip>

### Field Trips to Ollin Farms

Learn more and register here - <https://bit.ly/OllinFarmsFieldTrips>

### Eco-Cycle's Composting Classes & Workshops

Learn more and register here - <https://bit.ly/EcoCycleClasses>



## Beans and Legumes

Both beans and legumes are members of the Fabaceae family and are rich in protein, fiber, B vitamins, iron, folate, calcium, potassium, phosphorus, zinc, and many are low in fat.



## Boulder Montessori School

Amy Condon, head of Boulder Montessori School (BMS), enjoys participating in Farm to ECE because of the light-bulb moments kids have about the connections between food and the Earth. One BMS student said, "I didn't know you could grow food! We just get it at the store." Another student will only eat foods that he harvests himself! Thank you, Amy and the BMS team, for teaching your kids where their food comes from.



## PARENTSCORNER™

**Small World Play:** Did you ever think a potted plant could be a home for a herd of dinosaurs? Encourage imagination by creating miniature scenes with things you have around the house. Check it out here - <https://bit.ly/Tinyworld>



## Hoffman Farms

3<sup>rd</sup> generation farmers, Derrick and Hanmei, are the proud owners of Hoffman Farms. They not only grow nutrient dense produce for Farm to ECE childcare programs, but they also advocate for a healthy Colorado food system. Learn more here - <http://hoffmanproduce.com/>