



# Monthly Newsletter

Dear Parents and Families:

May and June in the school gardens are filled with discoveries, fresh-picked veggies, and smiles!

**1st grade 'Garden Scientists'** explored the garden habitat to find all kinds of fascinating creatures. Then they made paper bag puppets to represent garden life and presented puppet shows for their classmates.

**2nd grade 'Garden Chefs'** learned that we rely on pollinators, mostly bees, for most of our food crops. Students enjoyed tasting local honey,

even though they now know that it's made with bee spit! Our 2nd graders are "graduating" from garden time, as the programs does no go into upper elementary. We will end with a garden salad party and a present from us to them- a Hudson Valley Seed recipe booklet featuring foods they've made with us throughout the year!

**Kindergartener 'Beginner Gardeners'** reviewed what they've learned throughout the year about seasonal changes, how plants grow, and what gardeners do. We look forward to continuing their garden education next school year!

## **THANK YOU FOR ANOTHER WONDER-FILLED YEAR!**

Each successful year of garden time at the Beacon elementary schools depends on community support. We rely on generous donations of both time and money.

Please consider contributing a few hours this summer to help our gardens grow!



Sign up to water by going to our website

[www.hudsonvalleyseed.org](http://www.hudsonvalleyseed.org) and finding the 'Volunteer' option under the 'Get Involved' tab. You'll find a sign-up sheet for your school where you can choose a weekend to water the garden.

If you want to volunteer to do other garden work with us we can accommodate your schedule and interests! Just let us know how you'd like to help.

**Have a great summer! Sincerely,  
Ms. Megan & Ms. Nicole  
Garden Educators**

For more information, including volunteer and giving opportunities, visit our website [www.hudsonvalleyseed.org](http://www.hudsonvalleyseed.org)  
Follow us on Facebook [@Hudsonvalleyseed](https://www.facebook.com/Hudsonvalleyseed) and Instagram [@Hudsonvalleyseed](https://www.instagram.com/Hudsonvalleyseed)



# Lettuce

## Lechuga



What did the salad  
say when it's  
favorite song came  
on the radio?

Lettuce Turnip  
the Beet!

### Fun Facts about Lettuce

- Lettuce is part of the sunflower family, Asteraceae.
- China produces the most lettuce in the world.
- Americans consume 30 lbs. of lettuce, per person per year.
- Darker lettuce leaves have more nutrients than the lighter leaves.
- The lettuce that the Greeks and Romans ate in ancient times had sleep-inducing properties. This property, however, has already been bred out of the current varieties of lettuce.
- Lettuce has lots of Vitamin A and beta carotene, which keep your skin and eyes healthy. Lettuce also has high doses of Vitamin K, which helps your brain.
- Lettuce was a popular girls name in the 1800's, while Kale was popular for boys.

### Lettuce Boats

**Prep and Cook Time: 15 min.**

#### Ingredients

- Large romaine lettuce leaves
- 1 tomato
- 1 cucumber
- 1 red bell pepper
- 1 avocado
- 1 carrot
- your favorite kind of cheese

#### Instructions

1. Cut the tomato, cucumber, and red bell pepper into small pieces.
2. Cut the avocado, remove the pit, and scoop the insides into a bowl.
3. Shred the carrot and the cheese with a cheese grater.
4. Mash up the avocado with a spoon. Use the spoon to spread avocado on a lettuce leaf. Sprinkle carrot on the avocado, then the other veggies. Sprinkle cheese, fold the sides of the lettuce over the cheese, and enjoy!

### Did you know?

There are many different varieties of lettuce and some have unique names, like Green Forest, Hyper Red Ruffled Wave, Marvel of Four Seasons, Pirat, Red Tinged Winter, Revolution, Tango, Winter Wonderland, Deer's tongue and speckled trout....just to name a few!

