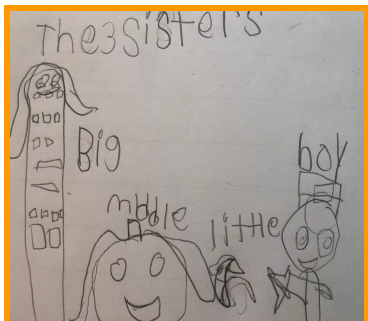




Monthly Newsletter

Dear Parents and Families:

The plants have been pulled from the gardens and the blankets of straw have been laid. While the gardens sleep through winter we've taken garden time lessons indoors...

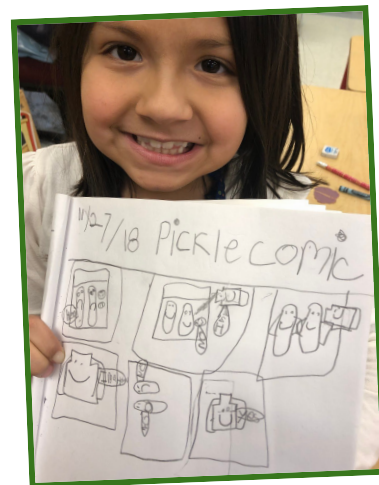


1st graders listened to us tell the story of 'The 3 Sisters' which is an Iroquois tale of the companion crops corn, beans, and squash. We sat around a pretend fire and through the story learned that these 3 plants help one another grow. Students then illustrated the story in their journals. We also got to harvest popping corn

from our 3 Sisters patches in school gardens. Once the kernels are dry we will make popcorn! Many of the seeds will be saved to grow more popcorn next season.

2nd graders explored the question: "where does our food come from?" We made a farm web connecting various foods back to farms and had very engaging discussions about how foods get to our plates. Ask your 2nd grader where chocolate and bread come from...

We also made pickled string beans! We covered the science of pickling as food preservation and students told this story with super fun, creative comic strips.



Kindergarteners observed seasonal changes in the garden and learned what gardeners do in the fall. We also observed garden critters like worms and roly polies.

In the spirit of this grateful and giving season, we'd like to say thank you to all of the folks who support our work! We are successful in bringing high quality, year-round, garden-based education to students because we work in partnership with school communities, collaborating with teachers, administrative and support staff, board members, custodians, and families like yours. To find out how you can give this season please go to our website.

Thank you!

Hope you have a joyous and peaceful holiday season.

**Until next month,
Ms. Megan & Ms. Nicole
Garden Educators**



Words from our students:

"But Ms. Megan, where did the very first plant come from?"

The mind of a young scientist at work!

"But how are fish on farms?! They aren't in the field!"

A 2nd grader was shocked to see a fish farm as we looked up images and videos to learn about where various foods come from.

Winter Squash

Calabasa



What is a pumpkin's favorite sport?

Squash!!

Fun Facts about Winter Squash

- Squash comes from the Narragansett Native American word, *askutasquash*, which means "eaten raw or uncooked", but winter squash are rarely eaten raw!
- One cup of cubed winter squash contains about 80 calories, virtually no fat, and very little sodium.
- Some squash varieties were grown to be used as containers when dried.
- Cucurbit is a term used to describe all members of the Cucurbitaceae family. In addition to squash, this includes cucumbers, melons, pumpkins, and gourds.
- Virtually, the entire squash plant is edible. The leaves, tendrils, shoots, stems, flowers, seeds, and fruit can be eaten.
- Squashes are commonly made into candies in Latin America

Roasted Butternut Squash

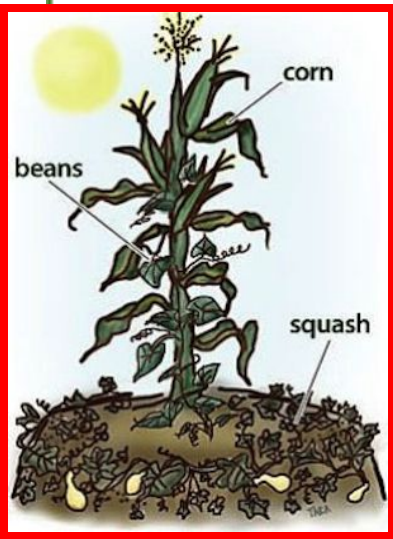
Prep and Cook Time: 40 min.

Ingredients

- 1 butternut squash, peeled, seeded and cut into 1-inch cubes.
- 2 tablespoons of olive oil.
- 2 cloves of garlic, minced
- Salt & pepper to taste

Instructions

1. Preheat oven to 400 degrees F
2. Toss butternut squash with olive oil and garlic in a large bowl.
3. Season with salt and black pepper. Arrange coated squash on a baking sheet.
4. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.



Did you know??

When people speak of the "Three Sisters," they are referring to corn, beans, and squash. The corn provides a ladder for the bean vine. The squash vines shade the area and hold moisture in the soil for the corn and beans. The well-being of each crop planted is said to be protected by another. Many Native American legends have been woven around the Three Sisters—sisters who should be planted together, eaten together, and celebrated together. These Legends vary from tribe to tribe.

We have a "Three Sisters" space at all of our school gardens!