

About Mixed Greens...

The **mission of Mixed Greens** is to inspire, sustain and support a legacy of fresh food and gardens.

Mixed Greens' purpose is to help communities build gardens in order to teach our children about the value of fresh foods and their connection to health and Michigan agriculture through the growing, preparing, and sharing of food.

Our vision is to be the collaborative catalyst to ensure all children choose healthy behaviors, buy local foods and pass on their knowledge and lifestyle to future generations.



Growing Kids Who Grow Gardens

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Growing Kids Who Grow Gardens

School and Youth Garden Capacity Building Workshops



Youth Gardening 101

April 22, 2006
8:00am - 12:30pm

WORKSHOP INFORMATION

This workshop is designed for educators interested in gaining knowledge about the importance of schoolyard and youth based gardens and is intended to inform the public about existing gardens and types of garden programming in West Michigan.

Attendees will also leave the workshop with a basic knowledge toolkit that includes ideas and resources to get gardens growing at their own schools and sites.

Date: April 22, 2006

Time: 8:30am - 12:30pm

Registration begins at 8:00am

Location: Metro Health

1925 Breton SE, Grand Rapids

Cost: \$15.00

**Scholarships available - please inquire to Mixed Greens at info@mixedgreens.org*

Who should attend? Educators, PTA members, parents involved in volunteering at schools, school administrators, youth organization leaders, and school nurses/school health professionals are all encouraged to apply. Student leaders who will be involved in the project are also welcome.

SCHEDULE

Workshop includes sessions about:

- Site Selection
- Age appropriate activities - Ways to get kids growing and eating vegetables
- Organic Gardening and Soil Health
- Networking with other gardens in the community.



Mixed Greens Summer Program at Grand Rapids Public Schools Harrison Park Elementary School

WORKSHOP UNDERWRITERS

**Metro
Health**



Media Partner

The Bill and Bea Idema Foundation

Marie Catrib's

At time of printing

REGISTER SOON! SPACE IS LIMITED!

Name: _____ Title: _____

School/Youth Organization: _____

Address: _____ Home _____ Organization (check one)

Telephone: _____ Email: _____

Yes, we have a garden!

We would like to start a garden.

Registration Fee (\$15.00) Amount Enclosed: _____

Please make checks payable to Mixed Greens.

Registration Deadline: April 11th, 2006

Complete form and return to Mixed Greens, 1444 Lake Dr. SE, Grand Rapids, MI 49506
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