



FARM to Early Care and Education

Boulder County Public Health

September 2023



Melons & Tomatoes

Melons and tomatoes are this month's featured produce. The English word "tomato" comes from the Aztec word, "tomatl," which means "something round and plump." Americans eat more than 22 pounds of tomatoes each year --more than half of which are in the form of ketchup and/or tomato sauce. Melons require a long growing season. There are male and female flowers on the plant, which require bees for pollination. On average, it takes about 10 to 15 bee visits for proper pollination to grow melons.



Inspire Preschool

Roubhie Fairchild, the director at YMCA Inspire Preschool in Longmont especially appreciates the unique vegetables which she can introduce to children and families, such as purple cabbage, pictured below. The diverse vegetables appeal to the culturally diverse group of children in her preschool. Families share recipes based on their unique background which enhances learning for all! Thank you Roubhie and team for your enthusiasm!



PARENTSCORNER™

FREE Mobile Food Pantry

The University of Colorado's mobile food pantries are free and open to CU Boulder students, faculty and staff, as well as community members of Boulder and Broomfield Counties. Attendees may receive up to 30 pounds of food! Food is distributed on a first-come, first-serve basis, while supplies last. See upcoming dates and locations [here](#).



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 p.m.. All participants will receive a certificate for 1 hour of professional development credit. Register [here](#).

Farm to Child Gathering

This no-cost, full-day, in-person training will take place on Saturday, 9/9 in Fort Morgan, CO and is open to ALL Colorado ECE providers (licensed and unlicensed). Attendees will receive a chef's knife, garden tools, on-site child care, lunch, travel incentives, and more. Register [here](#). For questions, contact Britt Martens, brittany.martens@state.co.us.

Classes and Field Trips for Children

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 are Back for the Fall

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



Planting in raised
beds at
Growing Gardens



Planting in the greenhouse at
Milk and Honey Farm

