



What Does Growing Minds Offer? *Resources for NC Community College Faculty and Students*

Our resources can be used anywhere in NC!

Activity/Event Planning Support and Technical Assistance

Our Growing Minds team can assist you in planning farm to preschool/ECE activities and events. From helping you determine the best activities for your audience, to figuring out where to source local food, (and everything in between), just give us a call or send an email and we are happy to help you with ideas.

Early Childhood Education Course Resources and Activity Funding

The Growing Minds team has created your one stop shop for all farm to preschool resources. Visit <https://growing-minds.org/community-college-sign-up/> to sign up for access to our Growing Minds @ Community College web page that is full of classroom ready resources:

Funding is provided to community college faculty for providing farm to preschool experiences to your students:

- farm field trips (up to \$200)
- farmer visits (up to \$100), gardens (up to \$100)
- local food taste tests and local food cooking classes/demonstrations (\$25)

Visit <https://growing-minds.org/gmcc-funding/> for more information and to apply.

Print and Promotional Materials

Materials that can be picked up at the ASAP office or mailed anywhere in the state:

- Get Local bookmarks
- free sets (25 in a set) of "I tried local _____" stickers and recipe cards

Materials that are available to download for free at <https://growing-minds.org/get-local-school-materials/>

- seasonal bulletin board sets
- 8' x 11' Taste Test Signs for 11 different local products
- monthly menu templates featuring local products

Lending library – The Growing Minds' library, in ASAP's office, is full of children's literature and curricula for preK-12 classes, as well as cookbooks. Books can be checked out at the ASAP office in Asheville. While we cannot mail books from our lending library, we have included a list on our Growing Minds @ Community College web page, <https://growing-minds.org/community-college-sign-up>, with all the books we feature so that you can look for them at your local library or bookstore.

Gardens

Free seeds for edible gardens – A variety of seeds are available at our office. Seeds can also be mailed.

Newsletters, Lesson Plans, and Activity Ideas

Farm to School Monthly and Farm to Preschool Monthly newsletters – include grant opportunities, trainings, and resources. Sign up at <http://growing-minds.org>

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).
306 West Haywood Street, Asheville, NC 28801
(828) 236-1282
www.growing-minds.org



Lesson Plans – All Growing Minds lesson plans have connections to the NC Foundations for Early Learning and Development and age-appropriate literature. Lesson plans can be adjusted for a wide range of audiences and local food activities. Find lesson plans at <http://growing-minds.org/lesson-plans-landing-page/>

***This Week in the Garden: Preschool Edition* activity guides** – Activity guides in a weekly newsletter format that can be used as is, or downloaded and edited to communicate farm to preschool activities happening at your site. They feature local food and farm to school recipes, children’s books, and activity ideas. Download at <https://growing-minds.org/farm-to-preschool>

Growing Minds Farm to Preschool Video Series – Community college faculty can have access to this four part video series for use in their courses. Sign up here to gain access: <https://growing-minds.org/community-college-sign-up>

Publications

Growing Minds Farm to Preschool Toolkit –The *Toolkit* contains all of our preschool resources including lesson plans, *This Week in the Garden: Preschool Edition* activity guides, and *Farm to Preschool Goes Home* weekly newsletters. It also includes sourcing guidance, tips for cooking with young children, and *Reach for the Stars with Farm to Preschool: Aligning Early Childhood Environmental Rating Scale (ECERS-R) with Farm to Preschool (F2P)*. The toolkit can be downloaded for free or is available for purchase at <http://growing-minds.org/farm-preschool-toolkit/>

Want to make the *Toolkit* available in your school’s bookstore? Email growingminds@asapconnections.org and can work with you to make that happen.

Growing Minds @ Market (GM@M) Manual– This manual is full of local food and farm based children’s activities perfect for any setting including community events and classrooms. The manual can be downloaded for free at <https://growing-minds.org/market/>

The Hayride: A Resource for Educational Farm Field Trips – This resource will assist you in planning a successful and educational farm field trip. It contains guided questions for planning your trip, discussion ideas for communicating with the farmer, a packing list, and ideas for connecting the trip to your classroom. *The Hayride* can be downloaded for free at <https://growing-minds.org/the-hayride-a-resource-for-educational-farm-field-trips/>

ASAP’s Local Food Guide — A free directory of local food and family farms in the Southern Appalachian mountains. Use the guide to find farms to visit and purchase local product from. The online *Local Food Guide* can be found at <http://www.appalachiangrown.org/> If you are outside of Western North Carolina, you can connect with your county Cooperative Extension office to learn about farms in your area.

Presentations and Trainings

The Growing Minds team offers presentations and trainings on a wide variety of farm to preschool and farm to early childhood education activities. We work with you to design an event that fits the needs of your classroom, school, or center. Presentations and trainings can be done in person or virtually.

Email growingminds@asapconnections.org with questions.

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).
306 West Haywood Street, Asheville, NC 28801
(828) 236-1282
www.growing-minds.org