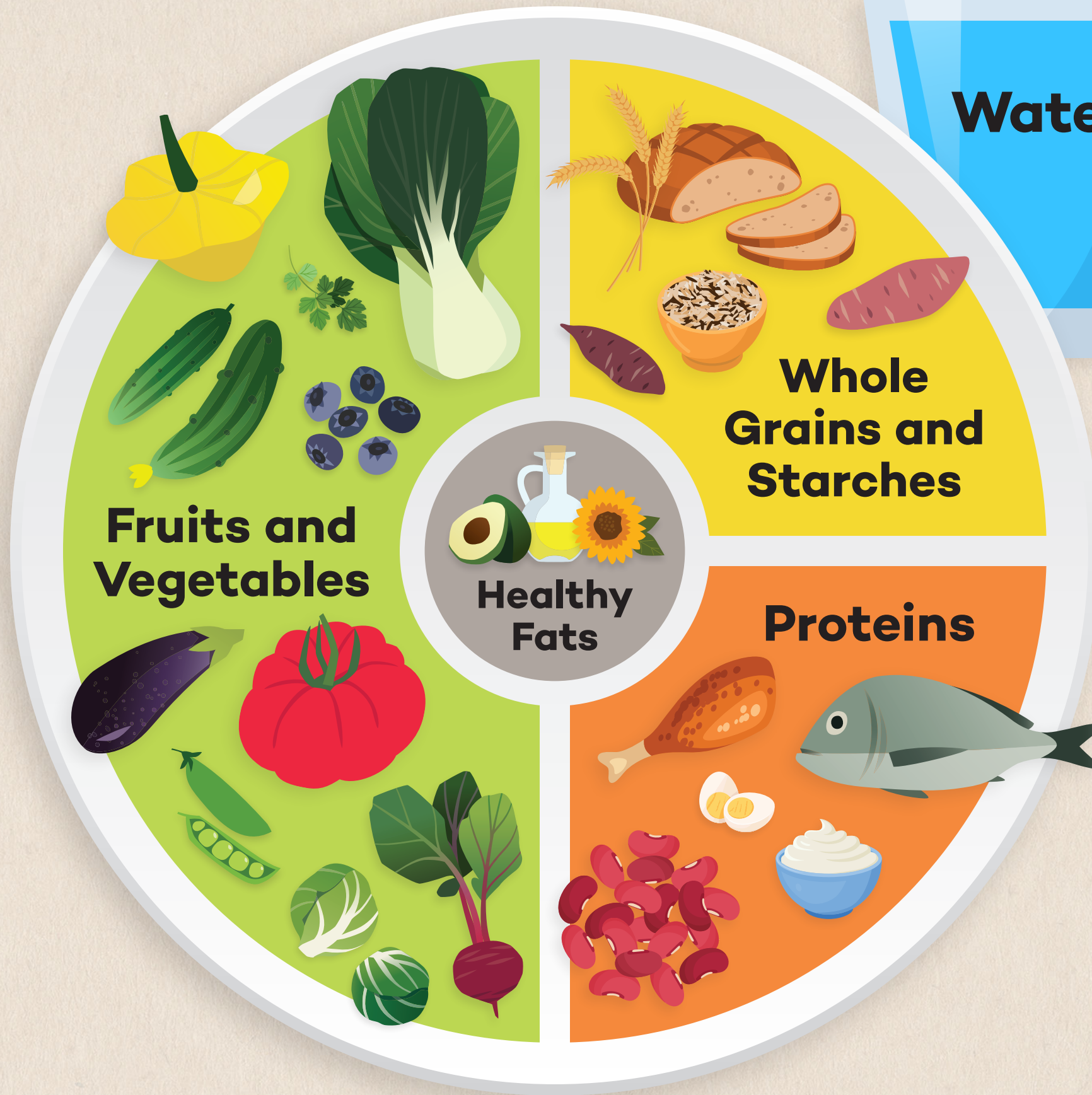
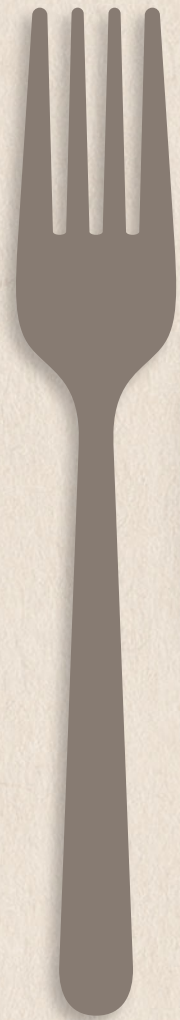




**Balanced  
Plate  
Model**



We love our local farmers! Clockwise from top right: Steel Wheel Farm, Skylight Farms, Kamayan Farm, and Faithbeyond Farm.

seattle  
**FARM**  
**T PRESCHOOL**  
 farmtopreschoolseattle.org