

How do we get kids to learn what the earth can provide for us? Planting the seed in these young minds on where our food comes from was the first step to opening their eyes to see how something can grow from the ground up! The children and staff at Absaroka Head Start work their way through the dirt and worms to provide the classroom with yummy fruit and vegetables. Children filled planting cups with various seeds such as potatoes, green beans, and watermelon. The cups were then placed in a greenhouse that was donated by the University of Wyoming in support of their hunger initiative called "Grow a Little Extra". As the plants grew, the children measured them and recorded the progress week to week. We observed that children are eager to learn when it comes to letting them be involved in the whole process. Children learned new vocabulary words such as "soil", "greenhouse", and even "pruning". Families were offered free seeds and starter pots to plant with their children to encourage healthy eating skills at home!