

Welcome to...

Food for Thought!

May 2011

...a periodic e-newsletter to promote agricultural, environmental, and garden-based learning enrichment for youth and families in El Dorado County.

Please share this newsletter with anyone that might be interested! Subscribe or review past issues at <http://ucanr.org/foodforthoughtnewsletter>

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1. Moving Salad Bars into Schools – Funds Available!

Let's Move Salad Bars to Schools is a comprehensive grassroots public health effort to mobilize and engage stakeholders at the local, state and national level to support salad bars in schools. The goal is to significantly increase salad bars in schools across the country until every child has the choice of healthy fruits and vegetables every day at school. Let's Move Salad Bars to Schools is creating the opportunity make change. For more information on grant opportunities see: <http://saladbars2schools.org>

2. New Spanish/English Dictionary of Garden Terms Available

A bilingual gardening dictionary for schools and after-school gardening programs "A Garden of Words/Un jardín de palabras" has been produced by University of California/Ag and Natural Resource. The publication is available as a free download at: <http://anrcatalog.ucdavis.edu/pdf/8423.pdf>.

3. News and Resources: It's in the Dirt!

Bacteria in soil may make us happier, smarter.

A strain of bacterium in soil has been found to trigger the release of serotonin, which in turn elevates mood and decreases anxiety. And on top of that, this little bacterium has been found to improve cognitive function and possibly even treat cancer and other diseases. Which means that contact with soil, through gardening or other means, is beneficial. Article posted at: <http://www.hortmag.com/blogs/gardening-blog/dirt-can-make-you-happy>

4. School Garden Funding

Yes to Seed Fund + Whole Foods Markets are partnering to plant gardens in your schools! With a joint mission of giving kids fun and engaging ways to learn about nutrition and the importance of fruits and veggies, we will be giving away five \$2,000 Seed Fund Grants in each participating Whole Foods region* to local schools, plus five \$500 "Starter Garden" grants to schools nationwide! Application are due by 5/31/11; more information available at: <http://www.yestocarrots.com/yes-to-seed-fund.html>

Please pass this e-newsletter along to anyone that might be interest! If you would like to subscribe or view past issues of this e-newsletter go to: <http://ucanr.org/foodforthoughtnewsletter> Newsletter Contact: Wendy West at University of California Cooperative Extension at wkwest@ucdavis.edu (530) 621-5533.