



NOVEMBER NEWSLETTER

Dear Beacon Families,

We have lucked out with a fairly sunny and warm fall, which means lots of outdoor lesson time! Many of our students were able to explore the garden habitat in person, while others enjoyed our [Garden Habitat: Who Eats What](#) lesson video and [scavenger hunt](#) from the comfort of home. If you would like to view all of our virtual lessons, you can subscribe to [our YouTube channel](#)! We'll post and send out one or two videos each month.

This past month, students learned what animals live in the garden and what they eat. Many students also had a chance to get their hands dirty digging and searching for clues of animals in our garden habitat. Animals aren't the only living things eating in our garden- our students did plenty of eating too! Our in-person students have been able to enjoy the garden's bounty; tasting watermelon, peppers, kale, beans and more! Our virtual students had the opportunity to play animal charades as they interacted with each other and our educators while virtually learning.



Until next month,
Ms. Megan, Ms. Diana, & Ms. Nicole

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November's Vegetable of the Month is...



LAND to LEARN

Carrots

Zanahorias



How do you know carrots are good for your eyes?

You never see a rabbit wearing glasses!!!

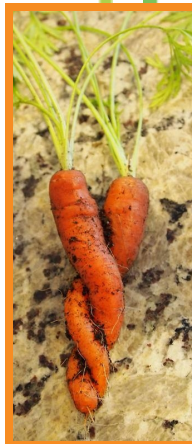
Fun Facts about Carrots

- Carrots were cultivated almost 5,000 years. These carrots were purple and yellow.
- Today, you can get orange, purple, white, red or yellow carrots.
- The longest carrot ever recorded was nearly 17 feet long!
- Europeans once used carrot tops to decorate their hats.
- One cup of carrots provides more than 200% of the Recommended Daily Allowance of Vitamin A, which is essential for healthy vision and smooth skin. It also helps your body fight infections.

Moroccan Carrot Salad

Ingredients

- 1 lb carrots
- ¼ cup mint, cilantro, or parsley (chopped)
- 3 tablespoons lemon juice
- ¼ cup Olive oil
- 1 tablespoon honey
- 3 garlic cloves, minced
- ½ teaspoon cumin
- ¼ teaspoon cinnamon
- 1 teaspoon paprika
- Salt to taste



Instructions

1. Coarsely grate the carrots into a large bowl
2. Add olive oil, lemon juice, honey, and garlic
3. Add cumin, cinnamon, and paprika
4. Mix well, then add mint, cilantro, or parsley, along with salt to taste
5. For best flavor, cover and allow to marinate in refrigerator for at least 2 hours or up to 2 days

Did you know?

When you eat a carrot, you are eating the root of the plant. You won't know what your carrot will look like until you harvest it by digging it up. Sometimes they grow into funny shapes!

