Healthy Minds, Healthy Families

Empowering Families for Scholar Success

Thursday, December 11 | 6-7:30 pm

FEDERAL WAY PUBLIC SCHOOLS

FAMILY ACADEMY

From Windows to Wellness

Growing fresh food at home for healthier families

Alisha Barlow, Executive Director of Nutrition Services

Danielle Harrington, District Garden Coordinator

December 11, 2025

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Benefits of cooking together and eating together

Increased consumption of fruits and vegetables

Bonding opportunities

Kids learn healthier mealtime habits by watching parents cook and eat

When kids help prepare foods, they often eat more of what they make

Feel fuller with less calories (better portion control)

Well-being and mental health are supported when connecting and talking about day

Adding produce to meals

Frozen vegetables are flash frozen for freshness and provide an economical way to add veggies to meals.

Canned veggies are great additions to salads or warmed as a side dish.

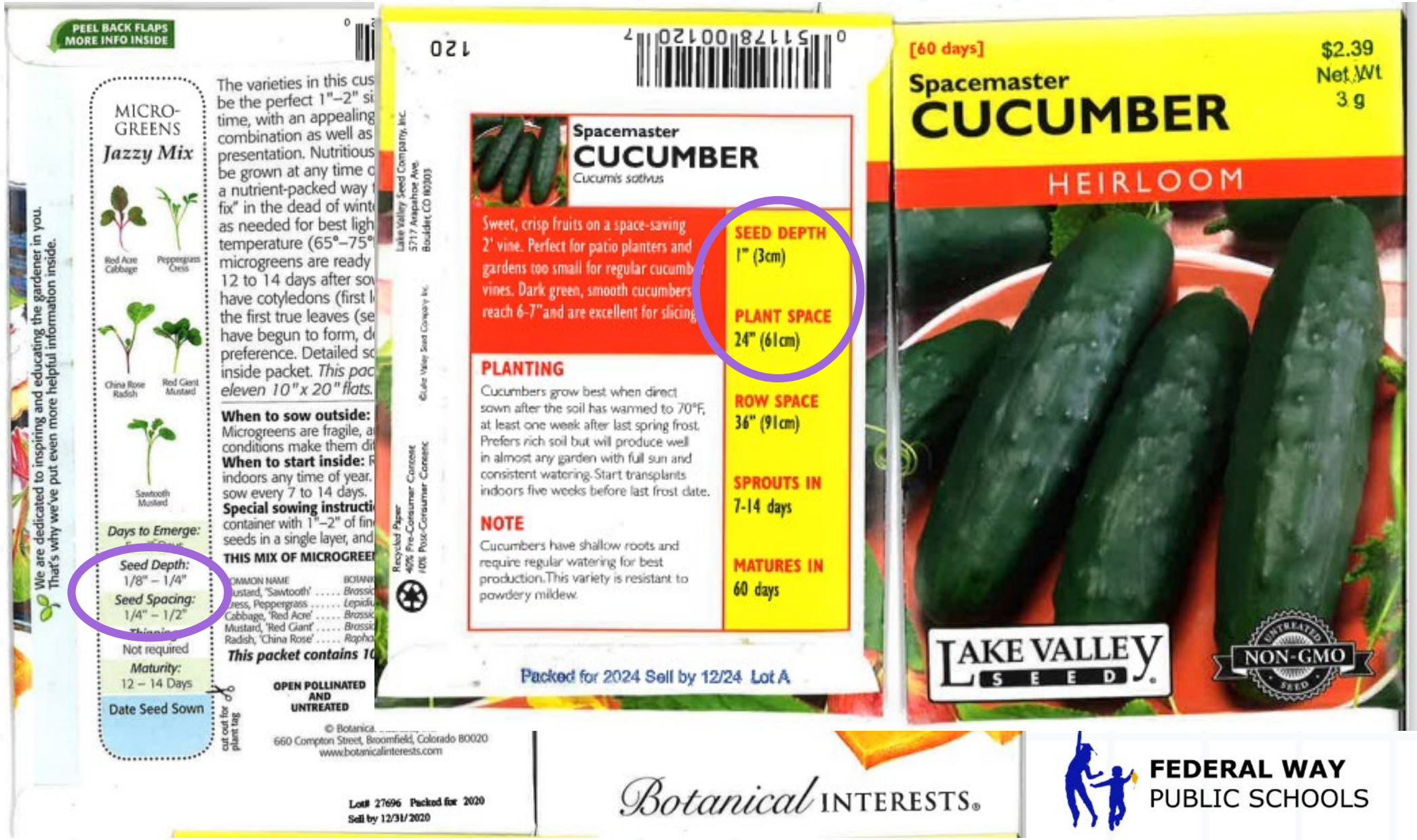
What are some dishes you make at home that you add or could add vegetables to?

