

# Enjoy Farm and Garden Freshness

## Need more information about this month's topics?

Here are some sites where you can find more nutrition resources for students, families, and staff:

### ENCOURAGING YOUNG PEOPLE TO BE GARDENERS:

With the specific needs of successful southern gardeners in mind, *Mississippi State Extension Service* provides excellent information and links about both home and school gardens through their website at <http://msucares.com/lawn/garden/youth/index.html>. You can also visit your local Extension Office to find out what youth gardening programs may already be available in your community. If you need to know where that office is, check the interactive map at <http://msucares.com/counties/index.html>.

### STEP-BY-STEP SCHOOL GARDEN SUCCESS:

The *School Garden Wizard* at [www.schoolgardenwizard.org/](http://www.schoolgardenwizard.org/) was created for America's K-12 schools by the United States Botanic Gardens and the Chicago Botanic Gardens. The site provides detailed plans and FAQs for school gardens, with everything from how to make the case for a garden with administration to finding the funding to keep it growing, as well the ins and outs of using gardens as learning laboratories.

### PROMOTING MISSISSIPPI FARMER'S MARKETS:

The *Mississippi Department of Agriculture and Commerce* offers excellent links and resources at [http://www.mdac.state.ms.us/n\\_library/departments/farm\\_mkt/index\\_farmmkt.html](http://www.mdac.state.ms.us/n_library/departments/farm_mkt/index_farmmkt.html). The site has information and photos of the Jackson market, as well as a list of local markets, farm stands, and U-pick-it farms around the state. There is also a detailed list of when different produce items are available locally.

Brought to you by the Mississippi Department of Education

Office of Healthy Schools

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