



(Continued from inside)  
Family Fun Activity:  
Make your own  
compost pile!



### Add water

The compost pile should feel damp but not wet.

### Add oxygen

For fastest results, turn the pile every two weeks or so to increase the amount of oxygen.

### Add micro-organisms

Micro-organisms are the key to a compost pile. They can be added by mixing a small amount of garden soil, or old compost. Make sure you mix them throughout the pile!

### Cook

Composting actually produces heat, so the pile will literally cook itself. The compost is "done" when the core runs around 100 degrees. This should take several weeks.

### Serve

Mix it into the soil or spread it on top of your garden or yard!



## How to put it together



# Activity Book







## Caring for Our




Taking care of the  is a BIG job.




but everybody can help - especially

Remember  turn off the  when

 leave a room, & turn off the 


when   done  +ing.

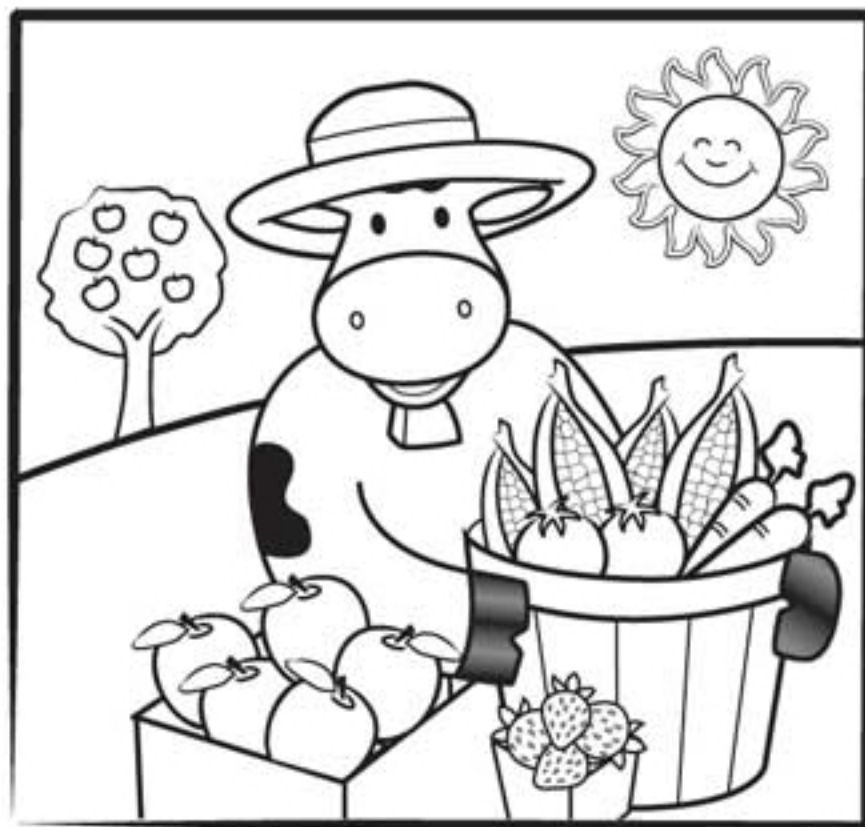
Instead of throwing things away,  can

  bottles & .

Eating yummy  foods & drinking

  is another good way 

take care of the .



## Fun on the Farm

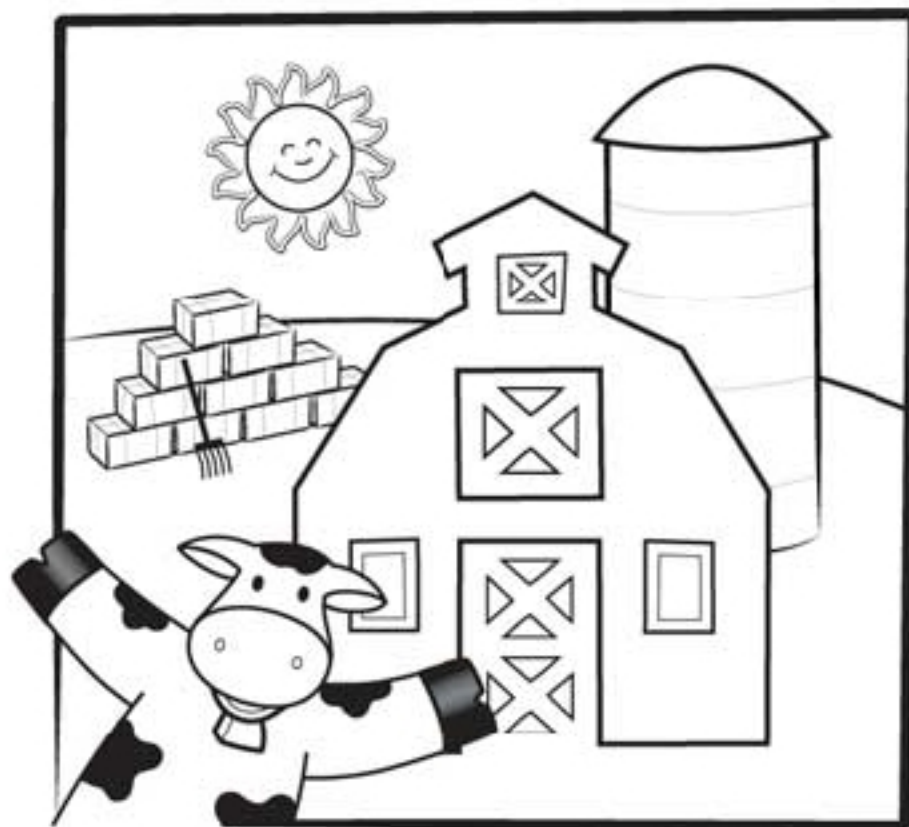
Organic  **r** a lot like **U**!

They like to  outdoors in the 

& they need lots of different foods  
like   &   grow  
BIG and strong!

When they  thirsty,  drink fresh,  
clean  from the .

Just like  **U** should eat lots of  
healthy foods  like  &   
& yummy .





### Family Fun Activity: Gardening

There's no better way to learn about where food comes from than to grow your own garden. Whether it's a flowerbox or an acre, gardening is a great activity parents and kids can do together.



No room for a garden outside? Begin one inside! Start with an empty carton of Horizon Organic® milk. Have mom or dad cut off the top of the carton and punch a few small holes in the bottom for drainage. Simply add potting soil and seeds of your favorite plant or vegetable. Place the carton on a plate or saucer to avoid spilling – then gently water your seeds and place the carton in a sunny location. Soon you will have the start of your very own organic garden--right in your home!



### Family Fun Activity: Make your own compost pile!

In organic farming, composting is an essential method for maintaining healthy soil without the use of chemicals and pesticides.

By collecting bio-degradable household waste and mixing it into your soil, you can make a real difference. You will be doing your part to reduce the amount of garbage in landfills, and creating healthier soil for your own garden or yard!

### Here is your recipe for starting your very own compost pile:

#### Ingredients

Kitchen scraps! It's that easy. Dried leaves, grass clippings, vegetable and fruit peels, egg shells, coffee grounds, and food scraps (not meats, bones, cheese, oils and other fatty foods).

#### Recipe

First you have to select a spot to set up your compost. Some good places would be near your garden or in a back corner of your yard – somewhere out of the way but easy to access and with plenty of space.

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