



Hydroponics Field Trip

Location: 704 W 26th Ave, Anchorage, AK 99503

Basic Schedule (2 hours)

- 1) **Touring and Exploring** (30 minutes)
 - Tour of the Facility, Scavenger Hunt
- 2) **Scientific Thinking** (30 minutes)
 - Introduction to the Hydrolab, Build take-home bottles
- 3) **Essential Farm Activities** (45 minutes)
 - Goofy Training Videos, Seeding and Harvesting Lettuce
- 4) **Farm-to-School** (15 minutes)
 - Review what we've learned, Brief Survey

More Information

Cost: \$6/student, with a minimum of \$100 per group. Small groups may inquire about shorter trips/lower rates.

Students are encouraged to bring clean recycled plastic bottles (20 oz or smaller) or other recycled plastic containers with lids in order to build their own hydroponic containers for lettuce.

Please visit our website (<http://akseedsofchange.com/>) to learn more about and consider volunteering and/or donating for our mission to empower youth and grow nutritious food!

Contact us! **Email:** Cole.Murphy@akseedsofchange.com **Phone:** (907)762-8660

Alaska Seeds of Change is a program of Anchorage Community Mental Health Services