



Welcome to Seed2Fork Farm, located in Maltby, Washington. The Seed2Fork offers children a unique, STEM-based learning experience. Our Food Forest is the classroom where hands-on learning takes place while sowing the seeds of healthy living to prevent Type 2 Diabetes.

STEM Project-Based Learning: Second Grader Rainbow Projects

Seed2Fork STEM Project-based learning uses 2nd Grade Rainbow Projects addressing social, economic, and environmental determinants that contribute to poor eating habits. Children will learn the importance of civic engagement through Science, Technology, Engineering, and Math (STEM) Rainbow Projects. Throughout the learning modules, children become research scientists, using their magnifying glasses to accomplish STEM Rainbow Food Projects, Washington State Core Standards, and journals to record their personal discoveries.

After-School Rainbow Cooking Programs

Type 2 diabetes in children is on the rise, fueled by the obesity epidemic. We offer fun and healthy cooking classes, for elementary children, grades K 2-5; through nutrition, and exercise activities to prevent children needing oral medication. This is not just another After School Cooking Program. Our Le Cordon Bleu Chef Andi, and Registered Nurse Jen, incorporate interpersonal communication skills into these cooking classes. Children will create their own personal "Sowing Seeds Receipt Cookbook." Open to all students, come join the fun!

Permaculture Food Forest

Our history with the community allows us to hear personal stories. The effects of COVID-19, a few bad choices maybe, an illness or a loss, has changed the lives of individuals and families. Our Food Forest Tree Guild approach, allows us to build inclusiveness by sharing food with the community. This is a gardening technique, and a management system, which mimics a woodland ecosystem by substituting edible trees, shrubs, herbs, perennials, and annuals.

Seed2Fork Farm

*Connecting Children to an Authentic Food Forest with Hands-on STEM- Based Learning
Experiences while sowing seeds to prevent Type 2 Diabetes*

For additional information email us at: adaalston49@gmail.com

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