

MEDIA ALERT

FORK FARMS ANNOUNCES PARTNERSHIP WITH THE HIGHLANDS AT AERO PARK APARTMENTS & TOWNHOMES 55+ TO GROW FRESH VEGETABLES AND HERBS ON-SITE FOR THE COMMUNITY'S RESIDENTS

A First-Harvest Salad Party for Residents will be Held June 18 when the Community will Celebrate and Showcase the Fresh Foods they have Grown in their Hydroponic Flex Farms and Flex Micro

WHAT:

A first-harvest salad party celebration for the [Highlands at Aero Park](#) residents to showcase the fresh vegetables and herbs (romaine and greenstar lettuce, peas and basil) they have grown themselves in their new Flex Farms and Flex Micro from [Fork Farms](#). The community's new indoor mobile hydroponic growing systems are capable of growing 50 pounds of leafy greens and up to 2,400 seedlings or 24 pounds of micro greens every month. The addition of the Flex Farms and Flex Micro strengthens Aero Park's commitment to wellness by providing residents with access to fresh food and hands-on experiences that support healthy aging and connection.

WHY:

Bringing hydroponic growing systems into this community gives senior residents the opportunity to grow, harvest, and enjoy fresh food on-site, while creating a space for them to learn new things about wellness, engagement and connection within their community.

The Flex Farms and Flex Micro not only provide access to fresh, hyper-local foods consistently throughout the year, they support healthy aging through nutrition, sensory engagement, social connection, and meaningful daily participation.

Growing hydroponically provides numerous benefits for engagement, problem-solving skills, and cognitive well-being, which are key tools for seniors to stay active, connected, and mentally sharp. By maintaining the Flex Farm and Flex Micro systems and sharing in the act of growing their own fresh food, residents experience a higher level of engagement, connection to wellness and purpose within their living community. The growing systems also provide educational enrichment opportunities across nutrition, wellness, sustainability, health, science and more. Residents and staff will be able to use the fresh produce they grow in their private residences, culinary demonstrations, salad parties, farmers' markets, and as donations to local charity groups.

The Flex Farms and Flex Micro will be housed in the Green Room, a meeting space on the fourth floor, specifically designed for residents to collaborate, socialize, and grow food year-round for their community. The "Green Team" is an established group of residents who are maintaining the farms initially and setting them up for all 178 Highlands residents to enjoy. Residents will also be germinating seedlings hydroponically with the Flex Micro and Flex Farms for use in the community's

existing raised bed gardens. This gives residents the ability to garden throughout the entire year and consistently enjoy the fruits of their labor.

WHEN:

Thursday, June 18

11:00am

WHERE:

Highlands at Aero Park Apartments & Townhomes 55+ (in the Green Room and Community Room)

W197 N4950 Hickory St. in Menomonee Falls, WI

*Please check in at the front desk and staff will escort you to the event

INTERVIEW/PHOTO OPPORTUNITIES:

- Interviews with residents who have been maintaining the Flex Farms and Flex Micro who can discuss the connection between food, health, engagement, growing and community
- Visuals of residents harvesting the blooming Flex Farms and Flex Micro and turning the harvest into the communities first-ever harvest salad party
- Interviews with Josh Mahlik from Fork Farms and a detailed walk through of the Flex Farms and Flex Micro.

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Arden Property Group Inc. creates and unites communities through meaningful connections and memorable experiences. Aero Park residents enjoy a wide range of amenities for 55+ active adults, including wellness-focused features, social spaces, a Demonstration Kitchen, Heated Indoor Pool, Fitness Center with Fitness on Demand, The Green Room featuring an indoor hydroponic garden, Library, Internet Cafe, Relaxation Spa, Full Swing Golf Simulator, Maker Space Room, Guest Suites and more.

Flex Farms are indoor mobile hydroponic farms that produce fresh food year-round, hyper-locally, efficiently, and sustainably while offering everyone better access to fresh food. A single Flex Farm can grow 25 pounds of lettuce every 28 days.

The Flex Micro is designed to grow both microgreens and seedlings, producing thousands of plants efficiently, affordably and consistently. Projected annual impact from this project includes conserving an estimated 23,321 gallons of water compared to traditional agriculture, reducing approximately 3,366 food transportation miles, saving 410 lbs. of potential food waste, and producing the equivalent of 969 square feet of traditional cropland.