

Monthly Newsletter

Dear Parents and Families:

Happy New Year! 2019 marks the 6th year of garden education in Beacon schools! Our education team and curricula have grown and evolved over this time. This winter we are excited to do both time-tested favorites and brand new lessons with our students.

In December **1st graders** had fun with winter squash. It's always fascinating to see how a very simple activity - observing some squashes - can offer a rich educational experience. While interacting with different squash varieties students practice observational drawing, descriptive writing, weighing, predicting, sequencing, and more.

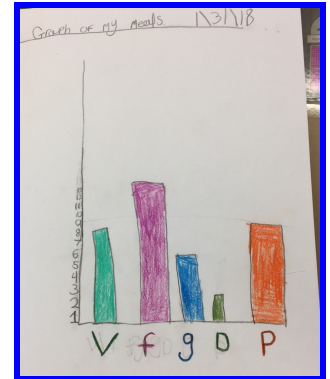


Even getting a work out in this lesson!



We also learned the function of each plant part and discovered that we eat all parts of plants, including seeds. We got to eat our very own garden-grown popcorn! And the pumpkin seed snack was a huge hit! Many students asked where they could buy pumpkin seeds, or pepitas: the best deal is to be found in the bulk bins at local grocery stores.

2nd graders learned about the 5 food groups and participated in very engaging discussions about health and nutrition. Students were asked to track the foods they ate for lunch, recording how many servings of each food group they ate. Each student then created a bar graph showing their results. This activity helps us create the foundation for students to become conscientious and informed eaters.



Words from our students:

"These [pumpkin seeds] are the goodest thing I ever had!"
Glenham Kindergartener

"When I grow up I'm gonna be a planter."
South Ave. Kindergartener

In **Kindergarten** classrooms we sang and moved like plants, embodying each part and what it does. At this point in the year, the little students are becoming impressive readers and are able to recognize most of the written names of plants' parts, such as roots and stem.

Please reach out to us, on social media or via email, if you have anything to share about how your student(s) are impacted by garden time.

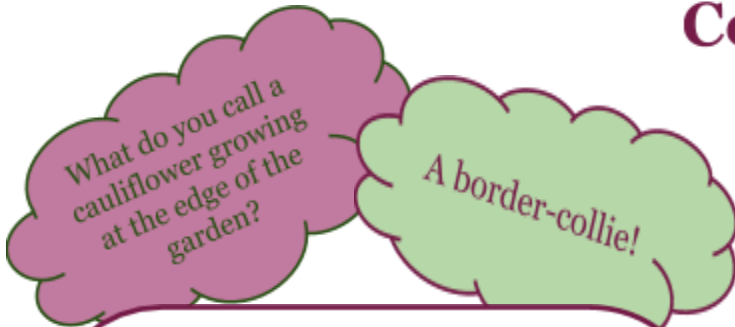
And please take photos and tag us (*be sure it's us and not the HV Seed Company!*) if you make a dish with the vegetable of the month!

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

Presents...

Cauliflower

Coliflor



Fun Facts about Cauliflower

- Cauliflower is well-named because the part of the plant we eat are unopened flower buds!
- Cauliflower is a member of the Brassica family and is related to brussel sprouts, broccoli, kale, cabbage and collard greens!
- Even though cauliflower looks a lot like broccoli in shape, it's white instead of green! This is due to protective leaves growing around the head. This prevents chlorophyll from forming because the plant is hidden from the sun.
- Cauliflower is becoming popular as a healthier substitute for many common foods- like pizza crust!

Roasted Garlic Cauliflower

Ingredients

- 2 tablespoons minced garlic
- 3 tablespoons olive oil
- 1 large head of cauliflower, broken into florets
- 1/3 cup grated parmesan cheese
- 1 tablespoon chopped parsley
- Salt and pepper to taste

Instructions

1. Preheat the oven to 450 degrees F. Grease a large casserole dish.
2. Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste
3. Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown



Romanesco Cauliflower



Sunflower



Shell

Did you know??

There are repeating patterns found in nature. The spirals on the inside of a sunflower, the spiral of a shell and the spirals of the Romanesco cauliflower all follow the same number pattern, called the Fibonacci sequence. Next time you go for a walk, see if you can find a Fibonacci spiral!