Invite your kiddos to choose and prepare fruits and vegetables for a meal. This gives them ownership of the meal and they will be more willing to eat what they help make!

Low or No Cost Containers

- Nurseries and greenhouse cast aways
- Egg cartons
- Yogurt containers
- Cut up a 1-gallon milk jug
- FB Marketplace/Freecycle/Neighborhood Buy Nothing Groups

Spacing and Pot/Container Sizes



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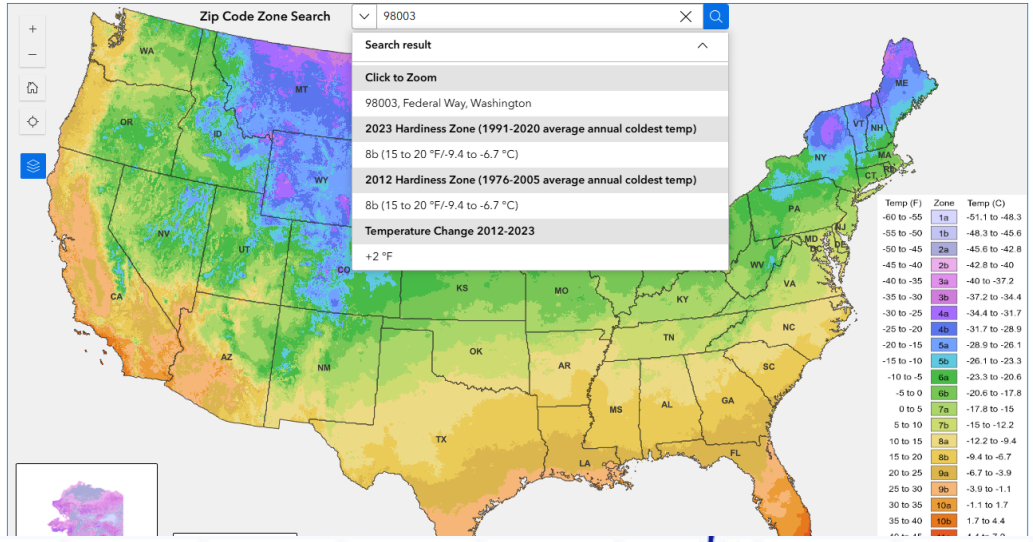
Vegetable, fruit and herb varieties

Best for Indoors

- Sprouts/Microgreens
- Cress
- Lettuce
- Herbs
  - Parsley- (annual)
  - Cilantro- (annual)
  - Dill (annual)
  - Mint (annual/perennial)
  - Chives (annual/perennial)
  - Oregano (perennial)
  - Sage (perennial)
  - Thyme (perennial)

Best for Outdoors

- Use a Year-Round Gardening Guide for our area
- Any perennial that is compatible to grow in the Pacific Northwest Plant Hardiness zone 8b and 9a



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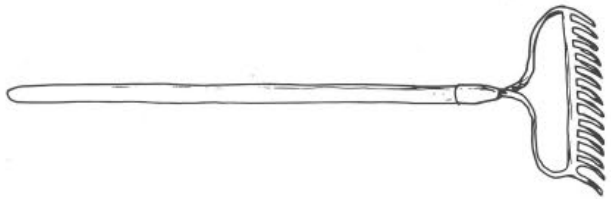
year-round gardening

This chart will help you plan a year-round vegetable garden. Since weather and microclimates can vary widely, these dates are suggestions. Cover beds to protect from cold nighttime temperatures. Sowing by the last planting date will produce a respectable yield in most years.

