



What is EarthDance?





Did you know...

- There are 6,500 food deserts in America
- 79 of those 6,500 are in St. Louis
- North County is included in those 79



Why does EarthDance Farm?

- Mission: To advance food justice by training organic farmers and gardeners of all ages, providing connection to healthy food and the land, and cultivating a vibrant community.
- To offer hands-on farming and gardening training, access to affordable produce available on a Pay What You Can model, tours, field trips, summer apprenticeship programs and volunteer opportunities.



What is Food Justice?

People and communities exercising their right to grow, sell and eat healthy food.

Healthy food is fresh, nutritious, affordable, culturally appropriate and grown with care for the land, workers and the animals.



What's Fresh Tasting Days

What's the goal?

- You will be able to identify produce items you've never seen fresh from the ground before.
- You will taste produce you've never eaten before.
- You will gain knowledge about the health benefits of eating healthy foods.
- You will feel empowered to grow these items in their school gardens.
- You will take advantage of the PWYC Farm Stand & Farmer's Market.



Open Fridays 3:00 - 7:00 pm &
Sundays 11:00 am - 3:00 pm



What is an antioxidant?

It is a molecule that fights off bad compounds known as “free radicals” which can damage the body’s cells and can lead to things like cancer, diabetes, and heart disease.

Antioxidants reduce inflammation in the body and prevent diseases.

You can find high amounts of antioxidants in vegetables, fruits, and nuts.

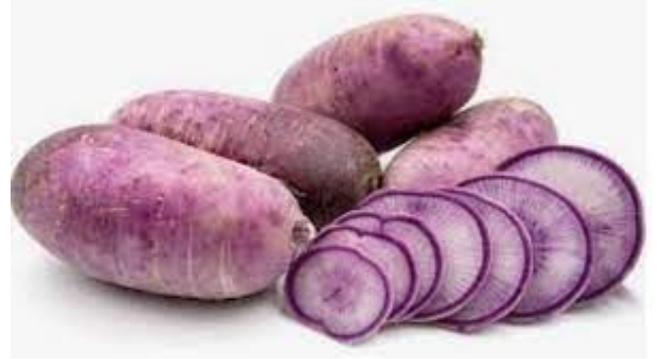


What's Fresh on the farm?

*Purple Heart
Radish*

Purple Heart Radish are high in...

- Vitamin A - reduces free radicals
- Vitamin E - maintains healthy organs
- Vitamin C - boosts the immune system and reduces inflammation
- Fiber - regulates the digestive tract





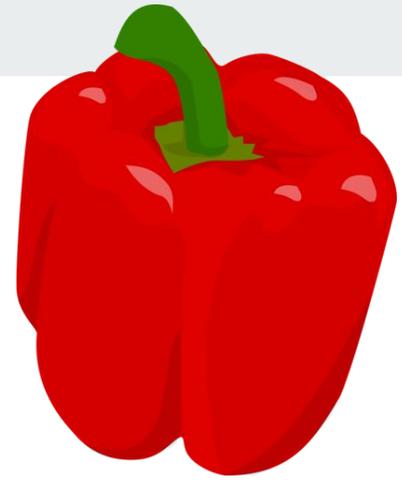
Bell pepper

Bell peppers provides many vitamins and minerals such as:

- Vitamin A
- Vitamin B6 (pyridoxine)
- Vitamin C
- Vitamin K

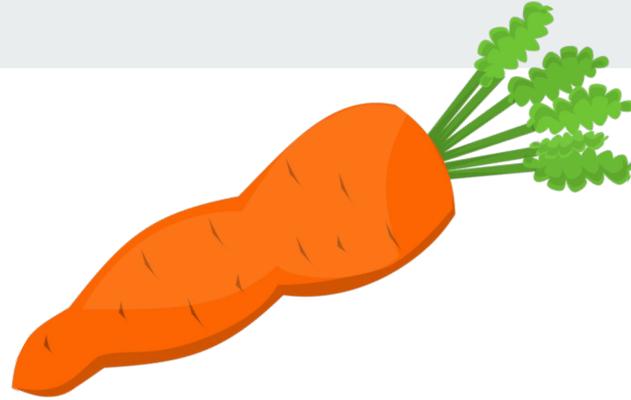
Which is great for:

- Keeps skin, bones, tissues, and teeth healthy
- Heart and brain health
- Helps to heal wounds and is an antioxidant
- Blood clotting when you get a cut!





