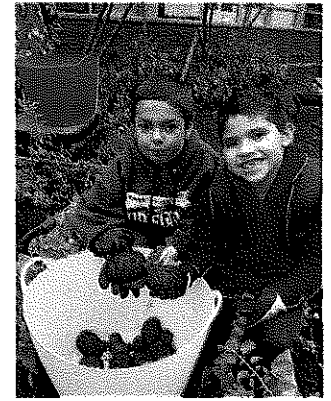


**Salem-Keizer Education Foundation  
Learning Gardens  
2012 - 2013**



<b>Elementary</b>	<b>Garden Size (sq ft)</b>	<b>Pounds Produced</b>
Grant Courtyard Garden	2,400	200
Grant Compost Demo Garden	1,300	140
Grant (Salem Alliance)	4,000	300
Washington Elementary	2,000	80
McKinley Elementary	3,700	200
Four Corners Elementary	6,400	800
<b>Middle Schools</b>		
Parrish Courtyard Garden & Edible landscape	1,900	100
Parrish Greenhouse Garden	4,800	225
Waldo	2,500	150
Houck	6,000	80
<b>High School- North Salem</b>	<b>2,000</b>	<b>700</b>

\* 39 volunteer work parties at 8 schools for 2245 total hours.

\* Tasting tables allowed 5,900 students to try new 700 lbs of fruits and vegetables provided by LifeSource.

\* 4 Garden Coordinators taught 460 students gardening in SKEF's Before and After School Programs.

\* Allied Waste, Suburban Garbage, Scott's Fertilizer Co, and Atlas Bark donated 230 yards of potting soil, compost and wood chips to the gardens. (\$6,000 value)

\* All Clad Cookware donated 5 cooking sets. (\$5,000)

\* K & E Excavation, Kraft Masonry and Jim Roth provided grading services. (\$1,000)

\* Dr. James Cassidy, OSU Soil scientist, and his students provided 25 hours teaching our students, facilitating a meeting, and building our composters.

\* Oregon Department of Agriculture Specialty Crop Grant resulted in additional support from Marion County Environmental Services, Marion Soil and Water Conservation District, City of Salem, Whole Foods, Kaiser Permanente, Spirit Mountain Community Fund and Goodman Family Trust. (more than \$250,000)

\*SKEF Learning Gardens program provides Oregon's only K-12 specialty crop continuum.





**SALEM-KEIZER  
EDUCATION  
FOUNDATION**

**LEARNING GARDENS MISSION:** From container gardening to edible landscaping, Learning Gardens inspire a sense of environmental stewardship as well as respect for self and others and a desire to strengthen this through growing food.

# GROW TASTE

WINTER 2013



## Garden Updates

**Happy 2013 from Grow, Taste, Learn! We hope you all have resolved to eat more fruits and veggies! We know we have!**

To start 2013 off with a bang, we started our weekly rotating tasting tables. LifeSource is generously providing the yummy produce and staff member Helen to join us at the tasting tables again this year. (Hi Helen, thanks for all your help!) Watch out! We may be coming to your school next!

### January

- 17 - Grant Elementary School
- 31 - Parrish Middle School

### February

- 7 - McKinley Elementary School
- 14 - Houck Middle School
- 21 - Washington Elem. School
- 28 - Waldo Middle School

### March

- 7 - Four Corners Elementary School
- 14 - North High School

The new green house located at Parrish Middle School (donated by Marion-Polk Food Share, thank you!) has large plans ahead of it! This 30 ft. by 30.ft structure will be the proud home to an aquaponics set up. What's aquaponics you ask? Aquaponics uses the waste given off by the plants to feed fish and the waste given off by the fish to feed the plants, making a complete cycle. So there will be water, fish, and plants growing delicious veggies. I ask you, what's not to love!? This will be a great learning opportunity for our students! The green house will use half of the space for growing produce with this aquaponics set up and the other half for growing vegetable plants for the school gardens and to sell to the community.

The Parrish greenhouse is already showing to be a great learning tool for students. Parrish staff members Autumn Greenwood, with the LRC program and Mike Suchy, with the EGC program have been big supporters of the garden program since day one. They are always looking for ways to incorporate the garden into class time. The greenhouse will now allow them to bring their students out to the garden year round and develop new learning experiences with the aquaponics set up.

Parrish Middle School won't be the only school to benefit from this awesome greenhouse. North High School's science teacher, Rich Swartzentruber will be using the green house with his horticulture students. His two classes will be able to dig deeper into aquaponic lessons and compare it to conventional growing inside and outside the greenhouse.

### Are you an experience aquaponics grower?

We could use your help! If interested please contact: [schoolgardens@skeducationfoundation.org](mailto:schoolgardens@skeducationfoundation.org) to get involved!

## Wish List

- Point and shoot camera
- Gift cards to use for our food and nutrition classes and building materials
- Compost
- Potting soil
- Clear Plexiglas or fiberglass for frames
- Paint brushes all sizes
- Sheets of plywood
- 2 x 10 (or any size) cedar for building garden beds
- iPad
- Tool sheds
- Chain-link fencing
- Patio equipment
- Give the gift of your time to help out with the garden program!

## Attention Parents

Are you interested in helping out with the school garden? Gardening is a great way to get outdoors and spend time with the kids. Help is always needed in the gardens! Contact SKEF Learning Gardens Director, Brenda Knobloch, at [brenda@skeducationfoundation.org](mailto:brenda@skeducationfoundation.org) to get involved.





