

FRESH...from the garden

Fitness

Relaxation

Eating well

Stress relief

Health

University Senior High



The idea....

We wanted to set up an after school program that focused on preventative health, eating well, relieving stress, yoga and learning how to grow fresh food.

Some of our Professional Development...

Esalen Farm and Garden Workshop



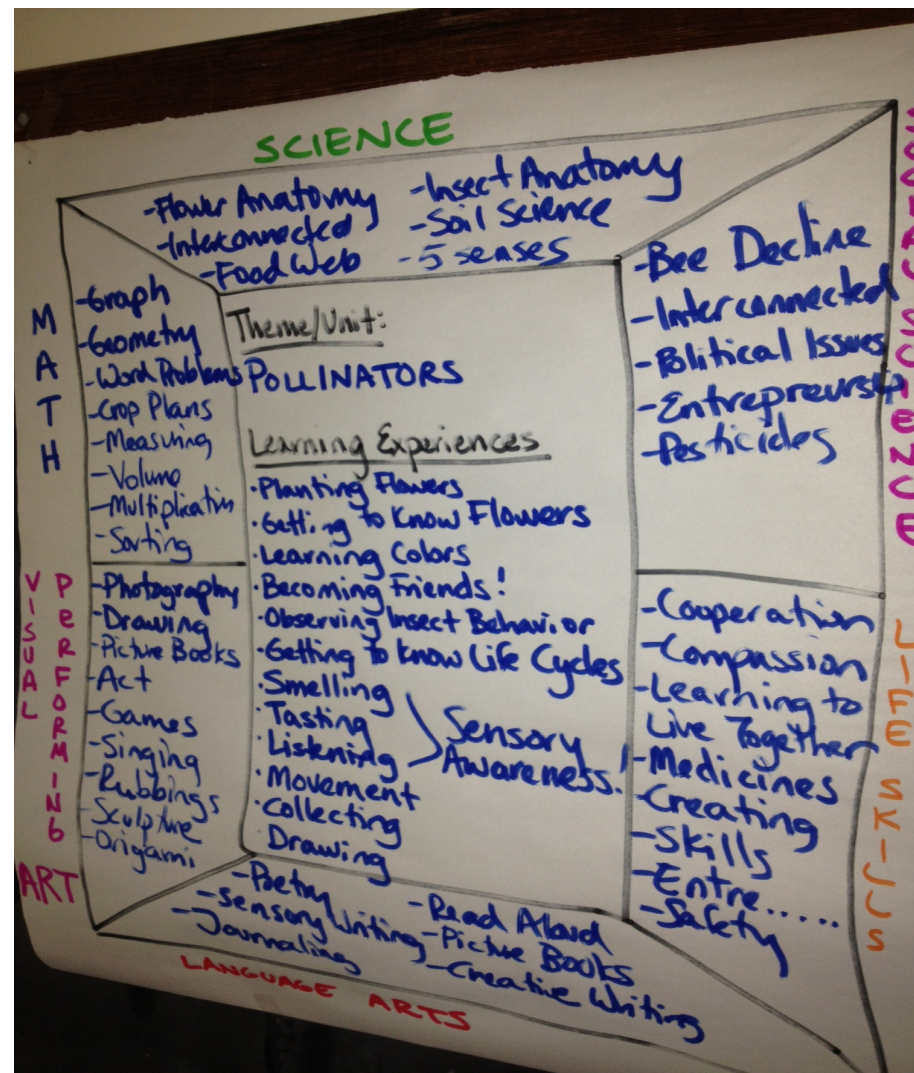
Occidental Arts and Ecology Center: School Garden Teacher Training



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Restorative Yoga Teacher Training



Evolution of Our Garden....









Our F.R.E.S.H. Program...



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To be continued...Food Forest!



School Garden on the News...



Garden Inspired Student Art

