

# GUIDE TO CREATING A YOUTH FARM PROGRAM



## Are you interested in starting a youth farming program?

Below is a compilation of successful components of a youth farm program  
*"Youth" refers to students grades 7-12*



### Recruiting Participants

In the spring, recruit participants from environmental clubs, environmental studies classes, biology/ horticulture classes, culinary classes

### Incentivize Youth Participation

- Pay a stipend!
- Listen to youth interests, allow the space and time (and provide resources) for youth guided projects and business ventures
- Leadership: Provide structure for youth to return as leaders, teach other youth, lead tours to children and community members
- Send home produce, recipes, seeds etc. with youth

Visit the [OFSSGN Curriculum page](#) for recommended curriculum

### Curriculum

Keep it loosely based! Some themes for inspiration are: food systems, gardening, seed to table, climate change, nutrition, cooking with fresh produce, culinary skills, life skills, fiscal management

**Base it off of youth interests and excitement!**

### Sample daily structure

6-7 hours a day, 4 days a week

- Daily check in + intention setting
- Farm/ garden work
- Cook lunch together! (good opportunity for a nutrition or cooking lesson)
- Afternoon lecture (by staff or youth ~ peer learning opportunity!) | Guest speaker | CSA pick up | Field trip
- Journaling + reflection time

### Creating Meaningful Experiences for youth

Make their experiences meaningful! Engage in hard conversations about food justice, make farm work purposeful and worthwhile, encourage real-life content application. Take time for relationship, trust and cohort building!

### Engagement during the school year

It can be a challenge to keep youth engaged between classes, homework and extracurriculars, but consider after-school and weekend opportunities! Allow continuation from projects that arise over the summer and encourage classroom connections

**For further resources and support, contact OFSSGN to join the North West Youth Garden Network (NWYGN)!**