# FAMILY NEWSLETTER

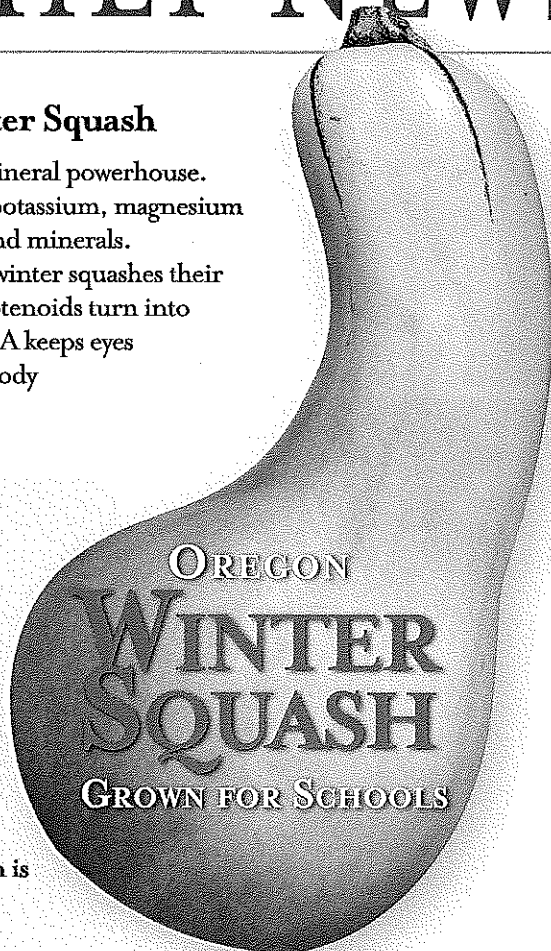
## Nutrients Found in Winter Squash

■ Winter squash is a vitamin and mineral powerhouse. It provides vitamin A and C, fiber, potassium, magnesium and many other essential vitamins and minerals.

■ Pigments called carotenoids give winter squashes their deep yellow and orange colors. Carotenoids turn into vitamin A in your body. ■ Vitamin A keeps eyes and skin healthy. It also helps your body fight infections.

## Quick and easy!

Cut the squash in half with a heavy knife. Scoop out the seeds and strings. Place the halves cut side up in a roasting pan and add about ¼ inch of water. Place a little butter in the cavity of each half, salt lightly, cover with foil and bake at 400 degrees for 30 minutes. Remove foil and continue roasting until the squash is tender; about 30 minutes more.



## Recipe Pumpkin Nut Bread

Makes 2 loaves, 16 servings per loaf

### INGREDIENTS

2 cups cooked, mashed pumpkin or one 16-ounce can pumpkin  
 4 medium or large eggs  
 2 cups sugar  
 2/3 cup vegetable oil  
 2/3 cup water  
 3 1/3 cup flour  
 2 teaspoons baking soda  
 1/2 teaspoon baking powder  
 1 teaspoon salt  
 1 tablespoon cinnamon  
 1 cup raisins (or other dried fruit) and 1 cup chopped nuts

## Grown in Oregon

Winter squash is harvested mid-September through October. It stores well and is available until late winter. Contact your extension office for local harvest dates.

■ Sweet Meat squash is a Northwest heirloom. This 10 to 15 pound slate gray round squash was grown by an Oregon family for 100 years and sold by Gill Bros. Seed Company of Portland. The rich, sweet flavor of sweet meat squash is said to make the best pies, creamiest soups, savory side dishes and the tastiest muffins.

## Healthy, Fit and Ready to Learn

Eating vegetables is important. They provide vitamins and minerals and most are low in calories. It's easy to eat more vegetables! ■ Try sipping on some vegetable soup.

■ Cook fresh or frozen vegetables in the microwave. ■ Brighten your salad with cubes of roasted winter squash. Find tips for adding more vegetables to your day at <http://www.choosemyplate.gov/>

### DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Oil and flour two 9 x 5 loaf pans.
3. Mix pumpkin, eggs, sugar, oil, and water in medium bowl.
4. Mix dry ingredients in a separate bowl. Add raisins and nuts to flour mixture. Add pumpkin mixture to flour mixture. Stir just until mixed.
5. Add half the mixture to each loaf pan. Bake for about an hour, or until a knife inserted in center comes out clean.
6. After the bread has cooled for about 15 minutes, it should come out of the pan easily. When completely cool, wrap bread in plastic.

**Bright Idea:** When cool, wrap one loaf well and freeze for later.

Nutrition Information per serving:  
 Calories 190; carbohydrate 27 grams; fat 18 grams; protein 3 grams; fiber 2 grams.

Source: [healthyrecipes.oregonstate.edu/](http://healthyrecipes.oregonstate.edu/)

### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

## Nutrientes que contiene la calabaza de invierno

- La calabaza de invierno es una fuente importante de vitaminas y minerales. Proporciona vitamina A y C, fibra, potasio, magnesio y muchas otras vitaminas y minerales esenciales. ■ Sus colores amarillo intenso y anaranjado provienen de unos pigmentos llamados carotenoides. Los carotenoides se convierten en vitamina A en el cuerpo.
- La vitamina A mantiene los ojos y la piel saludables. También ayuda al cuerpo a combatir las infecciones.

### ¡Rápida y fácil!

Corte la calabaza a la mitad con un cuchillo grande. Quite las semillas y los hilos. Coloque las mitades cortadas boca arriba en una fuente para horno y añada aproximadamente ¼ pulgada de agua. Ponga un poquito de mantequilla en la cavidad de cada mitad, sale ligeramente, cubra con papel aluminio y hornee a 400 grados durante 30 minutos. Quite el papel aluminio y continúe asando hasta que la calabaza esté tierna, unos 30 minutos más.

