



## July's Program and Event Updates

Our community is growing stronger.

### Program Updates



#### Production Gardens

Last week, we harvested 6 pounds of spinach, lettuce, swiss chard, and kale from our hoop house. These leafy greens were mixed together and distributed in the Shares bags.

[Learn More](#)



#### Kids Out To Lunch

Our extraordinary team prepared over 1,700 fresh meals to-go in June. Want to see what the team has been making? All of our menus and activities are now listed on our website.

[Learn More](#)

## Volunteer Updates



### Seedling Foster Care

Laramie Educational Afterschool Facility (LEAF) grew and donated tomato, bell pepper, broccoli, and cauliflower seedlings to increase our food production this season. Thank you, LEAF!

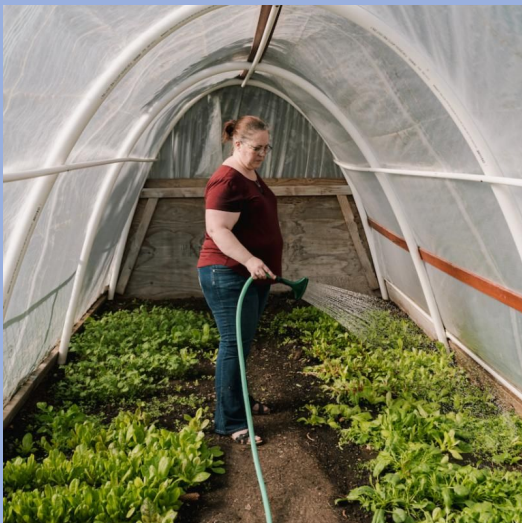
[Learn More](#)



### Shares Recipe Project

Last week, during Pride Week, we collaborated with Laramie PrideFest on the Shares recipe flyer. Did you see the Mexican Apple Sweet Beet Potato Wraps recipe? View all our recipes on our website.

[Learn More](#)

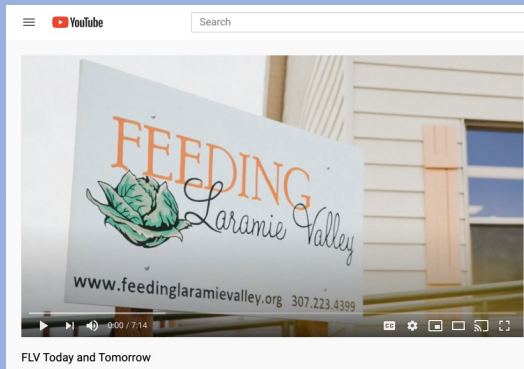


### Shares Volunteer

We're so excited to have volunteers back in the gardens! Meet Michelle. She is a biology professor at UW and in her spare time she enjoys watering our gardens. Thanks, Michelle!

[Learn More](#)

## Other News



### New YouTube Video

We posted a new YouTube video recapping our current programs and services that we offer and our plans for the future.

[Learn More](#)



### Downtown Laramie Farmers Market

Stop by our booth this Friday for the start of the Downtown Laramie Farmers Market. We have cold drinks and free prizes to give away.

[Learn More](#)



### Social Media

Don't forget to "like" our social media pages to receive more updates on everything that we are doing!

[Learn More](#)

We send you all our best during these challenging times and are here to help our community share the best it has to offer with one another.

Sincerely,

The Feeding Laramie Valley Team  
Feeding Laramie Valley  
[www.feedinglaramievalley.org](http://www.feedinglaramievalley.org)

307-223-4399

**Feeding Laramie Valley** | [www.feedinglaramievalley.org](http://www.feedinglaramievalley.org)

