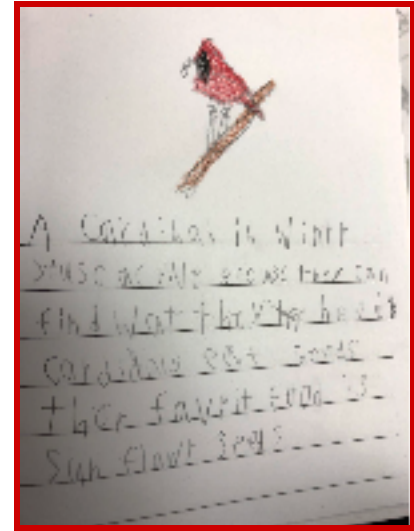


Dear Parents and Families:



Hibernating kids!

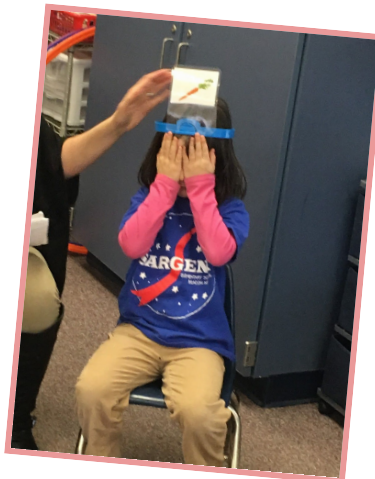
In January **1st graders** learned what garden animals and plants do in the winter. We did all kinds of fun academic activities about life cycles and seasonal cycles. Students even wrote their own garden animal poems!



Tasting sour lemon and sweet apples

Kindergarteners played a fun game of 'Guess the Vegetable' in which they practiced using describing words to communicate to one another about what different veggies look like.

2nd graders are developing their cooking skills and food literacy. We explored flavors, practiced using various cooking tools, read recipes, made a hummus snack, even wrote our own recipes! Ask your 2nd grader about the snack they made. We will distribute all of the classroom and garden recipes we make in a recipe booklet at the end of the school year. If you would like the recipe sooner please inquire and we'll send it along.



Inspiring Students:

After snack one day, a kindergarten student at Sargent asked Mrs. Speedling why they weren't composting the food scraps in the classroom. This student explained why composting is important and convinced the teachers to bring in tins to collect any veggie or fruit scraps. Now, the whole class takes a field trip to the garden once a week to add their snack scraps to the compost!

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

February's Vegetable of the Month

Celery Apio



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

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

Fun Facts About Celery

- 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!
- Celery is a very low-calorie food with only 10 calories per stalk! However, it is full of fiber and important vitamins.
- There are three different varieties of celery- leaf celery, stalk celery & celeriac. Leaf celery is grown for the leaves. Stalk celery is grown for the stem and celeriac is grown for the root.



Celeriac



Leaf Celery



Stalk Celery

Celery and Golden Raisin Salad

Prep and Cook Time: 20 min.

Ingredients

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

Instructions

1. Preheat oven to 500 degrees.
2. Whisk together lemon zest, juice, mustard, and sugar.
3. Slowly pour in olive oil and season with salt and pepper.
4. Add celery, parsley, and raisins.
5. Toss to combine. Season again with salt and pepper.
6. Enjoy!

Celery Flower



Carrot Flower

Did you know??

Celery is closely related to carrots! Take a look at the pictures to compare. They have similar flower shapes-called **umbel**- made up of many short flower stalks which spread from a common point, somewhat like umbrella ribs.