



FARM to Early Care and Education

Boulder County Public Health

May 2023



Radishes and Spinach

Radishes and spinach are May's veggies of the month. Did you know that radishes come in multiple types and many different colors including, red, pink, white, purple, and even black! Black radishes happen to be the spiciest variety of radish. Radishes come from the genus *Raphanus*, which is Greek for "quickly appearing." They grow rapidly making them ideal for children's gardens. And for those Popeye fans out there...when Popeye made his debut on January 17, 1929, spinach became the third most popular children's food after turkey and ice cream!



Sunset Academy

Sammi, ECE Director, at Sunset Academy in Longmont appreciates having the ability to influence healthy eating habits and healthy food choices through the Farm to ECE program. Students really connected with the "super foods" concept during a recent nutrition lesson. Not only do the teachers notice that more children bring more fruits and vegetables in their lunches, when children see others with blueberries or strawberries, they exclaim, "You packed your super foods!"



PARENTSCORNER™

Seed and Seedling Sales and Donations! Visit Growing Gardens (1630 Hawthorne Ave., Boulder) on **May 6-7, 13-14, and 20-21** and shop for seeds and seedlings for your veggie garden. Free seeds and seedlings are available to qualifying individuals and organizations (based on income eligibility) on **May 23** at the Growing Gardens in Boulder and on **May 18** at the Growing Gardens in Longmont (950 Lashley Street, Longmont). Learn more [here](#).

For more information about Boulder County's Farm to ECE program, visit www.boco.org/Farm2ECE



Free Trainings, Classes, and Field Trips

Trainings for Staff

Farm to ECE Annual Training. This year's annual training will take place on Saturday, May 13 from 9-11:30 a.m. at the Boulder County Recycling Center (1901 63rd St, Boulder, CO 80301). Come to learn about what's new in 2023 and network with other Farm to ECEers! Register [here](#).

Don't miss the **summer seed and seedling pick-up** on May 24 from 4-6 p.m. at Growing Gardens (1630 Hawthorn Ave, Boulder). Tomato and basil seedlings and cucumbers, zucchini, beans seeds will be available.

Taste of Spring Fair. Learn about all the resources available to child care centers, preschools, family child care homes, and Family, Friend, and Neighbor (FFN) providers. Saturday, May 6 from 9 a.m.-12 p.m. at Ollin Farms. See attached flyer for more info and to register.

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. Participants will spend their time exploring the fields, 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 to register.

Eco-Cycle's Health Eating Classes & Worm

Composting Workshops. Children will learn how all about the connection between compost, healthy soil, healthy food, and healthy kids! Register [here](#).

