

Monthly Newsletter

Dear Parents and Families:

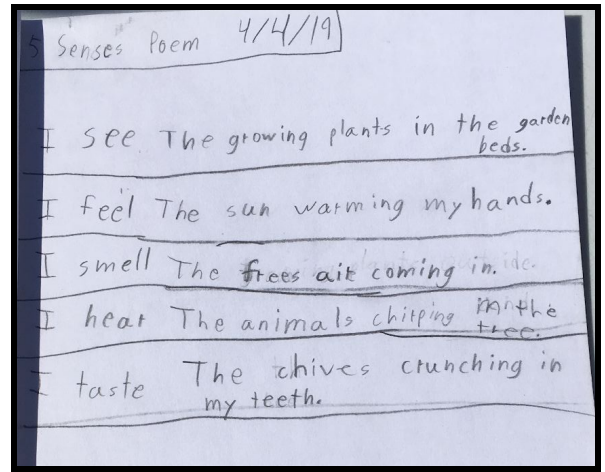
The seeds are sprouting, the insects are buzzing, the sun is shining, and our students are enjoying learning in the gardens! This month **all students sowed seeds** of spinach, carrots, lettuce, beets, turnips, snap peas, and more!

We've been busy awakening and improving the gardens: Sargent got a new shed (after the previous one was damaged), JVF got new planter boxes, South Ave got a fresh layer of woodchips, and Glenham got a new compost bin.

1st graders went on a bug hunt in the garden, searching for both toy insects and real ones. They learned what makes an insect an insect: ask your 1st grader how many legs all insects have...

2nd graders participated in a mindful moment to gain focus before doing close observations of the garden. They wrote 5 senses poems and created detailed drawings of plants and other interesting things they observed in the garden.

Kindergartners planted peas and learned that in order to grow they need soil, water, sunshine, and air.



VOLUNTEER WORK DAY
Come garden with us!
South Avenue
Monday, May 6th
3:00 - 5:00

Sincerely,
Ms. Megan &
Ms. Nicole
Garden Educators

Collards Berzas



What type of shirts do garden greens prefer to wear?

Shirts with collards!

Fun Facts about Collard Greens

- In places that are warm year-round, collard plants can grow really tall. Some have even grown past 11 feet! →
- In the southern United States, collard greens are often eaten on New Year's Day to ensure wealth in the coming year because their leaves resemble folded money.
- Collard greens are a member of the cabbage family.
- Most vegetables are healthiest when eaten raw. Collards are actually better for you when they are cooked!



Collards & Bacon Bits

Prep and Cook Time: 15 min.

Ingredients

- 1 bunch of collard greens
- 1 slice of thick-cut bacon, diced
- 2 cloves of garlic, chopped
- ½ teaspoon of salt

Instructions

1. Place the chopped bacon in a pan over medium-low heat and cook for 5 min.
2. While the bacon is cooking, remove the collard leaves from the stems and slice the leaves into thin strips.
3. Add the chopped garlic to the pan and cook for 1 minute.
4. Add the collard greens and salt. Stir well to coat the greens with the bacon fat, reduce heat to low, and cook for 5 min. until the collard leaves look soft. If you like them softer, cook for an additional 5 min.
5. Enjoy :)

Did you know??

Although many cultures have enjoyed greens throughout history, collards are thought to have made their way to the United States alongside slavery. There were many gardens of enslaved peoples that included this important crop and it continues to be a staple in soul food dishes.

