



June 2020 Newsletter

Dear Beacon Families, Parents, & Guardians,

We hope you are staying healthy and sane! Over the past few months we have adapted, and we are still working towards our mission of supporting community wellness and food justice through garden-based education. We are joining some virtual classes and we are creating educational videos for students to continue their garden-based learning remotely. We have sent videos to all of the k-2 teachers. You can view them all on our [YouTube channel](#).

Watch the videos to participate in our contest! [Click here](#) to complete a "scavenger hunt" and enter to win a gardening kit prize!



Students are sharing with us their work that they are completing as they follow along with our instructional videos, like drawing insect diagrams at home!

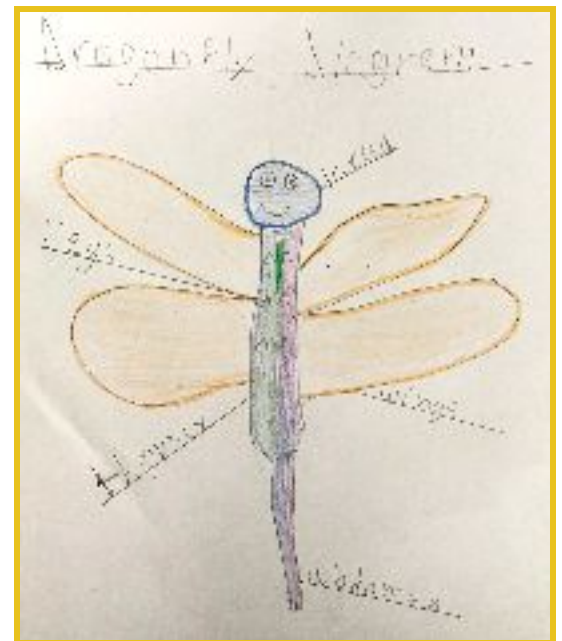
Interested in remote garden-based learning experiences for your kid(s) over the summer?

Please provide us with your contact information [here](#) and we can tell you more about our summer programming...

We had a wonderful school year filled with fresh picked veggies, healthy smiles, sprouting seeds, discoveries, experiments, cooking projects, writing, drawing, reading, exploring, and so much more, as we connected with students through garden-based learning. We missed not seeing everyone these last few months and hope we can gather together in school gardens again next year! Have a fun, healthy, educational, and adventurous summer!

In growth and gratitude,

Ms. Megan, Ms. Diana, & Ms. Nicole





LAND to LEARN

June's Vegetable of the Month is...

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.
5. 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!

