



# Rosedale Healthy Kids Initiative

**February/March 2010**

4326 Lloyd St., Kansas City, KS 66103  
[www.rosedale.org/healthykidsinitiative](http://www.rosedale.org/healthykidsinitiative)

913-236-6337 (office) 913-645-7826 (cell)  
[rosedalehealthykid@att.net](mailto:rosedalehealthykid@att.net)

## **Making the Healthy Choice the Easy Choice: Healthy Food Access**

Over the next few months, the HKI newsletter will focus on each of the advocacy teams, beginning with access to healthy foods. Rosedale has no grocery store within the neighborhood, and the corner stores often have only a few healthy options and limited produce available to customers. Furthermore, fresh produce can be expensive, especially with the tight budgets many families are on today. Growing one's own food makes healthy eating affordable. Backyard and community gardens and the new Rosedale Farmers Market can (and will) begin to fill the fresh produce void in Rosedale.

The next meeting of the Garden team is March 2, 2010 at 6:30 p.m. at Rosedale Congregational Church. All are welcome to join for a presentation by Greg Garbos on small farm tools.

## **Rosedale Farmers Market**

HKI is excited to announce that the Rosedale Farmers Market will begin on May 16 at Southwest Boulevard Family Care Center, 340 Southwest Boulevard. The market is equipped to accept Vision Cards, and will provide double value to SNAP and Senior Farmers Market Nutrition Program customers. The market will run every Sunday from 12-4 p.m. through October 17. There will be activities for kids and information on how to cook with and use the produce from the market. For a vendor or volunteer application, contact HKI or download it at: <http://www.rosedale.org/HKIfarmersmarket.htm>

## **Community Gardens**

In 2009, there were seven community gardens in Rosedale, and a small farmers market outside a church. These community gardens ranged in size, crops and location, but all contributed to bringing healthy and fresh produce into the community. To get involved in a garden near you, contact HKI or attend the next Garden Team meeting (the first Tuesday of the month at 6:30 p.m.) A map of the community gardens is available on the HKI blog at [www.rosedalehki.blogspot.com](http://www.rosedalehki.blogspot.com)

Community and home gardeners will be eligible to sell produce at the Rosedale Farmers Market.

## **Do-It-Yourself Urban Gardening**

Not everyone has the time to work in a community garden, but everyone can grow their own food!

Seeds want to grow. It's as simple (and as maddening) as that. Most everyone remembers planting seeds and watching the seedling grow, only for it to die of thirst or lack of nutrients a few weeks later. So how does one get from the first eager growth of the seedling to a mature plant bursting with tomatoes, peppers or beans?



Three key ingredients are vital to the seedling's success: sunshine, water and nutrients. While many plants can recover from a few days of dehydration or lack of sunshine, a lack of nutrients can stunt even the heartiest plant.



# Rosedale Healthy Kids Initiative Newsletter

February/March 2010

## Starting a garden begins with a piece of paper and a pencil.

Figure out how much space is available for the garden – is it a large garden plot, several containers, or a windowsill? Pay attention to the light that each of those possibilities receives during the day. Draw a map of the garden area available, even if it seems relatively small.

Next, make a list of what you want to grow. Check the seed packets for the recommended planting dates and days till harvest, and figure out when you hope to harvest that crop.

Many online resources will help you figure out when to start your seeds indoors, and when it is safe to plant outside. If you decide to buy transplants, make sure to pay attention to the last predicted frost date, as young summer crops can be vulnerable to low temperatures in the spring.

Many urban gardeners find that the easiest way to grow vegetables in a small space is in raised beds or containers. While more attention needs to be paid to watering and drainage in container gardens and raised beds, their space saving advantage is unmatched. Almost anything can be used as a container, especially if it is possible to drill a few holes for drainage.

Urban gardeners can also be creative when deciding where to plant a garden. Vegetables are quite beautiful when tended, and some urban gardeners even incorporate “edible landscaping” into their flowerbeds and front lawns.



Remember to experiment. Try planting just a few vegetables this year, and see how they grow. Take notes on where and when you plant and when you harvest, as those details will be important next year. [Join a community garden or attend the Garden Team meetings on the first Tuesday of the month and learn from fellow gardeners and guest speakers.](#)

**Share your story** of shopping for healthy and fresh food. Is the healthy choice the easy choice in the places where you shop? Submit your story by email to [rosedalehealthykid@att.net](mailto:rosedalehealthykid@att.net) or share on the HKI blog at [www.rosedalehki.blogspot.com](http://www.rosedalehki.blogspot.com).

## Spring 2010 Calendar

**March 2, 6:30 p.m.** – Garden Team, guest speaker Greg Garbos of Four Season Tools

Rosedale Congregational Church, 4326 Lloyd  
*Agenda: guest presentation, Rosedale Farmers Market*

**March 9, 6:30 p.m.** – Out of School Activities Team, Rosedale Congregational Church, 4326 Lloyd

*Agenda: Expansion of healthy out of school activities, Parking Lot Play kits, soccer advocacy & recruitment*

**March 16, 6:30 p.m.** – Safe Routes Team, Rosedale Congregational Church, 4326 Lloyd

*Agenda: Walking School Bus, sidewalks, Safety Ambassador's Training, bicycle rodeo*

**April 6, 6:30 p.m.** – Garden Team, guest speaker on growing and selecting fruit trees in Kansas

Rosedale Congregational Church, 4326 Lloyd  
*Agenda: Fruit trees, spring garden schedules*

## **HKI on the web:**

[www.rosedale.org/healthykidsinitiative](http://www.rosedale.org/healthykidsinitiative)

[www.rosedalehki.blogspot.com](http://www.rosedalehki.blogspot.com)

<http://www.facebook.com/pages/Rosedale-Healthy-Kids-Initiative/139207838377>

[www.twitter.com/rosedalehki](http://www.twitter.com/rosedalehki)

*The Healthy Kids Initiative is a faith based advocacy effort to reduce childhood obesity through a collaboration among Rosedale Development Association, the Rosedale Ministerial Alliance, KC Healthy Kids, the University of Kansas Medical Center, and many other public and private organizations. It is funded in part through a grant from the Robert Wood Johnson Foundation.*

**Healthy Kids Initiative, 4326 Lloyd, Kansas City, Kansas 66103**

[rosedalehealthykid@att.net](mailto:rosedalehealthykid@att.net)

**913-236-6337 (office)**

**913-645-7826 (cell)**