



APPLE SEEDS, INC.
"PLANTING THE SEEDS OF HEALTH IN NW ARKANSAS"

Apple Seeds Newsletter

February 2011

Healthy Cooking Class Schedule

- Feb 28, 6-7:30 pm:
Asbell Elementary
- March 14th: Owl Creek School
- March 29th: Leverett Elementary
- April (watch for date):
Root Elementary
- April (watch for date)
Asbell Elementary
- May (watch for date):
Root Elementary
- May (watch for date):
Leverett Elementary

Save the Date!

"Healthy Dinner on a Budget" Family Cooking Class

WHEN: February 28, 2011 from 6:00-7:30 pm

WHERE: Asbell Elementary Cafeteria, 1500 North Sang Ave.
Fayetteville, AR 72703

For more information, contact Beth Ashbaugh, 479-957-0700, beth@appleseedinc.org



Apple Seeds and Fayetteville Public Schools Initiate Healthy Cooking Classes

Apple Seeds, Inc., in partnership with Fayetteville Public Schools, will host seven healthy cooking classes this spring at area elementary schools. Each cooking class will be led by a local chef who will teach participants how to cook healthy on a budget by demonstrating one complete meal. After the cooking demonstration, samples of the dinner will be served. All participants will receive recipes and resources to help them make healthier meals at home. Funding for this special program comes from a JUA Grant from the Arkansas Department of Education (ADE), Arkansas Department of Health (ADH) and the Arkansas Center for Health Improvement (ACHI). Funds are earmarked for activities that improve community health and education to reduce obesity. The classes are open to the public, so bring the family and join us for this exciting series of events!

Thank You!

- Adam Simmons, for his invaluable help in making our Healthy Cooking Classes happen
- Sam Kincannon and Katie Sozansky for their great work with the Leverett Gardening Club
- Carol Stone and Ginny Wiseman for helping us secure the JUA grant and facilitating new school partnerships for Apple Seeds, Inc.
- AmeriCorps program for providing two VISTA (Volunteers in Service to America) positions to Apple Seeds

Butterfield Trail and Owl Creek Schools to partner with Apple Seeds

In addition to Healthy Cooking Classes, Apple Seeds will use JUA grant funds to extend after school gardening programs to two additional Fayetteville schools, Butterfield Trail and Owl Creek. Both programs will begin this spring and will offer more children the opportunity to learn about where their food comes from and how to grow it. Activities at Butterfield Trail will build upon a gardening club started last fall using square foot gardens. Partners at Owl Creek have plans to refurbish their raised beds and reconstruct their greenhouse for student use.

From Colorado to Arkansas: New Apple Seeds VISTA Volunteer

In November Apple Seeds welcomed Lucy Anne Kagan from Colorado as our newest full-time VISTA (Volunteers in Service to America). Lucy was chosen from a pool of over 20 candidates from across the United States. She will serve Apple Seeds for one year, assisting with programs and organizational development.

Apple Seeds Revamps Website

With help from Greg Leding, Apple Seeds is revamping our website. Look for new photos and resources to be added. Visit appleseedinc.org to view!