



July 21, 2010

**Refugee youth creating community with organic gardening and nutritional cooking.**

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### **What's Growing Colorado Kids?**

- New Newsletter Team
- Who's Your Farmer?

***According to the USDA, an estimated 16 million children lived in food insecure (low food security and very low food security) households in 2008.***



## **BUSY!**

We have been so fortunate to have all the people around us helping out! Our "family" just keeps growing and growing, A BIG thank you to all who have been volunteering! We still need volunteers on Saturday July 31<sup>st</sup>, August 7<sup>th</sup> and August 14<sup>th</sup>. Please contact us if you can join. [info@growingcolorado.org](mailto:info@growingcolorado.org)

So much has happened this month. We were filmed by 9 News, so do not be surprised when you see us on T.V. We may become famous. Also we all received bikes, helmets, and locks from The Park Hill Bike Depot. It is the coolest place, and they will help us out when our bike gets a flat. We now ride our bikes to our host homes to water and that is so fun. We have been cooking and learning a lot of kitchen skills. We have been preparing with Carleen for our Aspen trip...we can't wait for that. All of this and 7 gardens that are growing so fast we have already picked and cut lots of vegetables. Sorry this news is late, that just shows you all how hard GCK works! Kaltuma and Mohamed S.



## **Who's Your Farmer?**

Every month we will profile one of our hardworking farmers. This month meet **AMINA SALAT!**

**Amina** was chosen this month because she is the elected leader of GCK. Amina is always positive and we all trust her a lot.

***Why do you want to be in Growing Colorado Kids?*** I like to grow vegetables and learn about all the different kinds of vegetables.

***What skills do you have in farming?*** I know how to plant tomatoes and squash. Also I like to plant potatoes and I know about the cool and warm season plants and the different types of soil.

***What else do you want us to know about you?*** I am 17 and going to be a senior. I want to go to college and hopefully will be in great classes. My goal is to be a doctor. I have 4 sisters and 2 brothers which is a big family. I am the oldest. I like to read and watch soccer. I want to be on a soccer team. I also like to volunteer at the SAME Café and The Gathering Place.

**PLEASE DONATE OR VOLUNTEER TO HELP US GROW!**  
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