

Blue Hill Boys & Girls Club plants fall crops

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(Image courtesy Boys & Girls Clubs of Boston)
Allison, age 9, shows off some of the vegetables she helped grow.

By Patrick Rosso, Town Correspondent

Members of the Blue Hill Boys and Girls Club in Dorchester got down and dirty Wednesday night as they planted their fall garlic crop in the club's outdoor garden.

"The garden has been an effective way to get kids to eat healthy foods. They are more open to trying new foods because they had a role in creating them," said Carl Thompson, the club's wellness director.

Students ages of 8 to 14 also harvested vegetables and learned about recipes they could prepare at home.

The garden project at the club, which aims to connect local students with local food, is sponsored by the Harvard Pilgrim Health Care Foundation as part of its Growing Up Healthy initiative.

Planting instruction was provided by The Food Project.

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