CALABAZA  
DE INVIERNO  
DE OREGÓN  
CULTIVADAS PARA  
ESCUELAS



LA COCINA DE OREGÓN

## Receta de pan de calabaza y nuez

Rinde 2 barras, 16 porciones por barra

### INGREDIENTES

- 2 tazas de calabaza pisada cocinada o una lata de calabaza de 16 onzas
- 4 huevos medianos o grandes
- 2 tazas de azúcar
- 2/3 taza de aceite vegetal
- 2/3 taza de agua
- 3 1/3 tazas de harina
- 2 cucharaditas de bicarbonato de sodio
- 1/2 cucharadita de polvo de hornear
- 1 cucharadita de sal
- 1 cucharada de canela
- 1 taza de pasas (u otra fruta seca) y 1 taza de nueces picadas

### INSTRUCCIONES

1. Precalentar el horno a 350 grados F.
2. Aceitar y enharinar dos moldes de 9 x 5.
3. Mezclar la calabaza, los huevos, el azúcar, el aceite y el agua en un recipiente mediano.
4. Mezclar los ingredientes secos en un recipiente separado. Añadir las pasas y las nueces a la mezcla de harina. Añadir la mezcla de calabaza a la mezcla de harina. Revolver hasta que esté mezclada.
5. Añadir la mitad de la mezcla a cada molde. Cocinar durante una hora o hasta que al insertar un cuchillo en el centro este salga limpio.
6. Después de que el pan se haya enfriado durante unos 15 minutos, deberá desmoldarse fácilmente. Cuando esté completamente frío, envolver el pan en plástico.

**Idea inteligente:** Cuando esté frío, envuelva bien una barra y congélela para más adelante.

Información nutricional por porción: Calorías 190; carbohidratos 27 gramos; grasas 18 gramos; proteínas 3 gramos; fibra 2 gramos.

Fuente: [healthyrecipes.oregonstate.edu/](http://healthyrecipes.oregonstate.edu/)

## Cultivada en Oregon

La calabaza de invierno se cosecha a mediados de septiembre y hasta finales de octubre. Se conserva bien al guardarla y se la puede obtener hasta el final del invierno. Comuníquese con su oficina de extensión para obtener las fechas de la cosecha local.

■ La calabaza de pulpa dulce es una reliquia familiar del noroeste. Esta calabaza redonda gris pizarra de 10 a 15 libras de peso fue cultivada por una familia de Oregon durante 100 años y vendida por Gill Bross. Seed Company de Portland. Se dice que el sabor profundo de la pulpa dulce de esta calabaza produce los mejores pasteles, las sopas más cremosas, los acompañamientos más sabrosos y los muffins más ricos.

## Saludable, en buen estado físico y listo para aprender

Es importante comer verduras. Ellas proporcionan vitaminas y minerales y la mayoría tiene pocas calorías. ¡Comer más verduras es fácil! ■ Pruebe beber una sopa de verdura.

■ Cocine verduras frescas o congeladas en el microondas. ■ Alegre su ensalada con cubos de calabaza de invierno asada. Encuentre más sugerencias para añadir más verduras a su día en <http://www.choosemyplate.gov/>

### CANTIDADES DIARIAS RECOMENDADAS DE FRUTAS Y VERDURAS

	Niños de 5-12 años	Adolescentes y adultos de 13 años y más
Varones	2 ½ – 5 tazas por día	4 ½ – 6 ½ tazas por día
Mujeres	2 ½ – 5 tazas por día	3 ½ – 5 tazas por día

Si hace una vida activa, coma la cantidad más grande de tazas por día. Visite [choosemyplate.gov](http://www.choosemyplate.gov) para obtener más información.



SALEM-KEIZER  
EDUCATION  
FOUNDATION

**DECLARACIÓN DE MISIÓN DE JARDINES DE APRENDIZAJE:** Desde cultivando jardines en maceteros hasta haciendo huertas, Jardines de Aprendizaje inspira un sentido de administración del ambiente, respeto de sí mismo y a los demás, y un deseo de reafirmar esto por medio de producir alimentos.

# CRECER SABOREAR

INVIERNO 2013



## Boletín de Noticias para el Invierno

**¡Feliz 2013 de parte de Crecer, Saborear, Aprender!**  
**¡Esperamos que han resuelto comer más frutas y vegetales!**  
**¡Nosotros lo hemos hecho!**

Para empezar 2013 con emoción, empezamos nuestras mesas para probar frutas y vegetales cada semana. La tienda LifeSource ha sido generosa en proveer productos y la ayudante Helen para juntarse con nosotros otra vez este año. (Hola Helen, gracias por toda su ayuda) Mira! Podría ser que vamos a venir a su escuela la próxima vez.

### Enero

17 – Primaria Grant  
31 – Secundaria Parrish

### Febrero

7 – Primaria McKinley  
14 – Secundaria Houck  
21 – Primaria Washington  
28 – Secundaria Waldo

Hay planes grandes para el futuro del invernadero localizado en la secundaria Parrish (donado por Marion-Polk Foodshare, gracias!) Esta estructura de 30 pies por 30 pies será el lugar de un sistema de acuaponics. Que quiere decir acuaponics, Usted está preguntando? Acuaponics usa el desecho producido por plantas para alimentar pescados y usa el desecho producido por pescados para alimentar las plantas, haciendo un ciclo completo. Así que habrá agua, pescado, y plantas creciendo vegetales deliciosos. ¿Le pregunto, quien no le gusta eso!? Esto será una gran oportunidad de aprender para nuestros estudiantes. El invernadero usará la mitad del espacio para crecer frutas y vegetales con este sistema de acuaponics y la otra mitad para crecer vegetales para los jardines de las escuelas y para vender a la comunidad.

El invernadero ya esta enseñando mucho a los estudiantes. El personal, Autumn Greenwood, con el programa de LRC y Mike Suchy, con el programa de EGC han sido un apoyo grande del programa de jardín desde el primer día. Ellos siempre están buscando una manera de incluir el jardín en sus horas de clase. Ahora, el invernadero permitirá que traigan sus estudiantes afuera al jardín todo el año y desarrollar nuevas experiencias con acuaponics.

### Marzo

7 – Primaria Four Corners  
14 – Preparatoria North

La secundaria Parrish no será la única escuela que va a beneficiar de este invernadero. El maestro de ciencia de la secundaria North Salem, Rich Swartzentruber estará usando el invernadero con sus estudiantes de horticultura. Sus dos clases podrán aprender más de acuaponics y compararlo a crecer tradicionalmente afuera y adentro del invernadero.

