

**The Vegetable Project has been building gardens and nurturing plants 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 new both inside and outside the classroom. By putting doing and touching and tasting and experiencing at the center of teaching and learning with a weekly drop-in Garden Club at Myers Middle School and outdoor instruction at both Myers and Albany High School. By mentoring at-risk high school students through a paid Garden Assistant Internship program and Albany's Summer Youth Employment Program.

Joyous discovery and the satisfaction of trying something new work together to help grow healthy children, for example, when we walk middle-school classes through our gardens at the start of a new school year and encourage students to grab a tomato from the vine or pull a carrot from the soil and have a taste. A student's eyes may widen in disbelief upon seeing a carrot emerge caked in dirt. He or she may beg off trying it, but then moments later give in, take a bite, and discover that that carrot is really good.



### **Launched by Myers parents and now an independent tax-exempt nonprofit organization, the Vegetable Project:**

- 🌱 offers students, especially those whose academic hours are filled with struggle, quicker successes than they find elsewhere, when their seeds germinate and grow.
- 🌱 stimulates interest in healthy eating and simple food preparation with fresh ingredients among students with limited exposure to both.
- 🌱 makes connections between school subjects and life skills, such as between science, cooking and preparation for employment.
- 🌱 creates opportunities for kids to think like scientists, making careful observations in the garden, hypothesizing about what works best and analyzing results when we choose varieties to plant and decide the right moment to put seeds in the ground.

## HOW YOU CAN HELP

Volunteers and financial contributors from both near and far keep Vegetable Project programming healthy and growing. Community members water gardens, work with kids and support our regular fundraisers, such as bulb and seed sales. Individuals, businesses and foundations provide vital funding directly.



The mission of the Vegetable Project is to create hands-on learning opportunities for children in Albany, and especially children with great needs, by building gardens, growing plants and harnessing the power of exposure to nature.



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

☐ **Please find a check enclosed for \$\_\_\_\_\_**

☐ **I made a credit card payment by going to [vegetableproject.org](http://vegetableproject.org) and clicking on the 'DONATE' button.**

**First Name** \_\_\_\_\_

**Last Name** \_\_\_\_\_

**Street Address** \_\_\_\_\_

**City, State, Zip** \_\_\_\_\_

**Email** \_\_\_\_\_

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**Please send contributions to:  
10 North Pine Avenue Albany, NY 12203**

## MAJOR SUPPORT HAS COME FROM THESE ORGANIZATIONS:

Albany Booster Club

Albany Fund  
for Education

Albany Medical College

Community Foundation  
for the Greater  
Capital Region

Charles Schwab  
& Co.

Myers Middle School  
PTSA

Honest Weight  
Food Co-op

21st Century Community  
Learning Centers of the  
Albany School District

WellPoint Foundation

Whole Kids Foundation

**Please learn more, contribute  
or get involved with the  
Vegetable Project, a 501(c)(3)  
tax exempt organization.**



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

[thevegetableproject@gmail.com](mailto:thevegetableproject@gmail.com)  
518-728-6799

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