



# FARM to Early Care and Education

Boulder County Public Health

July 2023



## Beets, Green Beans, and Lettuce

This month's featured produce includes beets, green beans and lettuce! And now some fun facts about these veggies. The beet plant is edible, from the tips of its leaves to its long, pointed root. There are more than 130 different types of green beans grown throughout the world, and despite their name, they're not all green! They come in a variety of colors, including purple, yellow and spotted. As for lettuce, it's the 2<sup>nd</sup> most popular veggie in the US after the potato.



## Off Broadway Preschool

Emily, the Fine Arts Director at Off Broadway Preschool of Fine Arts, appreciates the ability to improve the palates of young children through the the Farm to ECE program. Children love tearing off and then eating a leaf of basil, parsley or mint directly from their preschool garden. "Don't yuck my yum" is a phrase that Emily has taught the children which encourages them to be more open to different flavors. Offering a Vietnamese summer spring roll buffet, where children choose which vegetables they want wrapped in rice paper is another popular activity. Because of their location in downtown Boulder, a walking field trip to the Wednesday Boulder County Farmers Market happens on a regular basis and children enjoy taste testing and developing relationships with the local farmers.

Kids  
gardening at  
Off Broadway  
Preschool



## Free Trainings, Classes, and Field Trips

### Trainings for Staff

#### School Garden and Hydroponic System Grants

The [Green Our Planet](#) grant program funds school gardens and hydroponic garden systems. Applications are due by July 21, 2023. To learn more and apply, watch this [two-minute video](#).

#### Webinars on Culturally-Inclusive Gardening

By nature, gardens embody diversity. Learn more about how to create culturally inclusive gardens by listening to these [Kids Gardening pre-recorded webinars](#). Pick and choose which topics interest you most in this 6-part webinar series. Explore ways to celebrate different cultures through garden-based learning.

### 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](#).

## PARENTSCORNER™

### Free summer meals and snacks for kids and teens!

Ensure that your children get the fuel they need for healthy bodies, minds, and lives during the summer. The Summer Food Service Program (SFSP) offers no-cost breakfasts, lunches, snacks, and/or suppers to any youth from 0-18 years old; no identification or registration is required. To locate a summer food site near you, text the word FOOD to 304-304 or visit <https://kidsfoodfinder.org>



For more information about Boulder County's Farm to ECE program, visit [www.boco.org/Farm2ECE](http://www.boco.org/Farm2ECE)