### Tiene Ud. Experiencia con acuaponics?

Podemos usar su ayuda. Si esta interesado, por favor contacta: [schoolgardens@skeducationfoundation.org](mailto:schoolgardens@skeducationfoundation.org).

## Lista de Deseos

- Una camera
- Tarjetas de dinero para usar con nuestras clases de comida y nutrición y para comprar materiales de construcción
- Compost
- Tierra para plantar
- Fibra de vidrio para construir cajas
- Madera contrapachada
- Brochas para pintar (todos tamaños)
- Madera de cedro para construir camas del jardín
- iPad
- Cobertizos para herramientas
- Materiales para construir cercas
- Equipo de patio
- ¡Usted puede ser voluntario y donar su tiempo

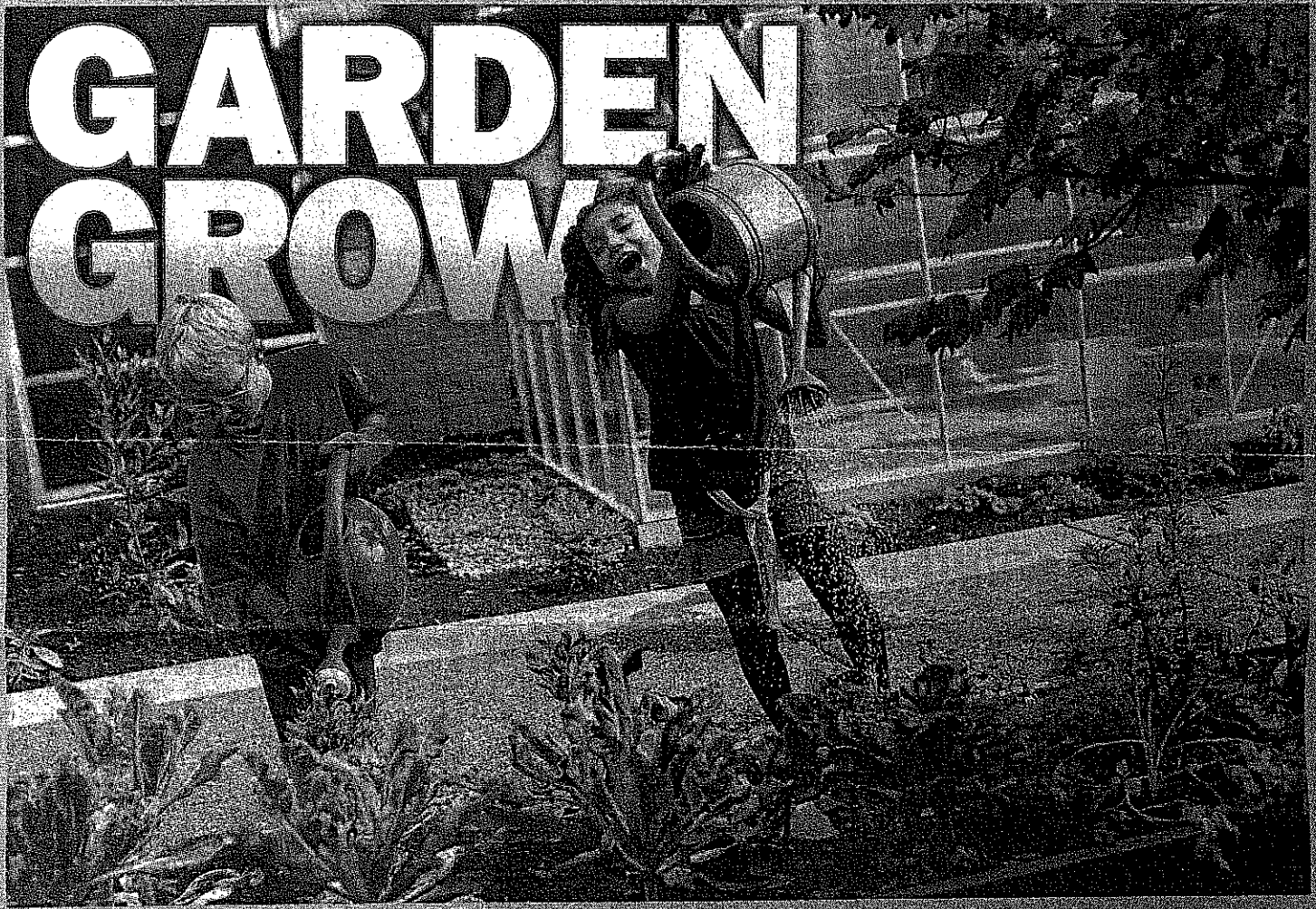
## Attention Parents

Esta usted interesado en ayudar en el jardín de la escuela? La jardinería es una manera excelente para salir afuera y estar con los niños. Siempre se necesita ayuda en los jardines! Puede ponerse en contacto con la Directora de los Jardines de Aprendizaje, Brenda Knobloch, en [brenda@skeducationfoundation.org](mailto:brenda@skeducationfoundation.org).



# GRANTS HELP LOCAL SCHOOLS MAKE THEIR...

# GARDEN GROW



Mitchell Alford (left) and Taylenne Urieta-Johnson water plants at Grant Elementary School. Several area schools have received grants to expand garden programs, adding color and flavor to the learning environment. THOMAS PATTERSON / STATESMAN JOURNAL

## Salem-Keizer Education Foundation teaches children about nutrition, science, agriculture

BY STEFANIE KNOWLTON  
Statesman Journal

Twice a week students pluck produce, rake leaves and sample vegetables — including ones they've never heard of — at Grant Community School garden.

This week they eagerly munched on fresh slices of kohlrabi, a member of the cabbage family.

"It tastes a little bit like celery," first-grader Selisa Torres said.

Last year Salem-Keizer Education Foundation launched learning gardens at three Salem schools as part of a pilot pro-

gram through the Oregon Department of Agriculture. This year, the department gave the program \$91,000 to support the three existing schools and to expand to two more.