VEGETABLE	DAYS TO HARVEST	SOWING DATE RANGE	LAST SOWING DATE	HARVEST SEASON	HARDY TO TEMP. (° F)	FROST PROTECTION
Arugula	30-50	Aug 15-Sep 15	Sep 15	Winter/spring	5	OW
Basil	65-75 (T)	Apr 1-May 15	Jul 14, transplants only	Summer/fall	45	
Beans, Bush	60-80	May 25-Jul 25	Jul 25	Fall	40	
Beans, Fava (OW)	180	Oct 15-Nov 15	Nov 15	Following spring/ summer	5	OW
Beans, Pole	70-90	May 25-Aug 5	Aug 5	Fall	40	
Beets (for roots)	50-80	Apr 1-Aug 15	Aug 1	Fall/winter	15	M
Beets (for greens)	60-80	Apr 1-Sep 1	Sep 1	Fall/winter	30-35	C
Broccoli (FH)	60-90 (T)	Mar 25-Jul 15	Mid-Jul; transplant mid-Aug	Fall	30-35	C
Broccoli (OW)	220-250 (T)	Jul 15-Aug 10	Aug 10; transplant Sep 1	Following spring/ summer	5	OW
Brussels Sprouts (FH)	100-180 (T)	May 25-Jun 25	Late Jun; transplant Jul 15	Fall	28-32	
Brussels Sprouts (OW)	100-180 (T)	Jul 10-25	Mid-Jul; transplant Aug 15	Winter	28-32	OW
Cabbage (SH)	60-80 (T)	Mar 15-Jun 25	Late Jun; transplant Aug 1	Summer/fall	32-35	
Cabbage (FH)	60-90 (T)	May 25-Jul 1	Jul 1; transplant Aug 1	Fall/winter	32-35	
Cabbage (OW)	75-210 (T)	Aug 1-30	Mid-Aug; transplant Sep 1-15	Following spring/ summer	5	C
Cabbage, Chinese	60-80 (T)	Jul 1-Aug 1	Aug 1	Fall/winter	20	C
Carrots (FH)	65-90	Jun 15-Jul 15	Jul 15	Fall/winter	5	
Carrots (OW)	180-220	Jul 25-Aug 15	Aug 15	Following spring	5	M
Cauliflower (SH)	60-85 (T)	Mar 15-Jun 1	Jun 1	Summer/fall	5	
Cauliflower (FH)	60-90 (T)	Jun 15-Jul 1	Jul 1; transplant Aug 1	Fall/winter	10	
Cauliflower (OW)	220-260 (T)	Jun 25-Jul 15	Mid-Jul; transplant Aug 1	Following spring/ summer	10	C
Celeriac	110-120 (T)	Feb 15-Apr 10	Jun 1, transplants only	Fall	35-38	
Celery	115-130 (T)	Feb 15-Apr 10	Jun 1, transplants only	Fall	35-38	C
Cilantro	55-60	Jul 25-Aug 15	Aug 15	Fall/winter	10	C
Cilantro (OW)	180-220	Sep 10-30	Sep 30	Following spring	0	OW
Collards	40-90	Jul 1-Aug 1	Aug 1; transplant Sep 1	Winter/spring	5	OW
Corn	65-105	May 1-15	May 15	Fall	45	
Corn Salad	60-80	Sep 10-Oct 10	Oct 10	Winter/spring	5	OW
Cress	15-30	Sep 10-Oct 10	Oct 10	Winter/spring	5	OW
Cucumber	60-80	Apr 25-Jun 25	Jun 25	Fall	45	
Eggplant	70-90 (T)	Feb 1-Mar 10	Jun 20, transplants only	Fall	45	
Endive/Escarole	60-85	Jun 15-Sep 1	Sep 1	Fall/winter	5	OW



