

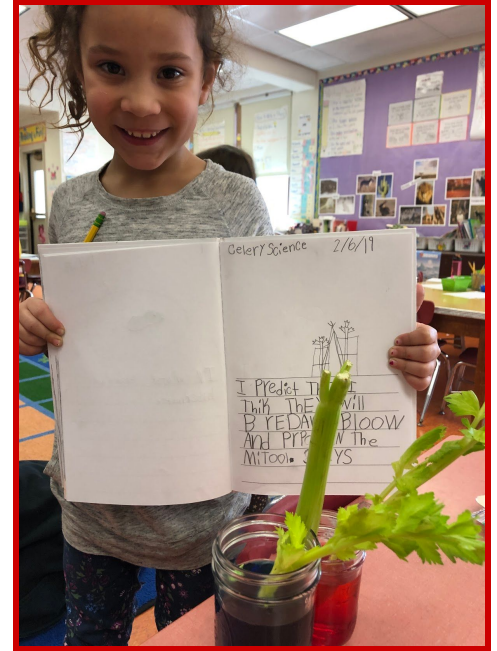


# Monthly Newsletter

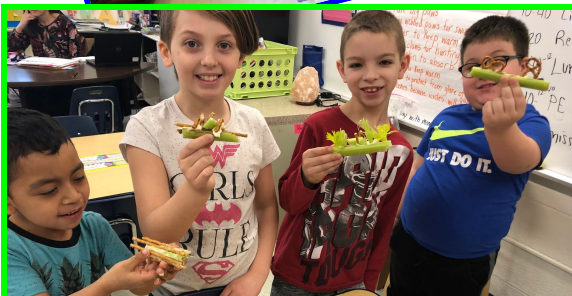
Dear Parents and Families:

Even with all of the snow days and delays we managed to do some fun lessons in February!

**1st graders** practiced the scientific method. We asked “I wonder” questions, made predictions, set up experiments, observed what was happening, and drew conclusions. Through this process, along with games and diagrams, we learned that stems suck up water and that leaves need sunlight to make food and they can grow through a maze towards it! We even got first graders using big science words, like ‘photosynthesis’ and ‘experiment.’



Celery Stem Experiment



**2nd graders** got to play with their food. We encouraged them to use their design skills and imagination to turn celery into ... ships, forests, airplanes, butterflies, and so much more! Teams of students were given a variety of materials to use to create edible sculptures and the results were super creative and yummy.

### Words From Our Students

*“It’s hard work being a garden chef!”*  
Marcus, a 2nd grader at Glenham, as he was making a celery snack creation

**Kindergarteners** created a garden alphabet book. Each student made at least one page with a word and picture representing something in a garden. We put all the pages together so each class has their very own book!



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

# Peas



## chícharos

What do vegetables wish for the most?

Peas on Earth

### Fun Facts about Peas

- Peas are high in iron, which is important for our health because iron helps transport oxygen to different parts of our bodies.
- One serving of peas has more Vitamin C than two apples.
- Peas grow in seed pods. We can eat the pods of snow peas and snap peas but varieties known as shelling peas have pods we can't digest.
- Peas grow best in cool temperatures.
- Peas were first grown in what is now Greece, Turkey, and Syria.
- The official world record for pea-eating is held by Eric "Badlands" Booker at 9.5 one-pound bowls of peas in 12 minutes.



### Roasted Carrots & Peas

**Prep and Cook Time: 30 min.**

#### Ingredients

- 1 ½ lbs. Carrots
- 1 cup thawed, frozen peas
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground ginger
- Salt to taste
- 2 tablespoons chopped parsley
- 2 tablespoons lime juice

#### Instructions

1. Preheat a baking sheet in a 450 degrees F oven.
2. Cut carrots lengthwise into four quarters and toss with olive oil, cumin, coriander ginger. Add salt to taste.
3. Spread on the hot baking sheet and roast 20 minutes
4. Stir in peas and roast 4 more minutes.
5. Toss with chopped parsley and lime juice.
6. Enjoy!



### Did you know??

Peas are climbers! They need something to vine around as they grow. They use tendrils to reach out and wrap around structures for support.