Students at McKinley Elementary School and North Salem High School will tend raised-bed gardens that could furnish greens to the lunch line as well as provide educational opportunities. Eventually North Salem High School might offer a horticulture class where students can earn college credit.

"We're not just building gardens," coordinator Brenda Knobloch said.

*"We're not just building gardens. We're trying to create interest in how food is grown, and if they're growing it, they'll more likely eat it."*

**BRENDA KNOBLOCH**  
registered horticulture therapist

## SCHOOL GARDENS WISH LIST

- Compost
- Small spades for young gardeners
- Soil mix from Highway Fuel or Terra Gardens
- Potting soil (bulk or bagged)
- Children's gloves
- Shrubs and trees for demonstration landscape
- Four patio sets for courtyard gardens
- 4x4x10' cedar lumber
- Tool sheds 6x8 to 10x12
- Starter plants including cabbage, broccoli, kale, cauliflower, collards and Brussel sprouts
- Blueberries, Sunshine blue raspberries, fall huckleberry, strawberries and everberries
- Volunteers

**For information:** Call (503) 364-2933

# Garden

Continued from 1A

"We're trying to create interest in how food is grown," she said, "and if they're growing it, they'll more likely eat it."

The learning gardens incorporate nutrition education, healthy eating, the environment and science. At McKinley Elementary, Knobloch teaches third graders about life cycles, soil building and how to construct cold frames and plant cover crops during science class.

She is a registered horticulture therapist trained to build interactive spaces that draw people outdoors. The grant helps pay for her position and a part-time coordinator.

Salem-Keizer's program also is one of about 50 in the U.S. to get a service member from FoodCorps, which is a partner of AmeriCorps. Service member Christopher Chemsak works with students after school and helps develop lessons for the classroom, including a composting program at Grant Community School.

These experiences could encourage students to be Oregon's future soil scientists or crop specialists. That's one of the reasons Oregon Department of Agriculture supports the program, said Michelle Markesteyn Ratchliffe, ODA's farm-to-school program manager.

"It opens a whole new world of possibilities for them," she said.



Brenda Knobloch teaches children at Grant Elementary School about kohlrabi. THOMAS PATTERSON / STATESMAN JOURNAL



Kylie Buckmaster takes a break from raking at Grant Elementary School. THOMAS PATTERSON / STATESMAN JOURNAL

In addition, it promotes agriculture and food literacy, she said, and encourages schools to buy local produce.

Other groups have stepped up to help the school garden effort, including Marion-Polk Food Share,

which operates school gardens at Four Corners and Hammond elementary schools. Sodexo, Salem-Keizer School District's food service company, kicked in gardening tools and supplies. And the city of Salem

donated \$1,000 to help build a greenhouse and get the garden program at Parrish Middle School off the ground.

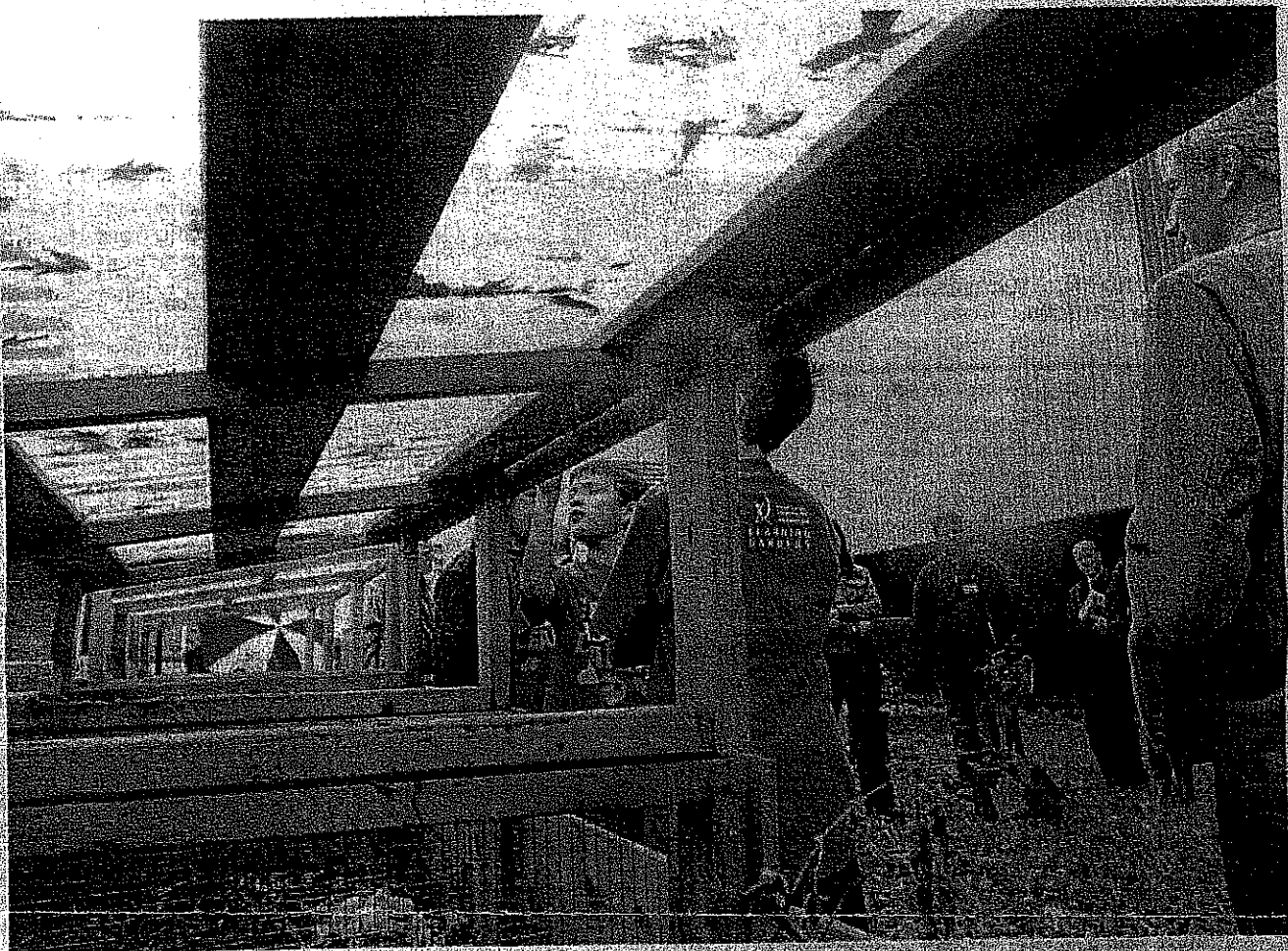
Parrish transformed a paved corridor into a garden courtyard with multiple raised beds, dozens of potted plants, a picnic table and colorful wall mural. Students tend the garden as part of the Salem-Keizer Education Foundation's after-school program.

