

OUR MISSION

To inspire healthier lives by providing youth with joyful school gardening experiences and opportunities to eat the garden-fresh vegetables they've grown.

OUR HISTORY

Founded in 2008 by Dr. Thianda Manzara, a plant scientist.

HFHK IMPACTS



68
schools
statewide



28,500+
students
participating

46.2%

public elementary
schools
participate

77%

participating
schools are
Title 1

Visit our
website and join
our mailing list!



 **302-690-6535**

 **info@hfhk.org**

1 in-classroom lesson **+** **1** outdoor garden lesson **=** **1** Education Cultivation lesson

HOW WE GROW

- Partner with PK - 8 schools to build vegetable gardens for outdoor STEM learning
- Provide carefully crafted, NGSS-aligned lessons that support the state science standards
- Use a simple, reproducible gardening framework that appeals to administrators and teachers
- Ensure every student participates in each growing season-spring and fall-regardless of age or ability
- Offer a "seed to cafeteria table" experience, facilitating up to four harvest celebrations per year

WHAT WE GROW

- Over 15 cool-weather, fast-growing crops: spinach, carrots, arugula, bok choy, radishes, kale, and more!

WHEN WE GROW

- Planting - March and September
- Harvesting - May and November

WHY WE GROW

- Help children connect science lessons with practiced garden skills and the vegetables they grow and eat
- Engage every child in a holistic, STEM and nutrition education with outdoor, hands-on learning
- Instill vegetables as foundational to a healthy life

