

## PROGRAM MISSION

Community CROPS Youth Programs connect youth to the origins of their food and help them understand the impact of food choices on their lives and health. We provide students a fun environment to discover where food comes from, how it grows, and how to prepare fresh produce. This will help them establish life-long healthy habits. Bringing children outdoors to have fun, interact with the soil, and grow their own food is not only healthy, but provides for a healthy community.

## PROGRAM PARTNERS

CROPS partners with many local organizations, including CEDARS. CROPS provides fresh vegetables to 65 CEDARS youth as a supplement to their Food Bank backpacks. In addition, the four CEDARS residential facilities purchase CSA vegetable boxes from CROPS and we provide cooking and gardening education at two of these sites.



“I love cooking group. It’s very informative and I like to learn to cook a variety of things. I also love healthy and organic food.”

- Jacob (resident at Boys Home)

# GET INVOLVED

## START A SCHOOL GARDEN

Community CROPS partners with youth organizations and schools to start new youth gardens to aid in youth education.

## DONATE

Community CROPS is a 501(c)(3) non-profit organization that relies on community support for our programs and gardens. You can make a difference with a monetary or supply donation.

## VOLUNTEER

Volunteer with us to learn about growing and meet new people at the gardens, farm, office and events. We offer work days for groups, service projects, and credit for internships.

## Other CROPS Projects

- Community Gardens
- Growing Farmers Training Program
- Community Supported Agriculture (CSA)
- Celebrations and Events
- Educational Classes



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# YOUTH EDUCATION



FOOD GROWN WHERE YOU LIVE.

CommunityCROPS.org



# A YOUNG GARDENER LEARNS TO GROW

**Becca Schiltz**, Mickle Middle School student, had already gardened with her family and was eager to grow more with her friends at Mickle. “I thought the most exciting part was just getting in the garden and planting everything.” Throughout her time in the program she learned about planting, growing, and harvesting vegetables, was introduced to new foods, and became educated in the local food movement.

Becca also volunteered during the summer with her mother Anne and her sister Emily. Together they helped maintain the garden and sell the produce at a local farmers’ market.

“My daughters were able to experience the payoff of the effort and knowledge that comes with learning to garden. They were able to take their crops to the Farmers Market and feel pride in knowing that people wanted to buy these natural, healthy foods!”

When asked what drew Anne and her girls to volunteer their time at the Mickle Garden, she said “I believe it is empowering to teach our kids how to invest in their own well-being. Using gardening skills helps to instill in a child the confidence that he/she is capable of providing their own healthy food options.”

## YOUNG URBAN FARMERS

Mickle Middle School is home to our Young Urban Farmers Program where we engage students in the process of growing, harvesting and preparing fresh local vegetables through established program goals. Students raise vegetables in raised beds, a hoop house and in-ground beds.



“The Urban Farming Program introduced me to one of my favorite vegetables, swiss chard. I love to put it into smoothies to make them extra healthy. I learned that many people in our community look for organic and locally grown food.”

*Becca Schiltz, Mickle Middle School Student*

## YOUTH PROGRAM OPPORTUNITIES

- School and organizational youth lessons, activities, and program implementation
- Cooking with fresh vegetables class presentations
  - Topics include: Gardening 101, Composting Seed Starting, Cover Crops, and More!*
- Activity booth at events
- Farm tours at prairie pines
- Creative ideas welcome!

## PROGRAM GOALS

- ✓ Educate youth about the origins of their food and how plants grow
- ✓ Demonstrate that vegetables are tasty through cooking lessons
- ✓ Invite youth outdoors to explore nature
- ✓ Establish life-long healthy habits
- ✓ Have fun in the garden
- ✓ Create awareness of career opportunities in sustainable agriculture