Sixth-grader Daisy Orozco likes garden club, she said, because she learns how to take care of plants and gets to try new vegetables such as lettuce that taste sweet like cherries.

"This is the best club you could ever be in," she said.

sknowlto@StatesmanJournal.com (503) 399-6735 or follow at twitter.com/SJEducation

# Garden of eatin'



Rep. Kurt Schrader views the composting system. Local luminaries learn about Grant Community School's garden program and the state's effort to increase farm-to-school initiatives. THOMAS PATTERSON/STATESMAN JOURNAL

## Students grow produce for the school cafeteria, charity

By Stefanie Knowlton  
Statesman Journal

Students at Grant Community School beg for roasted Brussels sprouts, devour kale and enthusiastically compost the cafeteria's food scraps.

It's all the result of the school's learning garden, which produced more than 600 pounds of produce and helped divert 70 percent of the school's waste into the compost bin.

Students showed off their rain garden, compost bins and brightly colored raised beds to legislators Wednesday as part of national farm-to-school month.

"We chose native plants," fourth-grader Kadin Price said about the rain garden.

Oregon is renowned nationally for its efforts to bring local food and produce into school cafeterias from farms and school gardens.

"It is a national model," said Deborah Kane, former organizer for Ecotrust's Food & Farms program who now leads the USDA Farm to School Program. "It is one of the most advanced, exciting farm-to-school approaches in the country."

What makes Oregon

## LEARNING GARDENS

Salem-Keizer Education Foundation helps maintain eight Salem-Keizer learning gardens. For information go to [www.skeducationfoundation.org/pages/school\\_gardens](http://www.skeducationfoundation.org/pages/school_gardens)

5,900 students tried 700 pounds of fruits and vegetables provided by LifeSource at tasting tables

460 students worked in gardens before and after school

3,000 pounds of produce produced in eight gardens

\$124,000 in support from Oregon Dept. of Ag, Marion County Environmental Services, Marion Soil and Water, City of Salem, Whole Foods and Kaiser Permanente

Source: Salem-Keizer Education Foundation



CHEVROLET CADILLAC SCION  
TOYOTA SUBARU

## Sharing GoodNews

Recognizing positive stories that drive us forward.

## ONLINE

See this story at [StatesmanJournal.com/schools](http://StatesmanJournal.com/schools) to see a photo gallery of Grant's garden.



# Mid-Valley



Rep. Kurt Schrader joins schoolchildren in an apple-tasting. Local luminaries learn about Grant Community School's garden program and the state's effort to increase farm-to-school initiatives. **THOMAS PATTERSON/STATESMAN JOURNAL**

## Garden

Continued from Page 1C

unique is the wide range of support from health advocates and environmentalists to the Department of Agriculture and the business community.

This year Oregon will offer about \$200,000 in farm-to-school grants designed to bring more Oregon-grown food to the lunchroom and create learning opportunities such as school gardens.

Supporters, including Rep. Brian Clem, D-Salem, hope to sponsor a bill to boost that to \$5 million in the next legislative session.

The increased funding could allow schools such as Grant to maintain and expand their pro-

grams and allow more schools develop their own.

Grant's learning garden is one of eight in the Salem-Keizer School District developed with an Oregon Department of Agriculture grant that runs out this month.

Salem-Keizer Education Foundation, which runs the garden program, is applying for new grants to keep it thriving.

"We are working very diligently with multiple partners to continue this program," said SKEF's Executive Director Krina Lemons.

The nonprofit receives support from local businesses and nonprofits as well as being one of 50 national sites to host Food Corps service members.

Lemons hopes to expand the garden program to four Salem-Keizer schools on the waiting

list. At the most basic level, the garden program is about nutrition, she said.

"If they grow it, they're more likely to taste it," said Brenda Knobloch, who runs the eight Salem-Keizer school gardens.

Beyond that, students learn about life science, the environment as well as math and engineering. Grant students calculated how large to build their rain garden based on the volume of rain it would need to handle.

School gardens also build a sense of community. Kindergartners at Grant brought food scraps from home to put in the compost bins and students grew produce they donated to neighbors and food banks.

sknowlto@statesmanjournal.com  
or (503) 399-6735

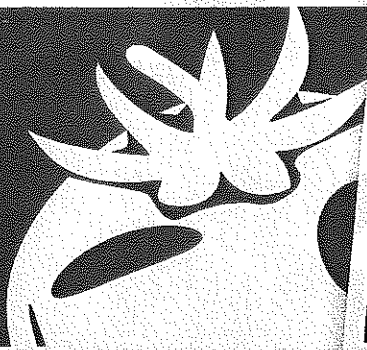


**SALEM-KEIZER  
EDUCATION  
FOUNDATION**

**LEARNING GARDENS MISSION:** From container gardening to edible landscaping, Learning Gardens inspire a sense of environmental stewardship as well as respect for self and others and a desire to strengthen this through growing food.

# GROW TASTE LEARN

FALL 2012



## Garden Updates

With the school year in full swing now, things in the garden just keep growing and growing...and we don't just mean plants! To catch you up to speed, here is a quick glance at what we have going on at our school gardens. Enjoy!!

