



FORK FARMS™
FOOD ACCESS TECHNOLOGY

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May 2026

Fork Full of Knowledge

A monthly newsletter for Flex Farm
Growers!

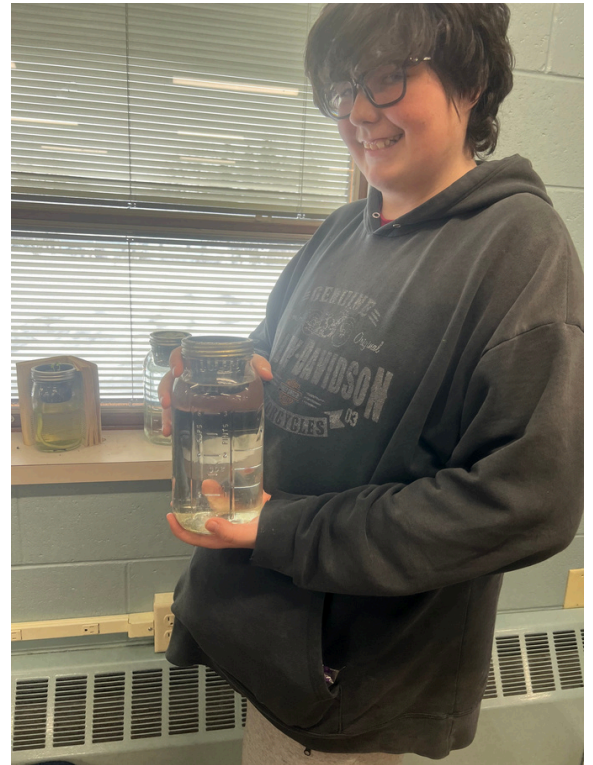


Growing Partner Highlights:

Take a look at other Flex Farm programs!



Vikings Academy, Denmark, WI



Vikings Academy teacher, Holly Borchert, has helped her students engage in a year long lesson - hydroponics! The students learned the Flex Farm system quickly, growing lettuce, cucumbers, tomatoes, and herbs. These students took it into their own hands to research different methods of hydroponics, and even built their own systems! As you can see, they are growing successfully. It has been an honor working with Holly and her students this school year!

Growing Partner Highlights:

Take a look at other Flex Farm programs!



Middleton Cross-Plains School District, WI



Teacher, Ross Cohen, has integrated two Flex Farms into his Garden Lab Class. This program is student led, where the students grow kale, basil, and lettuce. The produce is grown and donated to a food pantry! These students are taking initiative and growing some healthy greens! Great work!

What can you grow in the Flex Farm?



Rainbow Greens Seed Bundle

Are you looking to add some color to your salads? The Rainbow Greens Seed bundle is an easy way to switch it up! These greens are grown the same as lettuce - same pH & nutrient levels!

This bundle includes:

- Fresh Start Beet Greens
- Northern Lights Swiss Chard Mix
- Fire Fresh Swiss Chard



Check out the [Rainbow Greens Bundle on Farmative!](#)