VEGETABLE	DAYS TO HARVEST	SOWING DATE RANGE	LAST SOWING DATE	HARVEST SEASON	HARDY TO TEMP (° F)	FROST PROTECTION
Garlic	250-270	Oct 15-Nov 30	Nov 30	Following summer	15	OW
Kale	45-65	Jul 15-Aug 10	Aug 10; transplant Sep 1	Winter/spring	5	OW
Kohlrabi	60-80	Jun 25-Jul 15	Jul 15	Fall	5	M
Leeks (FH)	80-150 (T)	Apr 15-May 10	May 10; transplant mid-Jun	Fall/winter	5	M
Leeks (WH)	80-150 (T)	May 1-Jun 1	Jun 1; transplant mid-August	Winter/spring	5	M
Lettuce	45-90	Aug 1-Sep 15	Sep 15	Fall/winter	10	C
Mustard Greens	30-60	Sep 10-Oct 1	Oct 1	Fall/winter	5	OW
Onions, Pearl	60-90	Jun 15-Jul 15	Mid-Jul (seed), Aug 25 (starts)	Fall	10	C
Onions (OW)	100-210 (T)	Jul 20-Aug 15	Aug 15; transplant Nov 15	Following spring	10	M
Pac Choi	30-60	Aug 1-Sep 1	Sep 1; transplant Sep 15	Fall	5	C
Parsley (root)	75-90	Jul 25-Aug 31	Aug 31	Winter	0	
Parsnips	100-120	Jun 25-Jul 25	Jul 25	Winter	5	M
Peas (FH)	95-120	Jun 25-Jul 15	Jul 15	Fall	25	
Peas (OW)	260-270	Aug 25-Sep 10	Sep 10	Following spring	5	C
Peppers	60-90 (T)	Feb 1-Mar 10	Jun 20, transplants only	Fall	45	
Potatoes	80-140	Apr 1-Jun 25	Jun 25	Fall	45	
Pumpkins	100-115 (T)	Apr 25-Jun 10	Jun 10	Fall	45	
Radicchio	60-100	Jun 25-Jul 25	Jul 25	Fall/winter	20	C
Radishes (FH)	30-45	Aug 10-Sep 10	Sep 10	Fall	20	
Radishes (WH)	40-60	Jun 25-Jul 25	Jul 25	Winter	20	C
Rutabagas	85-95	Jun 25-Jul 15	Jul 15	Fall/winter	20	M
Scallions	60-90	Jun 15-Jul 15	Mid-Jul (seed), Aug 25 (starts)	Fall	10	C
Shallots	250-270	Oct 15-Nov 30	Nov 30	Following summer	15	OW
Spinach (FH)	40-60	Jul 20-Aug 15	Mid-August	Fall	10	C
Spinach (OW)	220-250	Sep 1-15	Sep 15	Following spring	5	OW
Squash, Summer	50-70 (T)	Apr 25-Jun 25	Jun 25	Fall	45	
Squash, Winter	90-120 (T)	Apr 25-Jun 25	Jun 25	Fall	45	
Swiss Chard (FH)	50-60	Jun 25-Jul 25	Jul 25	Fall/winter	15	C
Swiss Chard (OW)	150-180	Aug 15-Sep 15	Sep 15	Following spring	5	OW
Tatsoi (FH)	30-50	Aug 10-Sep 10	Sep 10	Fall	15	
Tatsoi (OW)	220-250	Sep 1- 25	Sep 25	Following spring	5	C
Tomatoes	70-90 (T)	Feb 1-Mar 10	Jun 20, transplants only	Fall	45	
Turnips (for greens)	40-60	Aug 10-Sep 10	Sep 10	Fall	20	C
Turnips (for roots)	60-90	Jul 20-Aug 15	Aug 15	Fall/winter	20	M

T=Transplant C=Cloche M=Mulch SH=Summer Harvest FH=Fall Harvest OW=Overwinter

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Maritime Northwest Garden Guide- Tilth Alliance

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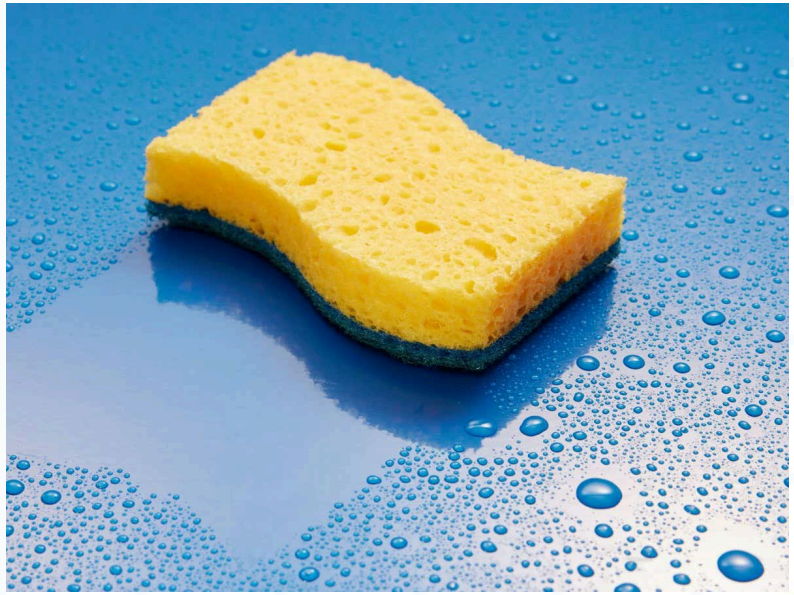
Light and Water



