



Dear Teachers,

Here is a sample article that you may want to publish in your school's newsletter.

For more information about Midwest Food Connection, please visit our website:
www.midwestfoodconnection.org

Thank you, Uli Koester

Midwest Food Connection Brings Lessons in Healthy Eating and Sustainable Gardening

The Midwest Food Connection will begin its new series of four lessons in our classroom this week. With a focus on growing our own food, *MFC TEACHER NAME*, will teach their "Urban Farming" unit that celebrates the fact that no matter where we live in the city we can find a place to grow our own food. Children learn how community spaces, patio gardening, even composting and honey bees play an important role in a city garden.

During the next four weeks students will be raising seedlings in cups, which they will take home for transplant to a pot or a garden spot. In each lesson, students will express what they learn in a "garden journal," where they will develop and draw a garden plan and show their understanding of beneficial insects, sunshine and what plants can grow in a Minnesota garden. Recipes for what we prepare and taste in class will also be included in the journals. These lessons are offered at no charge to our school because of the generous support of Twin Cities Natural Food Co-ops.