Resources

Gardening Programs

Nourish Life

<http://www.nourishlife.org/about/>

Whole Kids

<https://www.wholekidsfoundation.org/>

Kids Gardening

<http://www.kidsgardening.org/gardening-basics-choosing-what-to-grow-vegetables-and-herbs/>

Growing Minds - Farm to School

<http://growing-minds.org/lesson-plans-landing-page/>

DUG - Denver Urban Gardens

<https://dug.org/spring-lessons/>

KIng County Green Schools Program - List of local resources

<http://your.kingcounty.gov/solidwaste/greenschools/documents/gardening-resources-for-schools.pdf>

Worksheets & Printables

Worksheet Place

<http://www.worksheetplace.com/index.php?function=DisplayCategory&showCategory=Y&links=2&id=242&link1=241&link2=242>

Nourish Interactive - Spanish Materials

[http://www.nourishinteractive.com](http://www.nourishinteractive.com/)

ESL Printables

<http://www.eslprintables.com/vocabulary_worksheets/environment_and_nature/parts_of_a_plant/>

All Kids Networks - Worksheets

[http://www.allkidsnetwork.com](http://www.allkidsnetwork.com/worksheets/food/vegetables/)

Education

<https://www.education.com/resources/>

Teachers Pay Teachers

[https://www.teacherspayteachers.com](https://www.teacherspayteachers.com/)

Nutrition & Eat the Rainbow

Nutrition and You

<http://www.nutrition-and-you.com/healthy-herbs.html>

Skip the Pie

[http://www.skipthepie.org](http://www.skipthepie.org/)

Whole Kids

<https://www.wholekidsfoundation.org/>

South Australia Health - Eat the Rainbow <http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+eating/healthy+eating+at+different+ages+and+stages+of+your+life/healthy+eating+for+kids+and+teens/eat+a+rainbow+resources>

Food Justice, Food Literacy

Lexicon of Food

<https://www.lexiconoffood.com/urban-agriculture>

Civil Eats

<http://civileats.com/2014/05/13/want-to-change-the-food-system-heres-where-to-start/>

Food Tank

<https://foodtank.com/news/2013/05/forty-organizations-that-are-shaking-up-the-food-system/>

Food Literacy Center

<https://www.foodliteracycenter.org/food-wiki>

<https://pure.au.dk/ws/files/81132625/food_literacy.pdf>

<https://blogs.deakin.edu.au/apfnc/wp-content/uploads/sites/119/2015/06/Vidgen_2014_food-literacy-Appetite.pdf>

<https://www.researchgate.net/publication/277939811_Food_Literacy_Definition_and_Framework_for_Action>

<https://thealimentallibrary.wordpress.com/2014/11/02/untangling-food-literacy/>

<http://www.foodday.org/food_literacy_quiz>

[https://www.ncbi.nlm.nih.gov/books/NBK367600](https://www.ncbi.nlm.nih.gov/books/NBK367600/)

<https://oldwayspt.org/blog/common-ground-food-literacy-movement-growing-and-thats-good-thing>

<https://dining.harvard.edu/food-literacy-project>

[https://sites.middlebury.edu/bltnmag/2012/10/25/food-literacy](https://sites.middlebury.edu/bltnmag/2012/10/25/food-literacy/)

https://eprints.qut.edu.au/66720/1/Helen\_Vidgen\_Thesis.pdf

Resources

USDA

USDA - Dig In

<https://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>

USDA - Gardening Resources

<https://snaped.fns.usda.gov/seasonal-produce-guide/gardening-resources>

USDA - Choose Myplate

<https://www.choosemyplate.gov/kids>

USDA - Peoples Garden

<https://peoplesgarden.usda.gov/>

USDA Community Food Systems

<https://www.fns.usda.gov/farmtoschool/farm-school-resources>

Microgreens

[https://www.foodsafety.gov/keep/types/fruits/sprouts.htm](https://www.foodsafety.gov/keep/types/fruits/sprouts.html)

[http://horticulturejournal.usamv.ro/pdf/2015/art69.pd](http://horticulturejournal.usamv.ro/pdf/2015/art69.pdf)

[f](http://horticulturejournal.usamv.ro/pdf/2015/art69.pdf)

<http://steamykitchen.com/32446-grow-microgreens-sprouts-and-baby-greens.htm>

<http://www.npr.org/sections/thesalt/2012/08/29/160274163/introducing-microgreens-younger-and-maybe-more-nutritious-vegetables>

<https://nutritionfacts.org/2013/05/02/are-microgreens-healthier/>

<https://www.rodalesorganiclife.com/garden/everything-you-need-to-know-about-growing-microgreens-indoors/slide/4>

<http://www.urbancultivator.net/microgreens-vs-sprouts/>

<http://www.microgreensathome.com/>

<https://link.springer.com/chapter/10.1007/978-1-4939-7018-6_11>

<http://www.ibiol.ro/plant/Volume%2061/RJB-Plant,%202016.pdf#page=7>

Growing Food from Scraps

Food Revolution

<https://foodrevolution.org/blog/reduce-food-waste-regrow-from-scraps/>

Herbs

<https://www.washingtonpost.com/lifestyle/wellness/the-health-benefits-of-herbs/2015/04/13/4668c73a-dd59-11e4-acfe-cd057abefa9a_story.html?utm_term=.2c01440b90c7>

<https://www.superfoodly.com/fresh-vs-dried-herbs/>

Misc

Live Simply - Bingo Game

<http://livesimply.me/2015/06/23/get-your-kids-to-love-veggies-the-live-simply-fruit-and-veggie-bingo-game/>

Food Related Reading Resources

<https://www.rfrk.com/books/>