



## BECOME A JUNIOR FARMER

### START YOUR OWN CONTAINER VEGETABLE GARDEN

Website: [www.farmed.ca](http://www.farmed.ca)

Email: [info@farmed.ca](mailto:info@farmed.ca)

Elementary and Junior Secondary school students are invited to enter the Junior Farmer Program sponsored by FARMED (North Cariboo Agricultural Marketing Association). The Junior Farmer Program will be open to children in the community and their parents. The focus will be to help children grow vegetables or herbs in containers and allow them to track their progress by creating a journal. The program will be launched at the Quesnel Farmer's Market on Saturday June 4<sup>th</sup>, 2011 from 9:00 am – noon. The vegetables/herbs will then be exhibited and judged at the Quesnel Fall Fair on August 20<sup>th</sup>, 2011 in the Junior Farmer Category.

The produce may be dehydrated into healthy snacks after the judging and each child completing the program will graduate as a "Junior Farmer". There will be 2 categories for participant. They include the Beginner category (ages 5-8 years old) and the Advanced category (ages 9-13 years old). The Beginner category will be judged as container gardening and the Advanced category will be judged with a plot or container garden. For entries grown in plots the creation of static displays through pictures may be used for judging.

The purpose of the Junior Farmer Program is to encourage young people to farm & produce local food, aid in creating healthy sustainable communities, and address food security issues such as food production in urban areas. Registered participants will have all the required equipment supplied at no charge. Registration forms may be located at [www.farmed.ca](http://www.farmed.ca) or below.

The lead proponent of this project is FARMED with support from:

- Northern Health-Healthy Eating Active Living (HEAL);
- Quesnel Community Foundation
- Quesnel Farmer's Market (HARVEST);
- Quesnel Agriculture & Exhibition Association (Fall Fair)
- Quesnel & District 4H
- Quesnel Community Futures

For additional information contact Heloise Dixon-Warren at 250-249-5329 (President) or  
Lori Fogarty (Secretary-Treasurer) at 250-992-7924