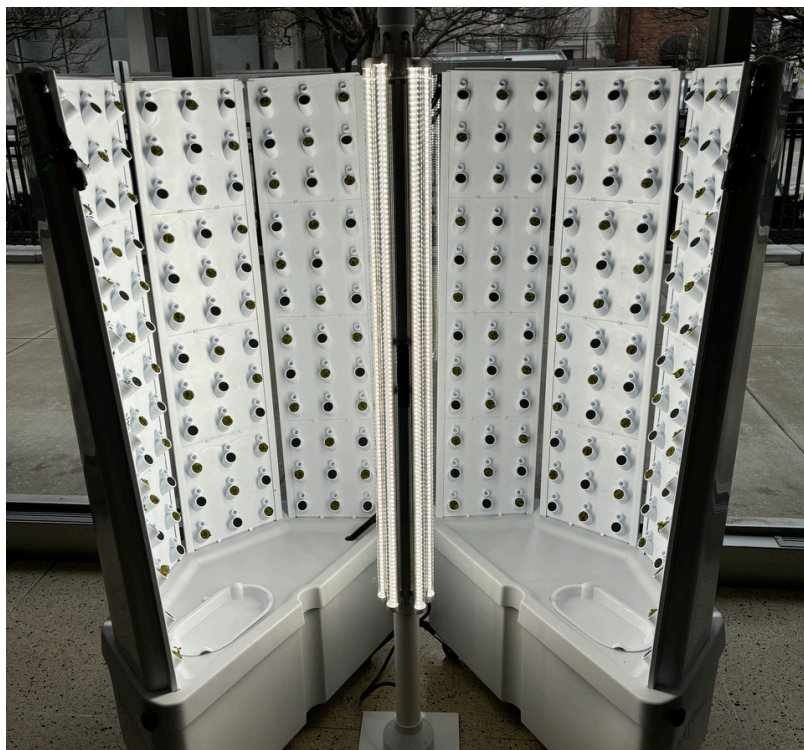
Helpful Tips for your Flex Farm

Shutting Down For the Summer



The school year is very quickly coming to a close so I wanted to put some helpful Flex Farm deep clean best practices as you plan to end the year! This is a fairly time-consuming activity that is best done with a friend or with a group of students. Find our Deep Cleaning and Shut Down Guide [linked here!](#)

- **Fully drain the Flex Farm.** You can use a shop vacuum to fully get the remaining water out.
- **Use 3% hydrogen peroxide** to wipe down surfaces to get rid of remaining debris, algae, roots, etc.
- **Fill up a sink with hot water** and grab a rag to scrub all the smaller plant panels with hot water.
- **IF YOU HAVE A DISHWASHER**, the smaller *plant panels* can be put through a dishwasher with a MAX temp of 181 degrees Fahrenheit.
- **Clean the black plugs by soaking them in 3% hydrogen peroxide.**



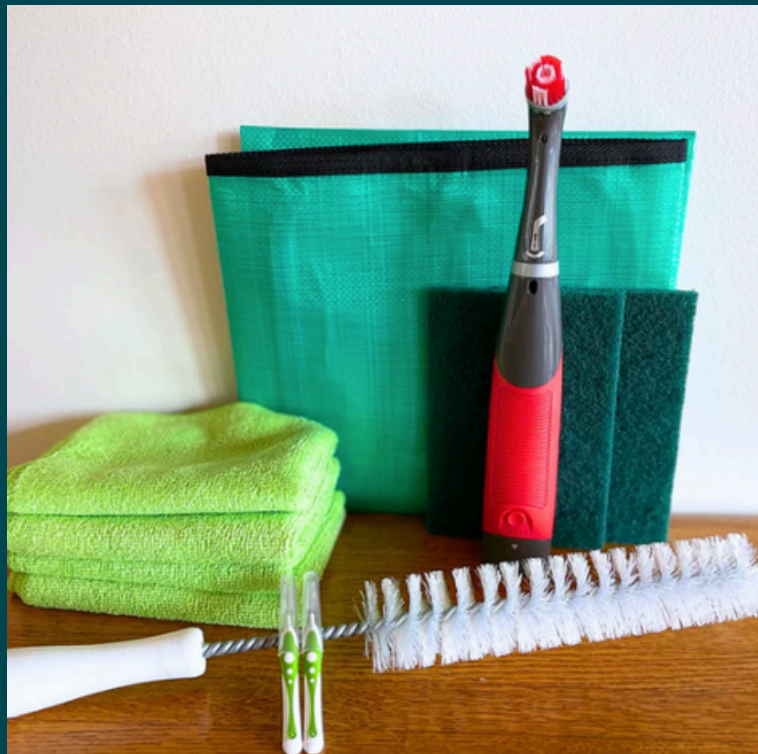
Cleaning Toolkit



Check out our [Cleaning Tool Kit](#) - perfect for cleaning your Flex Farm for the summer!

Featuring:

- **Battery-Powered Scrubber**
- **Waterproof Mat**
- **Plant Space Brush**
- **Bristle Brushes**
- **Scouring Pads**
- **Microfiber Towels**



Partner Spotlight Submission

If you would like your program to be featured next month in our Partner Spotlight, please send in pictures and your Flex Farm program story!

Click [HERE](#) to request an (easy) photo submission form.



If you need assistance, please email Anna Brant at anna@forkfarms.com or call at [920.515.0730](tel:920.515.0730)