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FOR IMMEDIATE RELEASE

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Feeding the Mind and Body

*Children Dig In To Their Agricultural Appetites With
Gardens in a Wheelbarrow*

SACRAMENTO, CA –Feeding our families usually begins with a trip to the grocery store. With a wide selection of items, many people don’t stop to think where our food actually comes from.

The Metro Farm at the Sacramento County Fair gives children an opportunity to get a hands-on experience designed to grow their knowledge in California’s agricultural industry.

“Students are getting a lesson that will hopefully last a lifetime,” commented T.J. Plew, Manager of the Sacramento County Fair. “By learning about where our food and fiber comes from, children can make healthy choices about their diets.”

Participating classrooms in Sacramento County have been provided the needed supplies – including seeds, soil and a wheelbarrow to grow their very own gardens. Along with the basics to get started, teachers are given educational materials to nurture their students with suggested activities that meet California’s school curriculum guidelines.

This year, over 80 wheelbarrow gardens are expected to be on display at Cal Expo throughout the duration of the fair. The exhibits will be judged based on the outcome of the educational experience, and a cash award will be presented to the top three classrooms.

For more information about the Sacramento County Fair call 916-263-2975. You can also go log on to www.SacFair.com or visit us on Facebook by logging on and typing in the keywords “Sacramento County Fair.”

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