

Did you know?

- Almost all ears of corn have an even number of rows.
- Ripe cranberries will bounce like a rubber ball. [2]
- One handful of soil has more living organisms in it than there are people on earth. [3]
- Washington state has nearly 40,000 farms producing 300 different products.
- Washington state is the #1 producer of apples, which are part of the rose family.
- Chickens can make over 200 different sounds to communicate with each other.

Want to learn more?

Farm and Garden Camps for Kids!

Locations:

Good Shepherd Center, Children's Garden and

Rainier Beach Urban Farm and Wetlands

Go to www.tilthalliance.org for more info!

King County Statistics

- Less than 1/3 of students in King County eat the recommended servings of fruits and vegetables per day [7]
- Only 26% of King County youth achieve the recommended amount of daily physical activity
- Youth of color face more negative health outcomes than those in other groups [7]



sources

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- https://www.mspca.org/pet_resources/interesting-facts-about-farm-animals/.
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https://www.kingcounty.gov/depts/health/data/~/media/depts/health/data/documents/health-of-children-youth-king-county-2016.ashx



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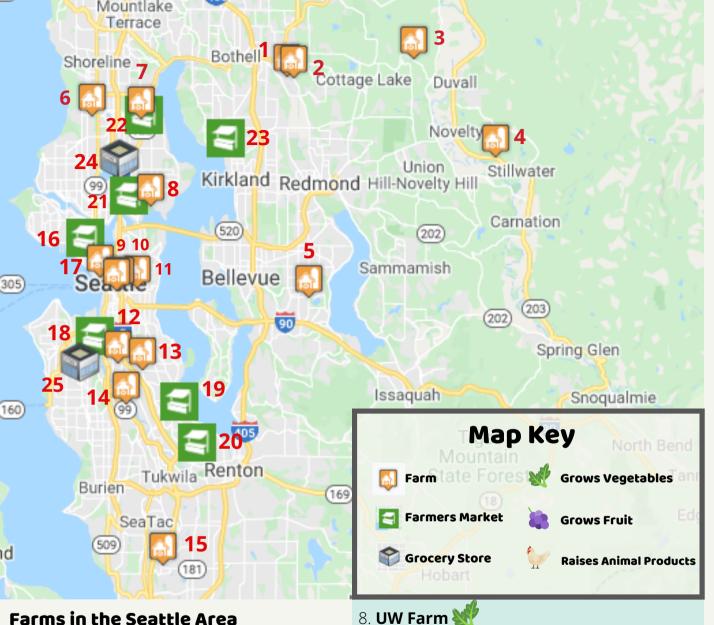


A Guide to CSA Programs and BIPOC-run Farms near Seattle









Farmers Markets and Farm Stands

- 16. Queen Anne Farmers Market
- 17 Pike Place Market
- 18 Farmstand Local Foods
- 19 Rainier Beach Urban Farm and Wetland
- 20. Skyway Farmers Market
- 21. University District Farmers Market
- 22. Lake City Farmers Market
- 23. Juanita Friday Market

Grocery Stores

- 24. New Day Cooperative Distribution
- 25. Delridge Grocery Store Co-op

Farms outside of Seattle (online version only)

- Local Color Farm and Fiber
- Ayeko Farm 🚉 🦋
- De La Mesa Farm 🌌 🥍 🚉
- Lesedi Farm 🐙
- Pure Nelida Organic Produce 🚉 🐙
- Farias Farm 🕍
- Amador Farms
- Alvarez Organic Farm 🍿 🚵 🦭
- Baby Chavs
- Sky Island Farm

- 1. Alki Farms 💓
- 2. Sweet Hollow Farms 💹
- 3. Nabi Farm 🦢
- 4. Kamayan Farm 🦥
- 5. The Bellevue Urban Garden (TBUG)
- 6. Jon the Farmer
- 7. Herban Farm 🦠

- 9. Danny Woo Community Garden 🕍
- 10. Yes Farm Black Farmer's Coll.
- 11. Clean Greens Farm and Market
- 12. Pacific Coast Harvest 🐠
- 13. Nurturing Roots **W**
- 14. Fruteria Sandoval
- 15. Lee's Fresh Produce