**Parrish Middle School:** Now home to our largest green house! In August we put up a 30ft by 30 ft. green house, which we keep up busy during the winter season. We also hope to set up an aquaponics system in the near future! We are excited to see classes using the gardens during bell time to enhance their learning experience.

**North High School:** Can you say tomatoes! This garden proves how beneficial it is to have drip irrigation and great compost. Working alongside the field biology/horticulture teacher Rich Schwartzentruber, the garden has produced 100's of pounds of tomatoes and some pretty tasty cucumbers, peppers and herbs.

**Grant Community School:** Ahoy there matey! No, we don't have pirates, but we do have a boat in the rain garden! The students at Grant can't get enough of garden club (or kohlrabi). They have been working hard on giving the boxes a new coat of paint, planting winter crops, and adding to the rain garden (hello boat!) and harvesting of course!

**Washington Elementary and Waldo Middle School:** The Waldo Rythum and Roots garden club is spending their first hour working together to beautify their schools two courtyards with planters filled with edibles and seasonal color. In the second hour they walk to the Washington Elementary garden and enthusiastically share their leadership skills as they help school garden coordinator, Brenda Knobloch, doing planting, harvesting and eating with 40 Washington students each week.

**Houck Middle School:** Garden club has grown! We now have 12 garden club members, which is good because we have lots going on. In September a local Eagle Scout installed 4 new raised beds with trellises. We are working on putting the beds to sleep for the winter and waking the green house up to start some seedlings! As if we don't have enough going on we are hoping to add a mini vineyard to supply us with juicy grapes!

**Four Corners Elementary School:** Harvest, harvest, harvest!! We have pumpkin, broccoli, squash, strawberries, tomatoes, carrots, beans and so much more! Garden club members are having a blast picking their favorite produce and taking them home to share with family. A great partnership has flourished between SKEF, Marion-Polk Food Share, and Trinity United Methodist Church (who's land the garden is on). The result is a beautiful community garden!

**McKinley Elementary School:** Where will you find 30 McKinley students during recess? Out in the garden of course! Once a week we are having a "Lunchbox Garden Club" open to all students during recess. So far we have been enjoying crunching on the freshly picked produce and learning about the different plants that are growing in the beds.

## What's Growing On?

SCHOOL	DATE	GARDEN EVENT
Parrish	Oct. 24	Food Drive and Garden Tours <i>Donate food and tour the gardens and greenhouse.</i>
Houck	Oct 25	Enjoy apple tasting at family night.
McKinley	Oct 26	Tasting Table during recess-Apples!
Parrish	Oct 27	Make-a -Difference Day <i>Volunteer and be a part of beautifying the front of the school and building the greenhouse! Community Service opportunity!</i>
Grant	Oct. 29-30	Apple tasting at the student Jog-a-Thon
Grant	Oct 31	Legislators visit the school garden

### November – Weekly Tasting Tables!

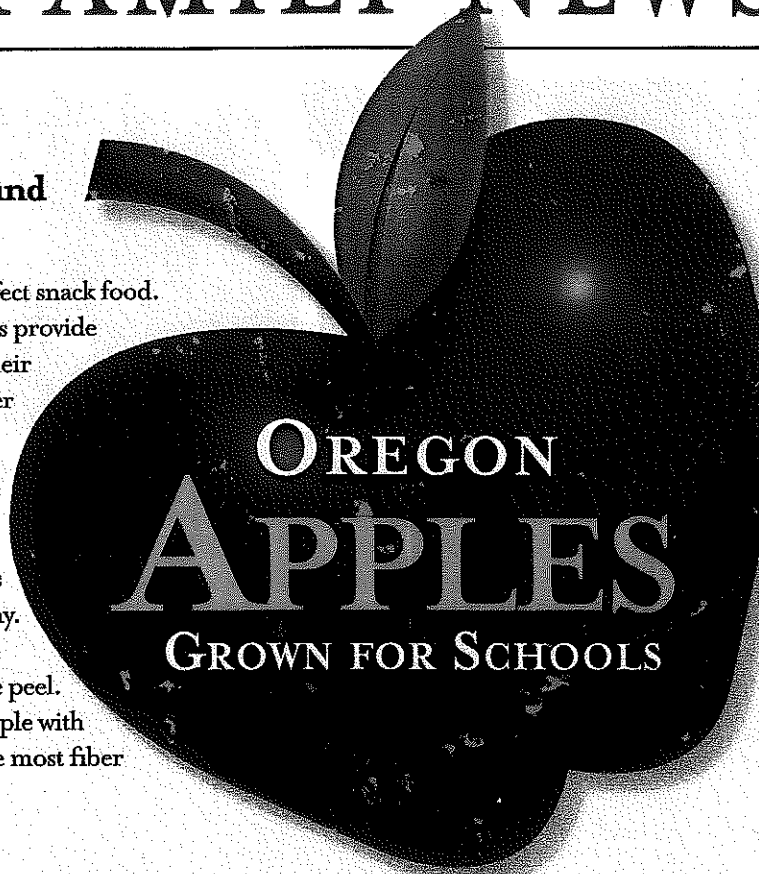
## Attention Parents

Are you interested in helping out with the school garden? Gardening is a great way to get outdoors and spend time with the kids. Help is always needed in the gardens! Contact SKEF Learning Gardens Director, Brenda Knobloch, at [brenda@skeducationfoundation.org](mailto:brenda@skeducationfoundation.org) to get involved.



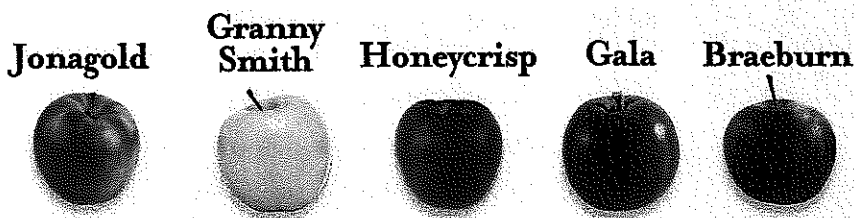
## Nutrients found in Apples

- Apples are a perfect snack food. Their natural sugars provide quick energy and their fiber makes the eater feel full.
- Apples have vitamin C, potassium and other nutrients that keep you healthy.
- Apples are best when eaten with the peel. When you eat an apple with the peel, you get the most fiber and nutrients.



