



Vegetable Project



- Building gardens.
- Offering fresh tastes and new experiences.
- Creating hands-on learning opportunities.

Launched in 2009 by Myers Middle School parents, the Vegetable Project creates hands-on learning opportunities with generous support from near and far. Volunteers water gardens, parents collect Boxtops for Education and foundations provide funding that keeps our programs healthy and growing.

Major support has come from:

- ☞ Albany Booster Club.
- ☞ Albany Goes Green.
- ☞ Albany Fund for Education.
- ☞ Community Foundation for the Greater Capital Region.
- ☞ Honest Weight Food Co-op.
- ☞ Myers Middle School PTSA
- ☞ Organica.
- ☞ 21st Century Community Learning Centers of the Albany school district.
- ☞ WellPoint Foundation.
- ☞ Whole Kids Foundation.

Learn more, contribute or get involved. Reach us at:

thevegetableproject@gmail.com
(518) 728-6799
vegetableproject.org

Find us on 

facebook.com/vegetableproject

Yes, I would like to support hands-on garden-based teaching and learning by contributing to the Vegetable Project.

Please find enclosed a check for \$ _____.

I made a credit card payment by going to vegetableproject.org and clicking on the donate button.

Name _____

Street address _____

City, State, Zip code _____

Email _____

Phone _____

10 North Pine Avenue, Albany, NY 12203

Planting seeds to grow healthy children

The Vegetable Project has been growing sturdy plants and beautiful gardens at Albany schools since 2009. But our real business is growing healthy children.

How exactly do we do that?

By creating opportunities for students with the greatest needs to experience the joy of discovery, the pleasure of learning and the satisfaction of trying something that might have easily been avoided. Consider, for example, when we walk classes through our gardens in September, encourage students to grab a tomato from the vine or pull a carrot from the soil and then have a taste. It is especially delicious when a student's eyes widen in disbelief upon seeing that the carrot emerges caked in dirt, begs off tasting, and then moments later gives in and discovers that it's really good.

The turnaround sometimes takes just seconds. And it is packed with essential ingredients for healthy childhood and adolescent development, such as a satisfying reward for giving something new a try and positive experience outdoors and with vegetables.

What else do we do?

☞ We create hands-on teaching and



learning opportunities as a supplement and alternative to teaching and learning with only words and images and sounds.

☞ We make connections across academic silos, such as between nutrition and science and environmental stewardship and preparation for employment. All that and more are part of the experience, for example, for Albany teens who work with the Vegetable Project as part of the city's summer youth jobs program.

☞ We mentor at-risk high school students through our Garden Assistant Internship program.

☞ We stimulate interest in decisions about diet, the environment and community en route to learning where our food comes

from and understanding how it gets from field to table.

☞ We introduce healthy foods and simple preparation to students who have had limited exposure to both.

☞ We give to students, especially those whose academic hours are filled with struggle, the pleasure of success in the days it takes seeds to germinate and the weeks it takes some plants to mature.

☞ We offer opportunities to think like scientists. After all, growers make careful observations, hypothesize about what works best and analyze results every time they choose a variety to plant, pick a location, decide the right moment to put seeds in the ground and weigh alternative fertilizing regimes.

