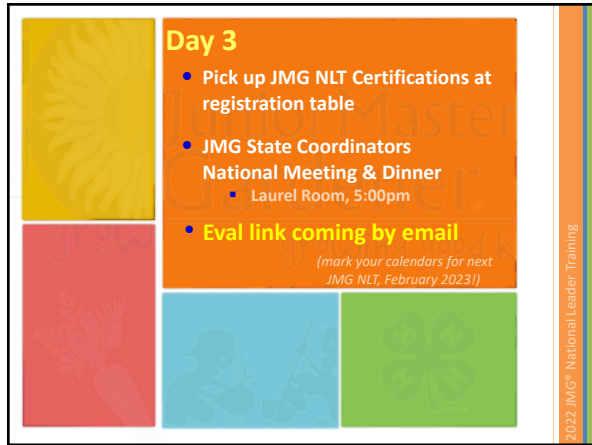




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#knowwhy

- Parent/child cooking, physical activity & gardening – Reduced BMI, Improved health behaviors
- **Improved academic achievement** Increased leadership and personal responsibility
- **Increased parent and mentor involvement with youth in schools with JMG**
- Engagement in community service, service learning projects



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#engageothers

Grow Ownership

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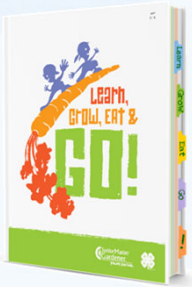



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Use Parents,
Our class will soon begin a unit of garden study called Learn, Grow, Eat & Go! Please help us get started by reading the book and talking to your child about the garden. We will be growing a garden in our school. While we wait for the plants to grow, the students will also learn how to grow plants for their health. The students will be learning about nutrition, health, and social studies. We hope the students understand how plants help us live, grow, learn, and play.
If you would like to help, please check any of the links listed below and return this page by _____.

- Contact a local business to ask for donations of specific garden supplies. (This list will be provided to you. It includes items such as buckets, soil, and more.)
- Pick up garden supplies from local businesses and deliver them to school.
- Help the class build the garden. (We are building a single raised bed. The opportunity need a parent volunteer who can help across the weekend (except at the last request.)
- Help the teacher in class with special lessons/projects or help support the students working in the garden.
- Assist with gardening supplies and preparing fresh vegetable samples and recipe demonstrations.
- Help lead recipe demonstrations for our class. Recipes and links to video demos of the recipe will be provided for you. These recipes use ingredients of the type of vegetable that we will be growing in our garden.

Your Name: _____
Student's name: _____
Your email address and/or phone number: _____

We are appreciate to you growing with this very special garden project. Thank you for your support!
Sincerely,



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#engageothers

Grow Ownership

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#engageothers

Grow Funding

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#engageothers

Grow Funding

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13



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GROW! Quick & Easy Garden Kit

Provides teachers with steps on:

- Getting Materials
- Building the Garden
- Planting It

with the help of one volunteer with a drill!

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#growintothe^{daily}culture

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Week 3

This Week's Lessons:

- Rules are Rules and Schedule It 30 Mins
- MyPlate 20 Mins

Weekly Ais Cards Features:

- Fresh Food Exposure, page #
- Gardens Kitchens Recipe Demos, page #
- Quick Classroom Exercises, page #

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Growing Success

Spring planning calendar

Pencil in dates for:

- ✓ Planting target (Example: first week of April)
- ✓ First lessons **Week 1**

Know & Show Sombrero 45 mins
5 Senses Food 30 mins

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- ✓ Planting target, April 4[★]
- ✓ First lessons 1a. Know & Show Sombrero 45 mins
2b. 5 Senses Food 30 mins

SATURDAYSGIFT.COM

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#growintothe^{seasonal}culture

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JMG Garden Kitchen

Give kids a taste of nutrient-dense food growing in their garden.

Whether you are using these recipes at home with your own children or or students in a classroom setting, kids will love being a part of preparing & eating these easy, nutrient-dense and proven Garden Kitchen Recipes featured in Learn, Grow, Eat & Go curriculum.

www.JMGkids.us/GardenKitchen

Garden Kitchen Recipe Videos

Featuring The Anthony Kroman

See the Garden Kitchen Recipes in action with third graders

from the Learn, Grow, Eat & Go curriculum

"We have 2 moms that volunteer to lead the recipes demos! My students love doing these and getting to EAT their garden kitchen."





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#growintothe^{seasonal}culture

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worry about it later or wrap it up or someone else tend to it!



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#growintothe^{seasonal}culture

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worry about it later or wrap it up or someone else tend to it!

TIPS Free Tomatoes Rights

TRICKS Solarizing Your Garden

HACKS Summer Maintenance Formula:

4X+1




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Solarizing Your Garden




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Solarizing Your Garden

JMGkids.us/SolarizingYourGarden

Additional benefits to soil solarization include:

- speeding up the breakdown of organic material in the soil.
- releasing of soluble nutrients making them more available to plants.
- faster growing and higher yielding plants.
- improved disease and weed control, the increase in soluble nutrients.
- greater proportions of beneficial microorganisms in the soil

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seasonal

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worry about it later or wrap it up or someone else tend to it!

TIPS Free Tomatoes Rights
Solarizing Your Garden

HACKS Summer Maintenance Formula: **4X+1**

TRICKS

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different grades of

Grade Level Specific Garden Experiences

- PreK-K: Early Childhood Learn, Grow, Eat & Go!
- 1st grade: Garden Buddies for 5th graders
- 2nd grade: Plant Growth & Development
- 3rd grade: Literature in the Garden
- 4th grade: Wildlife Gardener
- 5th grade: Learn, Grow, Eat & Go!

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#learnfromtheweeds

Joe Boggs, OSU Extension©

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#learnfromtheweeds

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#knowwhy
 #engageothers
 #cultivateawareness
 #growintotheculture
 #learnfromtheweeds

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Rebecca Seguin-Fowler
 Associate Director of the Institute for Advancing Health through Agriculture
 Texas A&M University System

Nh | qrw#shdnhu

2022 National JMG Leader Training

Texas A&M University, Feb. 21-Feb. 23, 2022

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Sarah Ponders
 Senior Education Specialist,
 Kids Gardening

Rocio Hernandez
 CNP Farm Assistant Manager,
 IDEA Public Schools

Nh | qrw#sdqhv

2022 National JMG Leader Training

Texas A&M University, Feb. 21-Feb. 23, 2022

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Renda Nelson
 Director, Better Living for Texans,
 Texas A&M AgriLife Extension Service

Jordan Walker
 Assoc Director, Educational Outreach
 Texas Farm Bureau

Rocio Emilee Case
 Coordinator for Special Projects,
 Texas Department of Agriculture

Nh | qrw#sdqhv

2022 National JMG Leader Training

Texas A&M University, Feb. 21-Feb. 23, 2022

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Day 3

- GROW sessions upstairs this afternoon:
 - GROW Session E 1:00-2:15
 - GROW Session F 2:30-3:45
- Pick up JMG NLT Certifications
- Coordinator Dinner Meeting
 - Laurel Room, 5:00pm
- Eval link coming by email

2022 JMG® National Leader Training

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Day 3

- Pick up JMG NLT Certifications at registration table
- JMG State Coordinators National Meeting & Dinner
 - Laurel Room, 5:00pm
- Eval link coming by email

(mark your calendars for next JMG NLT, February 2023!)

2022 JMG® National Leader Training

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