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[Come Play in the Dirt and Learn!](#)

On March 7, child care directors and their staff can “dig in” to learning about starting edible gardens and some fun and educational ideas about cooking activities with the garden harvest! [Advocates for Health in Action \(AHA\)](#) invites you to [register](#) for its 6th Annual **Dig In** on **Sat., March 7**, at Marbles Kids Museum in Raleigh.

Dig In! is approved for 3 contact hours. Workshops with an early childhood focus include **Staring an Edible Garden with Maria Hitt** of NC Community Garden Partners and **You Grew It, Now Cook It!** with Lynn Policastro of Wake County SmartStart. Other hands-on activities at **Dig In!** range from composting to making seed bombs, vertical gardening, nature play in the garden and much more! Kids love to play in the dirt, and they are learning while they play!

[Get all the details here and register today!](#)

Save the Date - POD-Wake Garden Tours - May 28, 2015

The Natural Learning Initiative and Wake County Smart Start will offer an overview of the Preventing Obesity by Design in Wake County Project and conduct tours of the demonstration sites to share the successes of POD-Wake!

[Learn more about the POD-Wake Demonstration Centers at this link.](#)

Please Note:

The March 25th Interactive Design Session has been cancelled.

**RECIPE****Kale Chips**

1 bunch kale

1 tablespoon olive oil

1 teaspoon salt



- Heat oven to 300 degrees. Line a baking sheet with parchment paper.
- Wash kale and dry well.
- With your hands, remove the thick stems from the kale and discard stems. Tear leaves into bite-sized pieces.
- Drizzle kale with olive oil and sprinkle with salt. Toss to coat. Arrange kale pieces in a single layer on the baking sheet.
- Bake 10 minutes, or until edges are slightly brown but not burnt.

For questions, respond to this email or call 919-515-8345.

POD-Wake is supported through a partnership with Wake County Smart Start and supported by The John Rex Endowment.

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Creating environments for healthy human development and a healthy biosphere for generations to come.

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