



FARM to Early Care and Education

Boulder County Public Health

August 2023



Free Trainings, Classes, and Field Trips

Trainings for Staff

Fall Gardening and Clean Up Training

Join CSU Master Gardeners and Boulder County Public Health for a fall gardening and clean up training!

Participants will get hands-on experience cleaning up garden beds and planting cover crops. This training will be taking place IN-PERSON, at Sunflower Farm in Longmont on Tuesday, 9/12 from 6-7:30 p.m.. All participants will receive a certificate for 1 hour of professional development credit. Register [here](#).

CACFP Training

Check out the Child and Adult Care Food Program (CACFP) Virtual Conference Summit on 8/15-8/17 for workshops on nutrition, program administration, operations, professional development, and more! Registration fee includes on-demand sessions, available through 8/31. Register [here](#). Scholarships are available to cover the cost of registration. Apply for a scholarship [here](#) by 8/1!

Classes and Field Trips for Children

Cooking with Your Kids

CSU Extension Community Health Specialist, Emma Dhimitri, will prepare and conduct a hands-on food preparation activity with your kids featuring some of the locally-grown fruits and veggies you've seen in this year's produce bags. Kids will have the chance to taste, play with, explore and cook with new foods! Please email [Heather Hauswirth](#) to schedule your class! Limited space available.

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 have the chance to explore the fields, greenhouse, and all the fruits and veggies that grow there. Register [here](#).



Summer Squash, Peaches and Melons

You know it's the height of summer when summer squash, peaches and melons are the harvests of the month! Summer squash is native to Central America and Mexico (where their seeds have been found preserved in caves that are over 10,000 years old). There are two types of peaches: clingstone and freestone. The difference between the two is all in the name – peach flesh “clings” to a clingstone, but not to a freestone. To pick the perfect watermelon, make sure the underside has a creamy yellow spot – a clue that it ripened on the vine.

PARENTSCORNER™

Access Healthy Food in Longmont 24/7

Community fridges, or 'freedges', run off the goodwill of local residents. Anyone can drop off unwanted or unused food items and anyone can stop by to take what they need. No questions asked! Visit <https://www.longmontcommunityfridges.org/> to learn more and find a community fridge near you!



Produce Deliveries for WIC Participants

Families who are eligible for Women, Infants, and Children (WIC) can sign up to receive fresh, free home deliveries from the Boulder County Farmers Market. Register [here](#).