

NEWS RELEASE

For Immediate Release
July 27, 2015

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UCCE Nutrition BEST Farm Tour and Garden Day

University of California Cooperative Extension (UCCE) Nutrition BEST hosted a **Farm Tour and Garden Day** for children and families on July 23, 2015. The farm tour was held at The Natural Trading Company in Newcastle. With the support of many great organizations, we had a large group of families attend the event. Farmer Bryan led the tour, discussing the process of growing organic produce and sharing about each of the different crops grown on the farm. The tour consisted of exploring the 40-acre farm, meeting the chickens, picking fresh blackberries and tomatoes, and tasting freshly picked green beans. Many Early Head Start families that receive Community Supported Agriculture (CSA) boxes from The Natural Trading Company had the opportunity to see where their produce grows and learn about the process.

At the end of the tour, the children were able to watch the potato field be harvested and then had the opportunity to help collect the potatoes. The children and families also participated in many hands-on activities such as seed planting, vegetable washing, and interactions with worms, lady bugs, and bees. Additionally, each family received a plant start and learned about container gardening. Recipe tastings were also provided using produce from the farm. It was a day filled with exploration, learning, and fun!

For more information contact UCCE Nutrition BEST at 530-889-7350, or visit us online at http://ucanr.edu/sites/Nutrition_BEST/. The Nutrition BEST program is an effort of the University of California Cooperative Extension and is proudly supported by First 5 Placer County.

2015 Farm Tour and Garden Day, presented by UCCE Nutrition BEST
The Natural Trading Company, 5841 Fruitvale Road, Newcastle CA



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*View of the farm and participants at the 2015 Farm Tour & Garden Day held July 23, 2015.
Courtesy of UCCE Nutrition BEST*



*Harvesting potatoes at the 2015 Farm Tour & Garden Day held July 23, 2015.
Courtesy of UCCE Nutrition BEST*