



June 9, 2010

Refugee youth who create community with organic gardening and nutritional cooking.



"We sometimes feel that what we do is just a drop in the ocean, but the ocean would be less because of that missing drop." -- Mother Teresa



WE GOT IT!

Hello everyone, I need to apologize to our newsletter team for missing the "not" in my email last month, they did do the newsletter and clearly with my poor spelling and typos it is a great thing that they do it. Also wanted to update on Chinook, WE GOT IT! The whole group is so excited and a special thank you to Sarah for putting the whole thing together, Patty and Joan for joining us in our site visit and championing us so well! This is truly a community of its own! Denise

Mystery Soup???

Hi everyone! Here we are your GCK news team. Have you ever had mystery soup? We have. We had an awesome cooking class at the home of our hosts, Patty, Artie, and Molly. We learned about nutrition, and we cooked stuffed chicken and rice, cheese and spinach. The best part was mystery soup. All of us tried it and had to guess 3 ingredients we thought could be in it. The soup tasted so great and spicy. Jaria guessed potatoes, onions, and arugula, and she won a water bottle as well as the honor of being our farmer of the month. Talk to you next time! Mahamud, Mohamed, and Kaltuma.



Who's Your Farmer?

Each month we will profile one of our hardworking farmers, this month meet

Jaria Umutesi.

What has been your favorite experience

Growing Colorado Kids? My favorite thing was when we cooked for the people of Chinook. I had fun cooking that.

Why did you want to be in GCK? I wanted to learn how to cook healthy food, and also wanted to learn how to cook American food. I also wanted to learn how to plant vegetables that I could use to cook with.

What else do you want us to know about you? I am in the 7th grade and starting a new school next year, Denver International School and I am so excited!

PLEASE DONATE OR VOLUNTEER TO HELP US GROW!
www.growingcolorado.org info@growingcolorado.org