



Monthly Newsletter



Dear Parents and Families:

It has been such an exciting month, getting back into the classrooms and gardens! It's quite a thrill to be welcomed back by our students with big hugs and cheers for garden time. First graders are eagerly putting on their imaginary scientist caps as we become garden scientists, exploring the world of the garden habitat and all its inhabitants. Second graders are psyched to be garden chefs this year, diving right into the task of harvesting fresh ingredients from the school garden and developing their chef skills while making salsa.



1st graders find critters in the garden habitat and learn who eats what. Is that caterpillar an herbivore? Is that ladybug a carnivore? Hmm...I wonder what this beetle eats?

2nd graders are beginning to grasp the concept of where food comes from, a theme we will cover throughout the year. Students completed a scavenger hunt for edible plant parts. Do we eat all parts of plants? Yes we do!

We got to harvest tomatoes, sweet lunchbox peppers, and cucumbers for our homemade chunky salsa that we enjoyed with tortilla chips. Everyone collaborated to make the delicious dip!

We learned all about a traditional way of making salsa and even about salsa music and dance from a bi-lingual book we read called Salsa.



Kindergarteners are being introduced to their school garden, the vegetable of the month program, and monthly garden time class with Ms. Megan. They are learning how to behave respectfully in the garden classroom and may even get to pick some carrots right out of the ground!

Stop by to buy produce at School Crop Shops! Click [Here](#) for schedule and info.



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

Student-Run
Garden Markets



Presents...

October's Vegetable of the Month

Carrots Zanahorias



How do you know carrots are good for your eyes?

You never see a rabbit wearing glasses!

Fun Facts about Carrots

- Carrots were cultivated almost 5,000 years ago. These carrots were purple and yellow.
- Today, you can get orange, purple, white, red or yellow carrots.
- The longest carrot ever recorded was nearly 17 feet long!
- Europeans once used carrot tops to decorate their hats.
- One cup of carrots provides more than 200% of the Recommended Daily Allowance of Vitamin A which is essential for healthy vision and smooth skin. It also helps your body fight infections.

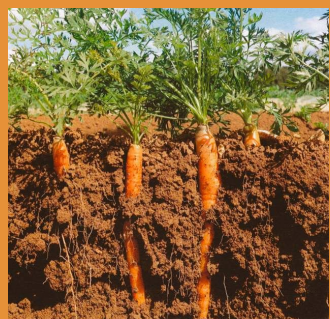
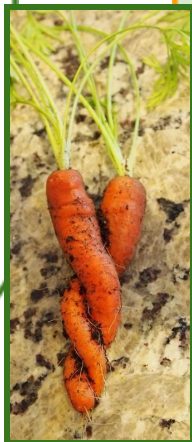
Moroccan Carrot Salad

Ingredients

- 1 lb carrots
- 1/4 cup mint, cilantro, or parsley (chopped)
- 3 tablespoons lemon juice
- 1/4 cup Olive oil
- 1 tablespoon honey
- 3 garlic cloves, minced
- 1/2 teaspoon cumin
- 1/4 teaspoon cinnamon
- 1 teaspoon paprika
- Salt to taste

Instructions

1. Coarsely grate the carrots into a large bowl
2. Add olive oil, lemon juice, honey, and garlic
3. Add cumin, cinnamon, and paprika
4. Mix well, then add mint, cilantro, or parsley
5. Add salt to taste
6. For best flavor, cover and allow to marinate in refrigerator for at least 2 hours or up to 2 days



Did you know??

When you eat a carrot, you are eating the root of the plant. You won't know what your carrot will look like until you harvest it by digging it up. Sometimes they grow into funny shapes!