

## Fall 2018

Many thanks to our garden partners, volunteers and investors who give children the opportunity to learn life-long gardening, health, entrepreneurial and leadership skills!



## Boys & Girls Club of the Bemidji Area

# Garden Newsletter

### Did You Know?

**Children who grow their own food are more likely to eat fresh fruits and vegetables.**

(childrenandnature.org, Libman, 2007; McAleese & Rankin, 2007; Hermann et al, 2006).

**Fifth grade students who participated in gardening activities scored significantly higher on science achievement tests than students who had a curriculum without garden experiences.**

(childrenandnature.org, Klemmer, Waliczek, and Zajicek, 2005).

*We hosted 8 on-site farmer's market stands this season!*



### Partnership Accomplishments

#### October 2017 - October 2018

- **Affinity Plus Foundation:** garden and financial literacy grantor
- **Beltrami County Development Fund:** seeds, supplies, and equipment to support agricultural efforts
- **Boy Scout troop #25/Eagle Scout project:** 16 youth serving 113 hours and 20 adults serving 127 hours to construct outdoor education area pergola and benches
- **Chef Isaac Welle:** purchasing Club produce and countless hours of planning, preparing and cooking
- **Elks Lodge 1052/ National Elks Foundation:** supplies, equipment, transportation, and local volunteers
- **First National Bank Foundation:** support of comprehensive gardening program
- **Hill's Country Greenhouse:** plants, supplies, and bales
- **Home Depot/TEAM Depot:** grant for outdoor education center – washing station, pergola, fencing, benches, and teaching podium/island
- **InHarvest:** donation of rice blend
- **Jim Maciey:** volunteer extraordinaire – countless hours of garden and outdoor education center
- **T&K Outdoors:** major investor – added irrigation to 15 raised beds, computerized irrigation system, completed brick patio under pergola, provided mulch for inside and outside high tunnel, and excavation and landscape work
- **Ter-Lee Gardens:** content expertise annually, donated pumpkins
- **University of Minnesota Extension Service:** partners to provide a nutrition educator, Deb Dilley, to the Club twice monthly to teach nutrition, healthy cooking, and gardening
- **Winger and Bruns families:** washing station, pergola, fencing, benches, and teaching podium/island

*In 2018, the Club sold fresh produce to: School District #31, Cabin Coffeehouse/Bar 209/Turtle River Chopshouse, and Bemidji Bed and Breakfast.*

# Impact of Partner Investments:

A study, conducted by The Institute for Social Research and the School of Public Health at the University of Michigan, found that every dollar invested in Boys & Girls Clubs returns \$9.60 in current and future earnings, as well as cost savings, to American communities. The study indicates that Boys & Girls Club services and programs produce tremendous value for youth, families and their communities. Clubs help increase the earning power of parents, as well as youth when they become adults. They also contribute to major savings for society by helping to prevent costly expenditures for health care, health and human services including public assistance programs, and criminal justice system involvement and incarceration.



“We are thrilled, but not surprised, to receive the results of this study. We have long known how valuable Clubs are to our communities, but it’s great to have independent confirmation of the benefits Clubs provide, not only to young people, but to their parents and the community as well,” said Cindy Serratore, board chair Boys & Girls Club of the Bemidji Area.

## Pounds **Harvested:**

# 1,500+ lbs

by over 75 Club members!



## Garden Produce:

- Basil (standard & lime basil)
- Beans (green & purple)
- Beets
- Broccoli
- Cantalope
- Carrots (rainbow & orange)
- Cauliflower (white & purple)
- Celery
- Chocolate Mint
- Cucumber
- Eggplant (3 varieties)
- Ground Cherries
- Kale
- Onions
- Peppers (bells in variety of colors and lunchbox small peppers)
- Squash (summer, spaghetti, acorn, delicate, butternut, and buttercup)
- Tomatoes (grape, cherry bomb, golden sunburst, beefsteak, roma, Valencia)
- Watermelon
- Zucchini (green and yellow)
- and MANY more!



## Publicity:

- Featured in Boys & Girls Clubs of America’s Healthy Eating Resource Guide 2018 for promising practices and gardening programs developed in partnership with 40 local Clubs and distributed to 1,200 Boys & Girls Club organizations nationwide.
- Oppenheim TV also featured the Club and garden program in an episode which aired October 2017: <https://www.moppenheim.tv/insight-boys-girls-club-bemidji-area-andrea-ohnstad/>
- Common Ground, a series of Lakeland Television, covered the Garden project from inception to completion in 2017. Many thanks to Scott Knudson, who filmed and produced this informative segment. It also aired on the Common Ground PBS Facebook page: <https://www.youtube.com/watch?v=3T1macE8A2Y&t=407s>

To find out dates/times of future farmer’s markets – follow us on Facebook!