**Session 1**

**Carrots, Carrots, Everywhere**
Pick & eat a carrot while learning all about root vegetables!
Wed. January 24 or Fri. January 26

**Power of the Greens**
Search for greens, eat some greens, and love all these green filled activities!
Wed. January 31 or Fri. February 2

**Bloom and Grow**
Stop to smell our favorite spring flowers blooming on our farm and beyond!
Wed. February 7 or Fri. February 9

**Heartbeets**
Celebrate Valentine’s Day with Beets and other heart-healthy veggies!
Wed. February 14 or Fri. February 16

**Session 2**

**Yummy in your Tummy**
Fill your mouths with grainy goods & find out why half your grains should be whole
Wed. February 28 or Fri. March 2

**1,2,3s of Recycling**
Learn how to love this Earth and use all of its wonderful resources
Wed. March 7 or Fri. March 9

**Cute Caterpillars and Beautiful Butterflies**
Learn what happens when a caterpillar eats too much and takes a very long nap!
Wed. March 14 or Fri. March 16

**We have a Spring in our Step**
Spring has Sprung at the farm! Help us plant some new veggies
Wed. March 21 or Fri. March 23