Growing Food to Develop Youth
By planting, growing, preparing, and selling food young people build leadership skills, contribute to their community and promote sustainable food. The Youth Farm and Market Project serves 3 different neighborhoods in the Twin Cities of Minneapolis and St. Paul.

- Started in 1995
- Year-round, youth development programming
- Experiential education and training
- Urban agriculture, gardens and greenhouses
- Serve 500 youth, ages 9 – 18

Engaging Young People
YFMP has proven that youth are vital contributors to their community – as urban farmers, entrepreneurs, leaders and mentors. Engaging young people in your farm/garden project benefits you, your community and young people by:

- Building young leaders;
- Promoting healthy bodies and minds;
- Contributing to the positive identity of children and youth;
- Creating neighborhood connectedness and opportunities for contribution; and
- Developing & nurturing healthy relationships.

Contact
Learn more about engaging young people with your farm or garden project.
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