

## KNOW YOUR FARMER



## KNOW YOUR FOOD

# Freshwater Family Farm

**Freshwater, California**

*Located in the traditional territory of the Wiyot people*



**Kendall and Kari in front of their microgreens.**

### **Faces Behind The Farm:**

Kari and Kendall Elkins, along with Kari's parents.

### **Facts:**

Kari and Kendall Elkins grow 10 different types of microgreens at their farm in Freshwater, including broccoli, pea, sunflower, radish, and buckwheat! They use an indoor growing space with racks and lights to produce their tiny plants. It only takes one to three weeks from seeding to harvest! The microgreens are full of flavor and nutrition.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



To stay informed about HCOE's Nutrition Programs and Services, visit [facebook.com/HCOEnutrition/](https://facebook.com/HCOEnutrition/)