

June 2018 Newsletter

Dear Parents and families:

This spring has been a wonderful time to be in the garden with all of our favorite young gardeners. So many sprouts and discoveries! We found baby praying mantises, marveled at how flowers turn into fruits with the help of pollinators, and watched worms at work in the compost pile. **First graders** put on puppet shows with handmade paper bag puppets featuring plants and animals of the garden habitat. **Second graders** learned the honeybee waggle dance - that's right, bees dance to communicate! Ask your 2nd grader to show you the waggle dance.



1st graders being bunnies munching on lettuce

As we wrap up the year of garden time lessons, we have been celebrating with 'Seed to Salad' parties! In April all classes sowed seeds. Students diligently observed and watered their seeds as they emerged and grew. Now they are getting to harvest from those lettuce, spinach, chard, turnips, and radish plants! We pick the veggies and make a salad for all to share as we discuss what we've learned throughout the year.



We built a new bigger garden at Sargent!

Words from our students:

"My favorite part of garden time was writing in my journal."

Luciano, 1st grader at Sargent

"My favorite part of garden time was trying all the vegetables of the month."

Leela, 1st grader at Glenham

We need your help to keep the gardens growing throughout the summer!

Watering volunteers get to take home fresh produce!

Sign up [HERE](#) to water your school garden!

Find the tab for your school and add your name to the date you choose.

What happens with the gardens in the summer?

Throughout summer we grow crops to be ready for harvest when school starts in September, we also harvest throughout the summer for education programs and for donation to food pantries.



2nd graders watering seedlings

**Have a great summer,
Ms. Megan & Ms. Nicole
Garden Educators**

For more information, including volunteer and giving opportunities, visit our website www.hudsonvalleyseed.org

Follow us on Facebook [@Hudsonvalleyseed](#) and Instagram [@Hudsonvalleyseed](#)

Spinach

Espinacas



Hearty Spinach Salad

Ingredients

- 4 handfuls of spinach leaves
- 1 bunch red grapes
- 1/2 cup walnuts, or other nut of choice
- 1/4 red onion, chopped
- 1/2 cup feta cheese
- 1 teaspoon Dijon mustard
- 2 tablespoons vinegar
- 2 tablespoons olive oil
- 1/4 teaspoon coarse salt
- 1/8 teaspoon black pepper

Instructions

1. To make the dressing, whisk mustard and vinegar in a small bowl
2. While whisking, slowly drizzle in olive oil
3. Add salt and pepper to dressing
4. Toss spinach, grapes, feta, walnuts and onions in a large bowl
5. Pour dressing over salad
6. Toss to combine and enjoy!



Did you know?

One serving of spinach has over 100% of the recommended daily amount of vitamin K. This vitamin is important for bone health!

Fun Facts About Spinach

- Spinach is 90% water. You can watch it shrink as it cooks!
- Spinach was native to Persia, which is modern day Iran.
- March 26th is National Spinach Day
- Spinach is best eaten fresh. Half of the major nutrients are lost by the eighth day after harvest.
- In the 1930's U.S. spinach growers credited Popeye with a 30% increase in domestic spinach consumption
- Medieval artists extracted green pigment from spinach to use as an ink or paint.

