



Urban Farms and Gardens

Time	Session	Description
9:00	Check In and Review	
9:15	Urban Agriculture for Youth and Families: <i>A Holistic Approach to Urban Farms and Gardens</i>	Participants will discover the principals of sustainable urban agriculture and investigate direct correlations between children’s participation in farm/garden programs and positive developmental outcomes such as critical life skills, healthy living and academic achievement.
10:15	Garden Care: <i>Healthy Soils, the Nutrient Cycle and Year-round Garden Maintenance</i>	Participants will explore fertile soils, the nutrient cycle and year-round, organic garden care techniques. Discover tips and strategies to maintaining healthy gardens that compliment the natural environment while learning exciting, hands on activities designed to engage youth in both classroom and club settings.
Noon	Lunch	
12:45	Healthy Food: <i>Integrating Garden Grown Food into the Learning Environment</i>	This session will provide a wealth of information and activities on integrating food from gardens and farms into the learning environment. Participants will learn simple, youth centered techniques for preparing and preserving produce from gardens. In addition participants will explore the challenges of bringing food from the garden to the cafeteria, critical food safety and sanitation practices and alternatives methods for learning about healthy foods when eating produce from school gardens is not an option.
2:00	Backyard Chickens in the Learning Environment: <i>An Valuable Opportunity for Youth Development</i>	Chickens are a growing sector of our urban community and offer a variety of rich, youth development opportunities ranging from gaining knowledge in biology to food system awareness to gaining life skills in animal husbandry. This session will provide critical information on poultry care in an urban setting and methods for integrating animal husbandry into the learning environment.
3:15	Break	
3:30	Compost and Vermiculture: <i>Closing the Loop</i>	Composting is an integral part of any school or backyard farm or garden project. This introductory workshop will provide knowledge in the importance of composting for the environment and valuable methods for waste reduction at schools and homes. Participants will also discover science based, hands-on projects they can introduce into classroom and club activities.