

Dear Beacon Parents and Families:

Happy New Year! 2020 marks the 7th year of our partnership with the Beacon City School District and we're excited for a new year of continued growth.

AND....We are changing our name!
Hudson Valley Seed will soon be **Land to Learn.**

To recap last month's garden-based education journeys with K - 2 students...

1st grade Garden Scientists made seed packets to take home seeds from the school gardens. We collected flower and herb seeds in the fall and are sharing them so that now you can plant a piece of the school garden. The seeds can be grown in pots indoors anytime or outside in pots, a yard or garden in the spring. We hope you get to plant the seeds!

FYI: We ate pumpkin seeds to celebrate squash as December's Vegetable of the Month and kids love them! They can be an easy, nutritious snack for your family.



2nd grade Garden Chefs got super colorful eating the rainbow! We find that a simple, straightforward, and fun way of teaching about healthy eating is to say 'eat a rainbow of fruits and veggies' as often as you can. Fruits and vegetables of different colors offer different nutrients so if we eat a variety of colors we get more nutrients. Students also learned that our different body parts and systems each need different nutrients to work best. Classes tracked how many different colors they ate each day for a school week and then we made bar graphs with the data.



Kindergartener Beginning Gardeners

learned about the basic parts of plants by using an interactive poster, singing a song, creating their own diagram, and eating a plant part. Ask your student if they can identify 6 different plant parts.



Words From Our Students

"Thanks for today, it was like a delicious adventure!"
 -1st grader at JVF

**Until Next Month,
 Ms. Megan, Ms. Diana, & Ms. Nicole**

Beets



Remolacha

What do you call
someone who
raps about
vegetables?

A beet boxer!!

Fun Facts about Beets

- In many cultures, the belief persists that if a man and a woman eat from the same beet, then they will fall in love.
- Companies have worked hard to make a vegetarian burger that “bleeds” like real raw meat- they use beets to get this effect!
- Since the 16th century, beet juice has been used as a natural red dye.
- The entire beet plant is edible- the beetroot, stems and leaves!
- There are many varieties of beets, and they are not all red!



Beet and Carrot Salad

Prep and Cook Time: 15 min.

Ingredients

- 2 beets
- 1 large carrot
- 2 tablespoons red-wine vinegar
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup of parsley

Instructions

1. Peel and coarsely grate beets and carrot into a bowl.
2. In another bowl, whisk red-wine vinegar, olive oil, salt and pepper.
3. Drizzle over beet mixture and stir to coat.
4. Top with parsley
5. Let stand 10 min before serving.



Did you know??

Beets can help you exercise better! The nitrates in beets help your blood carry more oxygen and help your blood cells work more efficiently.

