

## SUMMER SPROUTS DETAILS

### Program Dates:

June 27th - July 9th.

Monday - Friday: 9am to 1pm,

**\*Final Day Garden Party, Saturday July 9th.**

### Location:

The Garden for the Environment is located on the northeast corner of 7th Avenue and Lawton Street in the Inner Sunset.

### What You Will Do:

- ★ Work in the garden at the Garden for the Environment(GFE)
- ★ Harvest, prepare, cook and eat healthy food for lunch every day
- ★ Learn about gardening, cooking, where food comes from, healthy eating, and how to take care of the environment in your community
- ★ Be creative and make garden art
- ★ Play games and get to know new people.
- ★ Learn to be a leader in your school and at home!

### What Should You Bring?

- ★ Sturdy shoes, long pants, and clothes you don't mind getting dirty in
- ★ Warm layers - it can get chilly even in summer
- ★ Sunblock and a hat with a brim
- ★ A water bottle- we will provide water

### **I joined you last Summer, can I apply again?**

*Yes! However, new applicants will be prioritized.*



## SUMMER SPROUTS PARTNERS

### Urban Sprouts

Urban Sprouts is a nonprofit using school gardens to teach youth to grow, harvest, prepare and eat vegetables from the school garden, in order to help youth actively engage in school, eat better and exercise more, and connect with the environment and each other.

### Garden for the Environment (GFE)

Garden for the Environment, founded in 1990, utilizes urban gardening and composting as a vehicle to move toward our ultimate goal: promoting eco-literacy, directly improving the quality of urban life in the City and County of San Francisco and working to decrease the impact of urbanization on the natural environment.

### Questions? Call or email:

**Urban Sprouts**

415-287-0722

[helpout@urbansprouts.org](mailto:helpout@urbansprouts.org)

**Garden For the Environment**

731-5627

[info@gardenfortheenvironment.org](mailto:info@gardenfortheenvironment.org)



# SUMMER SPROUTS 2011

*A project between*

*Garden For the Environment*

*& Urban Sprouts*

*June 27th - July 9th*

*9am - 1pm*

*Monday - Friday*

*@*

*Garden For the Environment  
7th Ave. & Lawton St.*

*BUS LINES: 43, 44, 6, 7, N, J,*



# SUMMER SPROUTS 2011

**"I learned how to use the compost bin and about how everything affects our earth. I want to make sure we reduce, reuse, and recycle and I think that it impacted the middle school youth to do that at home and share with other people, because it impacted me, too –Summer Sprouts Youth**

Program Expectations:

- ★ Commitment – attend program every day
- ★ Positive attitude - desire to try new things, like working in the garden, cooking and tasting new vegetables and other foods
- ★ Participation & Leadership – participate in garden, cooking and other activities, take initiative in garden work tasks and help to lead group games and activities
- ★ Responsibility & Respect – take care of the garden and show mutual respect for all youth and adults in the program
- ★ Community – meet new people and make new friends
- ★ Learning - discover new skills and knowledge about gardening, cooking, nutrition, and the environment

Summer Schedule June 27th - July 9th  
 \*\*Holiday: July 4th, NO Summer Sprouts!

Hours	Activity	Details
9	Healthy Breakfast	Eat & enjoy breakfast as youth arrive.
9:30	Morning Circle & Youth Led Games	Team Building games & Daily Planning
10	Hands-On Workshop	<b>4 themes:</b> Soil Health, Zero Waste, Food & Nutrition, Food Systems
11	Garden Work Project OR Lunch Crew	Gardening tasks OR harvest, lunch preparation & cooking!
12:30	Lunch Circle EAT & ENJOY!	leadership roles for next day & announcements, appreciations
1	See you tomorrow!	Don't forget warm clothes & a water bottle

Summer Sprouts is....

A collaboration between GFE and Urban Sprouts to provide youth an opportunity to share their own cultural experiences relating to foods, farming and gardening, while learning about those of peers and acquiring leadership & gardening skills for application in their home, school or community.

Summer Sprouts GOALS

- ★ Healthy Eating
- ★ Urban Gardening & Composting Skills
- ★ Physical Activity
- ★ Leadership

**PICK UP APPLICATIONS AT ALL URBAN SPROUTS PARTNER SCHOOLS AND GFE'S GARDEN @ 7TH AVE & LAWTON ST.**

**Please Mail Applications to:**  
 Summer Sprouts  
 451 Hayes St. 2nd Floor  
 San Francisco, CA 94102

**Applications Due May 27th!**