

Our Super Garden[®]

Learning the Power of Healthy Eating, by Eating What We Grow

NEWS FOR RELEASE

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New Non-Fiction Children's Book

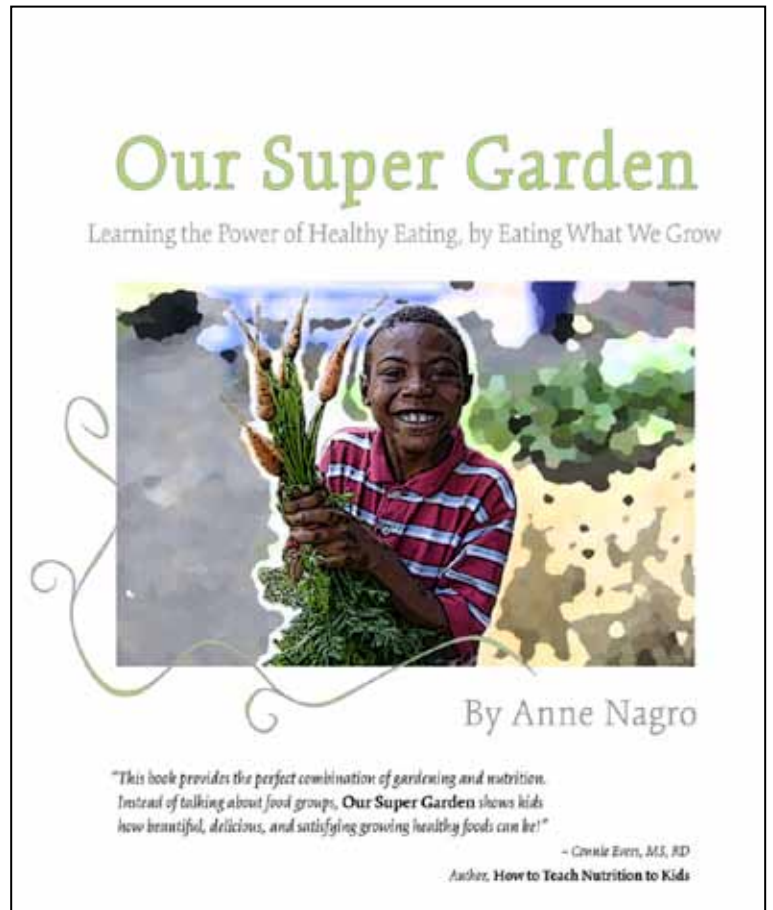
A Solution for Addressing the Many Health Issues Facing America's Children. Come Join Our Tasting Party!

January 3, 2011, Purcellville, Va. – *Our Super Garden*, a new book by Anne Nagro, author of the critically-acclaimed *Our Generous Garden*, and the bilingual English-Spanish *Nuestra Huerta Generosa*, explores healthy eating, by eating what we grow.

With kid-friendly language and eye-catching art, the book highlights the “special powers” fruits and vegetables give our bodies, like the “force field” created by vitamin C that helps keep us from getting sick, antioxidants that “karate chop” diseases, and fiber, which helps us poop.

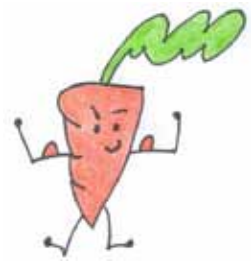
Children learn it's OK to try new foods and why fruits and vegetables are an important part of a healthy diet. In fact, research shows children who plant and harvest their own fruits and vegetables are more likely to eat them.

A foreword by **Florida Surgeon General Dr. Ana M. Viamonte Ros** explores how *Our Super Garden* and gardening with children are part of the solution to the complex crises of obesity, type 2 diabetes, and food security facing our nation's children.



BONUS FEATURES include:

- A “cook book within the book” of **20 kid-tested garden recipes** from successful youth garden programs across the country.
- Easy **food preparation guidelines** to help youngsters create safe, tasty meals with fruits and vegetables.
- A color-coded, kid-friendly **chart of nutrients** found in fruits and vegetables, the powers they give us, and good food choices for getting these nutrients working in our bodies.
- A **list of fruits and vegetables by color and edible skins** to help guide adult readers when “Super Veggie” asks children to name other fruit and veggie choices. A fun way to begin the dialogue on healthy food picks!



Online downloads from www.GardenABCs.com include:

- **Start Your Own Garden Checklist** with step-by-step instructions for picking a garden site and designing your plot.
- **Fruit & Veggie Super Hunt** to build awareness with youngsters while at the grocery or farmer’s market.
- **Additional Resources** readers may find useful when teaching children how to make healthy food choices.

Customize with Your Message: Organizations can customize the cover of *Our Super Garden* and add pages of content to reinforce their own health-based messages with their audience. “As an educational premium item, our clients can add their own content to help build community, awareness, and healthy eating behavior,” said Editor and Publisher Amy Brown Fox. Contact her for details. The Florida Department of Education has utilized the book as the literacy component in promoting their School Garden State Level Partnership in 2011. For bilingual audiences, an English-Spanish edition of *Our Super Garden* also is available.

Publication Date: January 2011

Available through:

- www.Follett.com (Titlewave and Titledales) for school and library markets
- www.GardenABCs.com for individual copies
- www.Amazon.com for individual copies
- www.dancingrhinocerospress.com for book sellers and independent retailers
- www.yellowtractorprogram.org contact Amy B. Fox for specific audience content

Book Details

<i>Our Super Garden</i>	ISBN# 978-0-982-4986-5-1
© 2011 Anne Nagro	LCCN# 2010938151
Artwork © 2011 Theresa Mezebish	Ages 3 through 10
Advisors and Contributors:	\$17.95 Softcover
Connie L. Evers, MS, RD, LD	56 pages, four color
Betsy Hjelmgren, MS, RD, LD, CSP	Size: 8 x 10 inches
Kimberly Allen Hack, American Institute of Wine & Food	

About the Author, Anne Nagro

Anne is the author of *Our Generous Garden / Nuestra Huerta Generosa*, an inspiring story lauded by Maria Shriver, Martha Stewart Living Radio, HealthySchools Campaign and countless others. It follows children as they plant and harvest a school vegetable garden and in the process change their community. She is an avid school garden volunteer and runs GardenABCs.com, the school garden share-site for parents, educators and community.

About Dancing Rhinoceros Press, Inc. / Yellow Tractor Program

Yellow Tractor Program (YTP) is a non-profit organization dedicated to creating and facilitating the use of vegetable gardens for school-age children. By partnering with various volunteer organizations, YTP connects workforces with garden projects. We align, connect, and can provide the gardening organization, supplies, and resources needed for volunteers and communities who want to establish or maintain a garden project. We provide garden-related curriculum meeting national standards in Math, Science, History, Art, Social Studies, Language Arts, and Health and Nutrition. The Yellow Tractor Program advocates for sustainable growth by clearing a path for food security, building opportunities for healthier life skills, and providing a safe place for children and adults to grow not only food, but themselves.

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