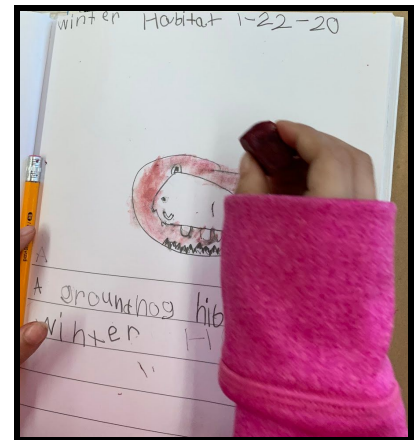
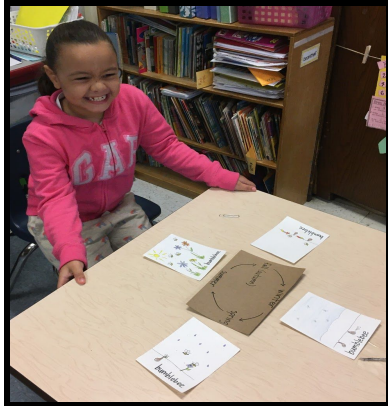


Dear Beacon Parents and Families:

We have so much fun doing indoor garden-based lessons in the winter! We provide hands-on educational activities, make food together, write and draw in garden journals, and use our bodies and voices to learn and reinforce concepts. Check out what we've been up to....

1st grade Garden Scientists focused on how seasonal changes affect plant and animal life cycles.

We learned how all of the animals and plants in the garden habitat adapt to winter.



2nd grade Garden Chefs really put their developing cooking skills to work as they created their own recipes and followed one to make veggie hummus wraps! Ask your 2nd grader about the snack they made and the tools they used.



Words From Our Students:
"That's the best recipe I ever ate!"
 -Ronan,
 2nd grader at JVF



Kindergartener Beginning Gardeners played 'Guess the Veggie' in which they had to use describing words to give clues so players can guess which vegetable they are describing. They also learned that beets can be used as crayons!

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

February's Vegetable of the Month



Presents...

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
- 1/2 cup golden raisins
- 1/2 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. Whisk together lemon zest, juice, mustard, and sugar.
2. Slowly pour in olive oil and season with salt and pepper.
3. Add celery, parsley, and raisins.
4. Toss to combine. Season again with salt and pepper.
5. Enjoy!

Celery 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.



Carrot Flower