Carrot



Carrots provides many vitamins and minerals such as:

- Vitamin A
- Vitamin C
- Vitamin K
- Potassium

Which is great for:

- Keeps skin, bones, tissues, and teeth healthy
- Helps to heal wounds and is an antioxidant
- Blood clotting when you get a cut!
- Helps the heart beat properly and muscle contraction



The Vitamins

Fat Soluble Vitamins

What are fat soluble vitamins?

These are vitamins that are absorbed with fat in the diet and stored in your fatty tissues and liver.

These include vitamins **A, D, E, K!**

Water Soluble Vitamins

What are water soluble vitamins?

These are vitamins that can dissolve in water, so your body only needs small amounts because they are easily absorbed by your body.

These include **vitamin C and all 8 of the B vitamins!**

What are we making today?



Ingredients

Purple heart radish

Pears

Gorgonzola Cheese

Olive Oil

Lemon Juice

Nori



The Minerals

So many very important minerals the body needs to stay healthy!

- Calcium
- Iron
- Potassium
- Sodium
- Zinc
- Copper
- Fluoride
- Manganese
- Selenium
- Phosphorus
- Sulfur
- Magnesium
- Cobalt
- Iodine



The B Vitamins & What They Do

Vitamin B1 - thiamine	Energy production, nervous system function, and immune health.
Vitamin B2 - riboflavin	Eye health, red blood cell production, and antioxidant support.
Vitamin B3 - niacin	Heart health, healthy circulation of the blood, and energy for the organs.
Vitamin B5 - pantothenic acid	Cellular and digestive health, healthy skin, and healthy levels of fat in the blood.
Vitamin B6 - pyridoxine	Heart and brain health.
Vitamin B7 - biotin	Healthy hair, skin, and nails.
Vitamin B9 - folate	Supports cell growth and red blood cell production and iron use in the body.
Vitamin B12 - cobalamin	Cell and heart health, iron and folate use in the body.



Kale



Kale provides many vitamins and minerals such as:

- Vitamin K
- Vitamin E
- Folate
- Manganese

Which is great for:

- Blood clotting when you get a cut!
- Antioxidant - prevents diseases like cancer.
- Can protect the heart and is especially important in pregnant women
- Helps to form bones, helps to body to utilize amino acids (the byproduct of protein), carbohydrates, and cholesterol



Zucchini



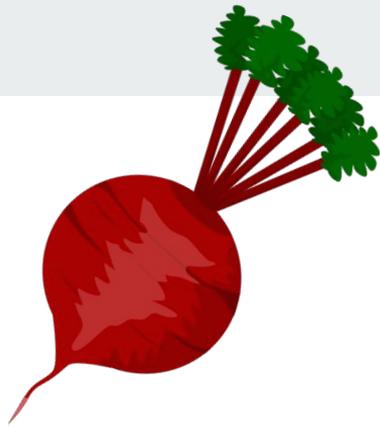
Which is great for:

Zucchini provides many vitamins and minerals such as:

- Vitamin A
 - Vitamin B6
 - Vitamin C
 - Folate
 - Manganese
- Keeps skin, bones, tissues, and teeth healthy
 - Heart and brain health
 - Helps to heal wounds and is an antioxidant
 - Can protect the heart and is especially important in pregnant women
 - Helps to form bones, helps to body to utilize amino acids (the byproduct of protein), carbohydrates, and cholesterol



Beet



Beets provides many vitamins and minerals such as:

- Folate
- Potassium
- Magnesium
- Manganese

Which is great for:

- Can protect the heart and is especially important in pregnant women
- Helps the heart beat properly and muscle contraction
- Stored in the bones to help bones and teeth grow strong
- Helps to form bones, helps to body to utilize amino acids (the byproduct of protein), carbohydrates, and cholesterol

