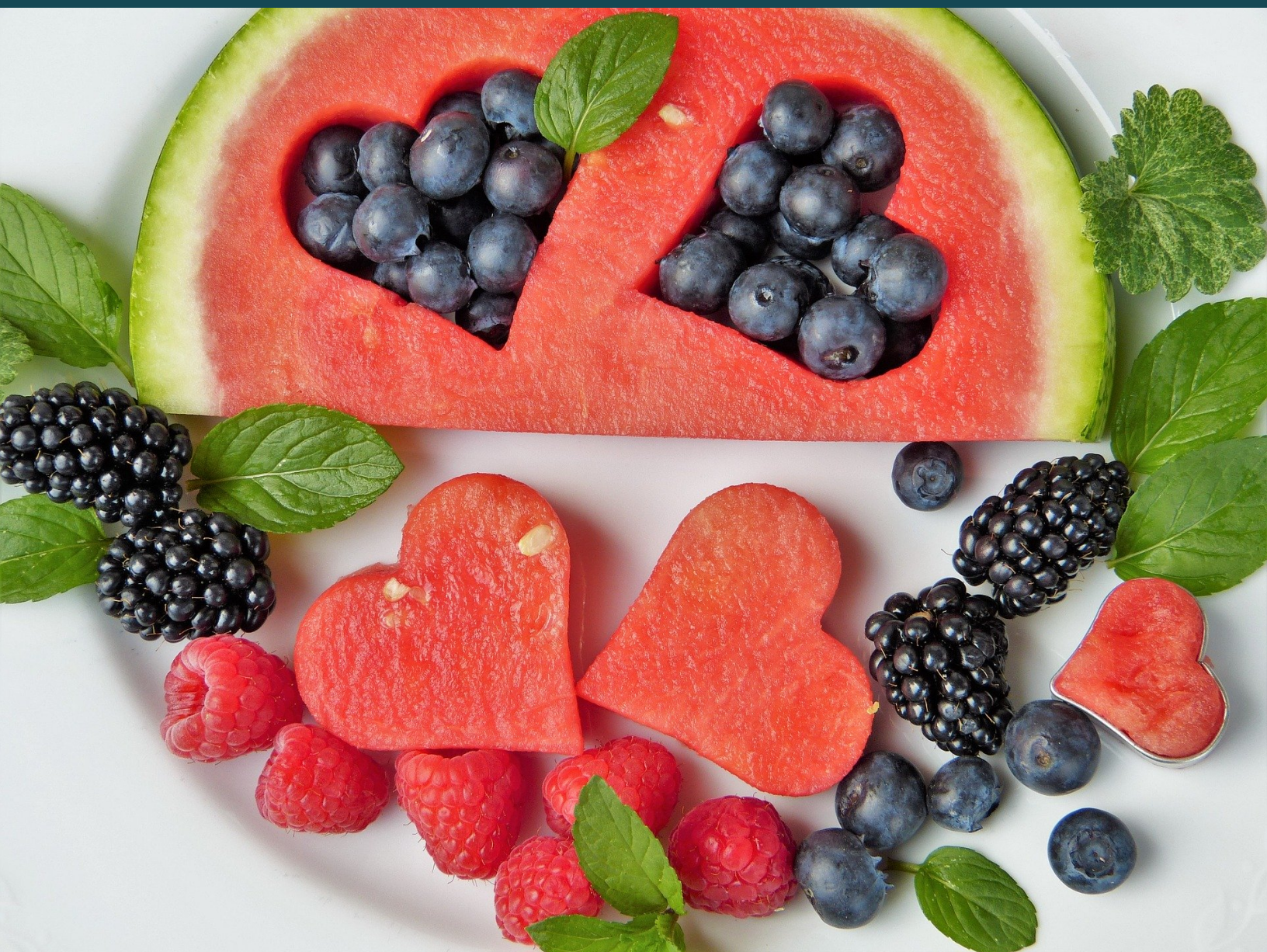


The Healthy Youth Project

BUILDING BETTER BODIES & MINDS FOR THE FUTURE

VOLUME 4

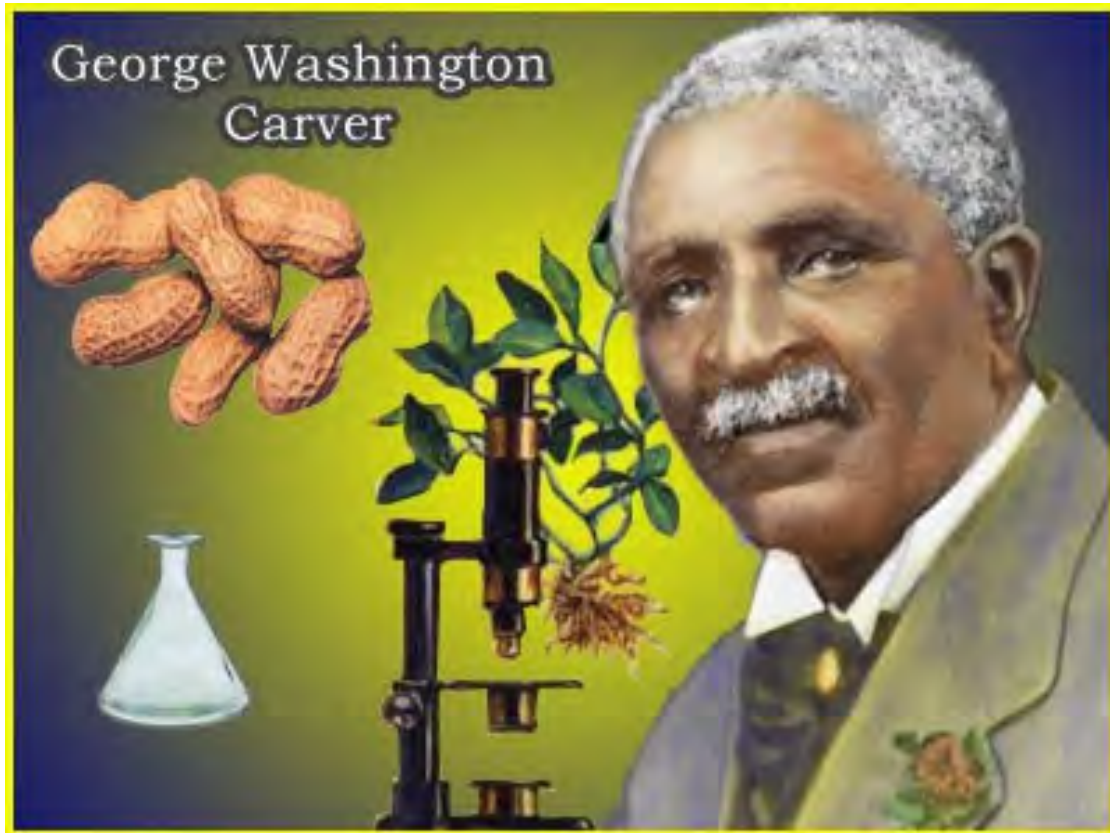


Learn about
**FOOD & ITS
BENEFITS**

Develop
**HEALTHY
HABITS**

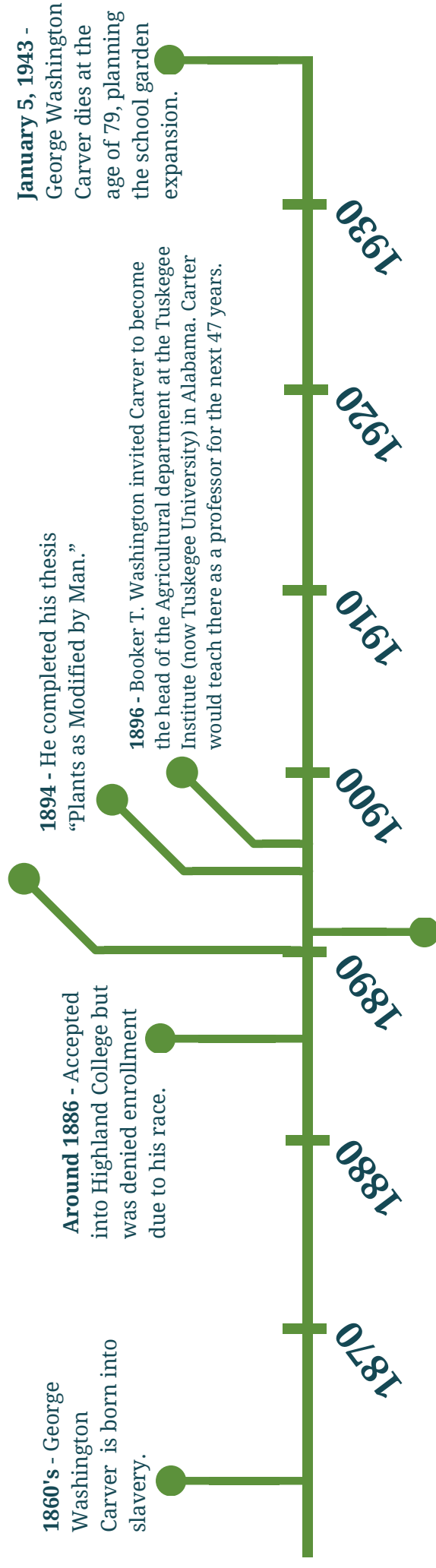
Prepare
**NUTRITIOUS
MEALS**

Organic Gardening and George Washington Carver



George Washington Carver is primarily known as a botanist. He understood that plants are the secret to health and wellness. Carver taught farmers how to avoid stripping the soil of its natural minerals, which resulted in better crops. He also educated them on planting techniques such as crop rotation. Carver was a master scientist, and one of the original organic farmers. He is famously known for his inventions regarding peanuts. Carver created over 300 peanut and soy bean based products. He also developed liniments—a liquid or lotion used topically to relieve pain. Much of his teachings helped lay the foundation of knowledge for Holistic Doctors today.

1890 - He began studying art and piano at Simpson College in Indiaola, Iowa. His art teacher recognized his talent for painting flowers and plants. She encouraged him to study botany at Iowa State Agricultural College in Ames.



George Washington Carver (1860 - 1943)