



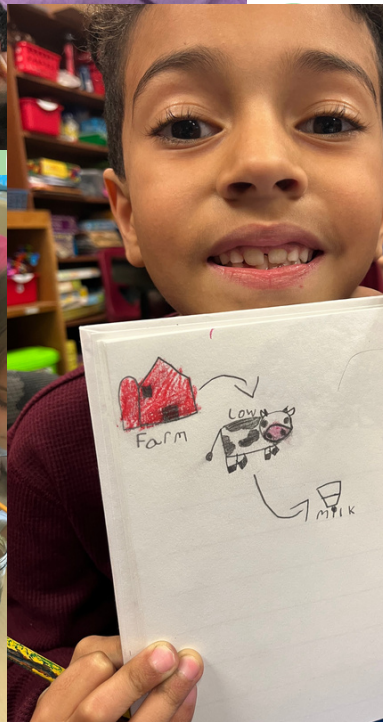
Land to Learn

March 2023 Newsletter



Dear Beacon Families,

Mild winter weather has continued this past month keeping our lessons going in the classroom. During garden time, our second graders explored our food systems and learned about where their favorite foods come from. First graders conducted experiments with celery to learn why stems are so important to plants. Our kindergartners made garden alphabet books for their class and everyone has enjoyed tasting celery!



We hope this past month has been a hopeful reminder of the spring weather headed our way.

In Community,

Megan, Dana, Sam, and Nicole

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

Follow us on Facebook @LandtoLearn and Instagram @LandtoLearn

This program is paid for in part by Dutchess County and Beacon City School District

February Vegetable of the Month

Celery

Spanish: Apio

Celery & Golden Raisin Salad

Prep and Cook Time: 20 min.

Ingredients:

- 3 C. of thinly sliced celery, ideally from the pale, inner stems
- 1/3 C. golden raisins
- 1/3 C. flat leaf parsley
- 1/4 C. extra virgin olive oil
- 1 t. dijon mustard
- 1 t. lemon zest
- 2 T. lemon juice
- 1/2 t. sugar
- Salt & pepper to taste

Instructions:

1. Whisk together lemon zest, juice, mustard, and sugar.
2. Slowly pour in olive oil and season with salt and pepper.
3. Add celery, parsley, and raisins.
4. Toss to combine. Season again with salt and pepper. Enjoy!

Fun Facts!

April is National Fresh Celery Month!

There is a town in Ohio called Celeryville. It was named by celery farmers in the 19th century.

Celery was used as ancient "bouquet of flowers", to reward winners of athletic games in the Ancient Greece.

Celery was initially used as medicine to treat toothaches, insomnia, anxiety and arthritis!

Watch [this video](#) to learn more about Celery!

Did you know?

There are 3 different types of celery:

1. Celeriac- grown for it's large root!
2. Leaf Celery- grown for it's tasty leaves & seeds
3. Stalk Celery- grown for it's thick stems

You can try them all!

I recently got a job at a local farm...

...It's hard work, but the celery is nice!