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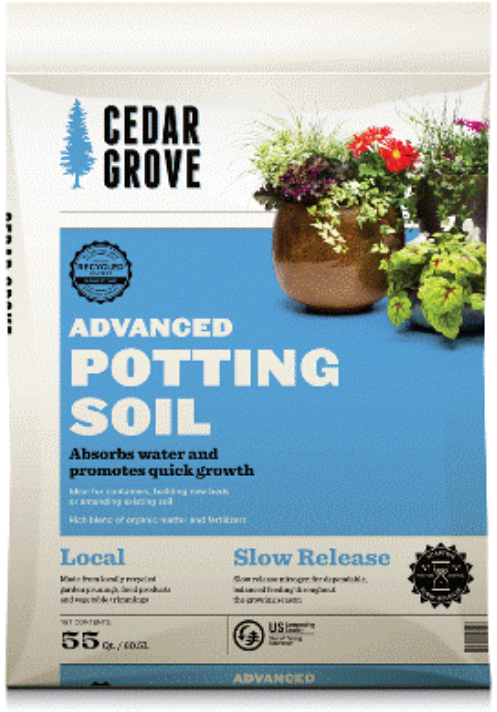
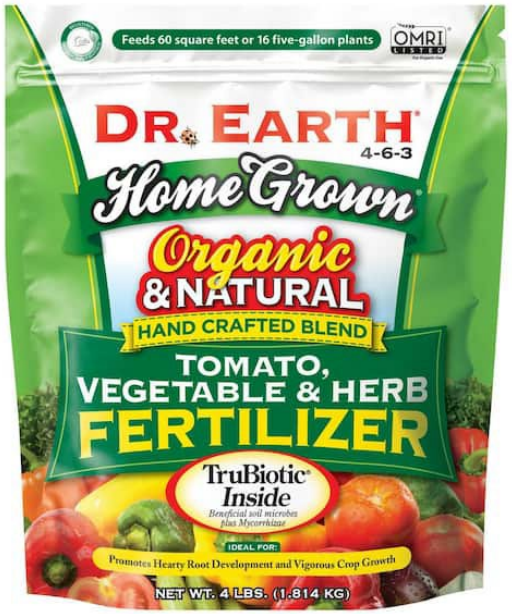
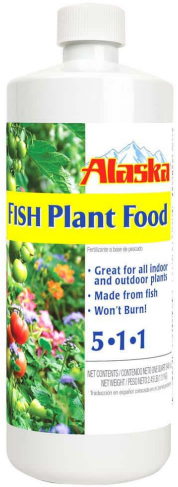
Soil and Fertilizer







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Start planning your window or outdoor container garden…

Planning my Window or Outdoor Container Garden

Crop Name	Planting Date	Temp for Germination	Indoors or Outdoors	Days to Germination	Days to Maturity	Spacing	Seed Depth	Light Requirements

Steps:

1. Gather a garden planning sheet
2. Review yearly calendar of vegetable growing
3. Collect 3-4 seed packets
    - Review to see if the seeds will work for your home setting
4. Collect some bagged starter soil, labels and small pots (if desired)
5. Complete planning sheet and planting at home with your family and at the appropriate time of year!

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Next Steps:

Feedback Survey:

Please help us improve by sharing your feedback about today's event through a 3-minute survey.

Encuesta posterior al evento: !Ayúdenos a mejorar!

پست-نظرسنجی : رویدادبه ما کمک می کند بهبود یابیم!

Take the survey at www.fwps.org/familyacademysurvey

EP&O Renewal Levy:

- **Learn more at www.fwps.org/levy2026**
- **Register to vote, if needed**
- **Don’t forget to vote on February 10, 2026**