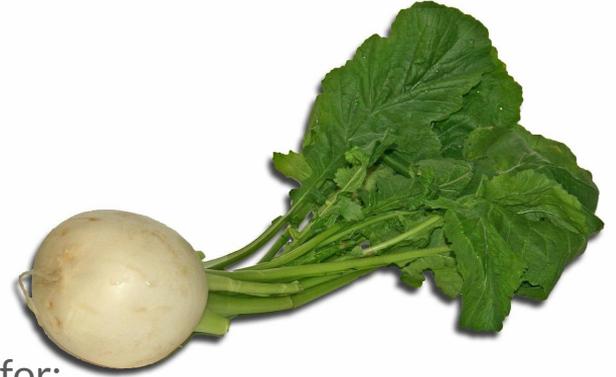
Turnip

Turnips provides many vitamins and minerals such as:

- Vitamin B6
- Vitamin C
- Manganese

Which is great for:

- Heart and brain health
- Helps to heal wounds and is an antioxidant
- Helps to form bones, helps to body to utilize amino acids (the byproduct of protein), carbohydrates, and cholesterol





Okra



Okra provides many vitamins and minerals such as:

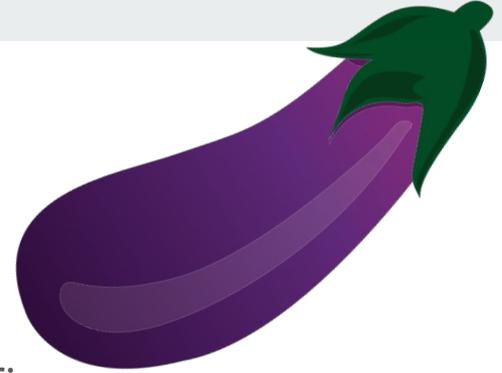
- Vitamin A
- Vitamin B2 (riboflavin)
- Vitamin B6 (pyridoxine)
- Vitamin K
- Folate

Which is great for:

- Keeps skin, bones, tissues, and teeth healthy
- Eye health, red blood cell production, and antioxidant support.
- Heart and brain health
- Blood clotting when you get a cut!
- Can protect the heart and is especially important in pregnant women



Eggplant



Eggplant provides many vitamins and minerals such as:

- Folate
- Potassium
- Manganese

Which is great for:

- Can protect the heart and is especially important in pregnant women
- Helps the heart beat properly and muscle contraction
- Helps to form bones, helps to body to utilize amino acids (the byproduct of protein), carbohydrates, and cholesterol



Sweet potato



Sweet potato provides many vitamins and minerals such as:

- Vitamin A
- Vitamin C
- Copper
- Vitamin B3 (niacin)

Which is great for:

- Keeps skin, bones, tissues, and teeth healthy
- Helps to heal wounds and is an antioxidant
- Makes red blood cells and works closely with iron
- Heart health, healthy circulation of the blood, and energy for the organs.



Snap bean

Snap beans provide many vitamins and minerals such as:

- Vitamin K
- Folate
- Iron
- Magnesium

Which is great for:

- Blood clotting when you get a cut!
- Can protect the heart and is especially important in pregnant women
- Making hemoglobin which carries oxygen via the blood throughout the body
- Stored in the bones to help bones and teeth grow strong





Spinach

Spinach provides many vitamins and minerals such as:

- Vitamin C
- Vitamin K
- Folate
- Iron

Which is great for:

- Helps to heal wounds and is an antioxidant
- Blood clotting when you get a cut!
- Can protect the heart and is especially important in pregnant women
- Making hemoglobin which carries oxygen via the blood throughout the body





Kohlrabi

Kohlrabi provides many vitamins and minerals such as:

- Vitamin A
- Vitamin C
- Manganese
- Potassium

Which is great for:

- Keeps skin, bones, tissues, and teeth healthy
- Helps to heal wounds and is an antioxidant
- Helps to form bones, helps to body to utilize amino acids (the byproduct of protein), carbohydrates, and cholesterol
- Helps the heart beat properly and muscle contraction