## Grown in Oregon

Apples grow in all parts of Oregon. The major apple producing areas include the Willamette Valley and along the Columbia River Gorge. Oregon apples are harvested from July through November. Apples store well and are available year-round.



## Healthy, Fit and Ready to Learn

- Before you eat, think about what goes on your plate or in your cup or bowl. ■ Fruits and vegetables contain the nutrients you need without too many calories. Fill half your plate with fruits and vegetables at every meal.

### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.

## Quick and easy!

- Enjoy eating a fresh apple whole or sliced.
- Mix apple chunks in your hot cereal for a morning treat. ■ Add thinly sliced apples to your chicken or tuna sandwich for a sweet crunch.



## Fruit and Nut Slaw

Makes 8 one cup servings

### INGREDIENTS

- 5 cups thinly sliced cabbage (about 1 1/2 pounds - try a mix of red and green)
- 1/2 cup dried fruit (cranberries or raisins work well)
- 1 carrot, washed, peeled and grated
- 1/3 cup vinegar
- 2 tablespoons sugar
- 2 teaspoons vegetable oil
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 1/4 cups thinly sliced apples
- 1 1/2 tablespoons minced cilantro or parsley
- 1/4 cup chopped nuts, toasted

### DIRECTIONS

1. Mix cabbage, dried fruit and carrots in a large bowl.
2. In small bowl, mix vinegar, sugar, oil, salt and pepper.
3. Pour vinegar mixture over cabbage mixture.
4. Add apple and nuts just before serving. Mix well.
5. Refrigerate leftovers within 2-3 hours.

Calories: 120, Calories from fat: 35, Sodium: 240 mg, Dietary Fiber: 3 g

Source: Oregon State University Extension Service at <http://www.healthyrecipes.oregonstate.edu>.

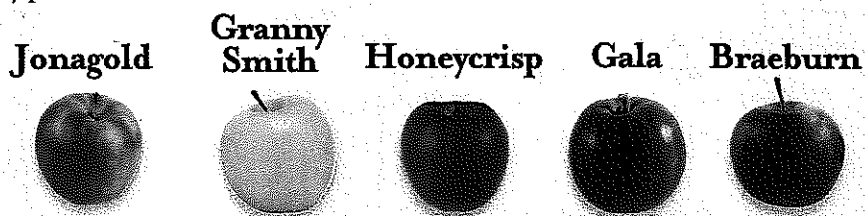
## Nutrientes que contienen las manzanas

- Las manzanas son un alimento perfecto para comer como bocadillo. Sus azúcares naturales proporcionan energía rápida y sus fibras dan sensación de saciedad.
- Las manzanas contienen vitamina C, potasio y otros nutrientes que lo mantienen sano.
- Las manzanas son mejores cuando se comen con cáscara. Cuando usted come una manzana con la cáscara, obtiene la mayor cantidad de fibra y nutrientes.



## Cultivadas en Oregón

En todas las regiones de Oregón se cultivan manzanas. Las principales áreas productoras de manzanas incluyen Willamette Valley y la zona a lo largo de Columbia River Gorge. Las manzanas de Oregón se cosechan de julio a fines de noviembre. Se conservan bien y pueden obtenerse durante todo el año.



## Saludable, en buen estado físico y listo para aprender

- Antes de comer, piense en lo que pone en su plato, taza o tazón. ■ Las frutas y las verduras contienen los nutrientes que usted necesita sin demasiadas calorías. En cada comida, llene la mitad de su plato con frutas y verduras.

### CANTIDADES DIARIAS RECOMENDADAS DE FRUTAS Y VERDURAS

	Niños de 5-12 años	Adolescentes y adultos de 13 años y más
Varones	2 ½ – 5 tazas por día	4 ½ – 6 ½ tazas por día
Mujeres	2 ½ – 5 tazas por día	3 ½ – 5 tazas por día

Si hace una vida activa, coma la cantidad más grande de tazas por día. Visite [choosemyplate.gov](http://choosemyplate.gov) para obtener más información.

## LA COCINA DE OREGÓN

### ¡Rápida y fácil!

- Disfrute una manzana fresca entera o en rodajas. ■ Mezcle trozos de manzana en su cereal caliente para darse un gusto matutino. ■ Añada rodajas finas de manzana a su sándwich de pollo o atún para obtener una sensación crujiente y dulce.

## Ensalada de repollo con frutas y nueces

Rinde 8 porciones de una taza cada una

### INGREDIENTES

- 5 tazas de repollo cortado fino (aproximadamente 1 1/2 libras - pruebe una mezcla de repollo verde y rojo)
- 1/2 taza de fruta seca (los arándanos rojos o las pasas de uva son una buena opción)
- 1 zanahoria, lavada, pelada y rallada
- 1/3 taza de vinagre
- 2 cucharadas de azúcar
- 2 cucharaditas de aceite vegetal
- 3/4 cucharadita de sal
- 1/2 cucharadita de pimienta negra
- 2 1/4 tazas de manzanas cortadas en rodajas finas
- 1 1/2 cucharadas de cilantro o perejil picado
- 1/4 taza de nueces picadas, tostadas

### INSTRUCCIONES

1. Mezclar el repollo, las frutas secas y las zanahorias en un recipiente grande.
2. En un recipiente pequeño, mezclar el vinagre, el azúcar, el aceite, la sal y la pimienta.
3. Verter la mezcla de vinagre sobre la mezcla de repollo.
4. Añadir la manzana y las nueces justo antes de servir. Mezclar bien.
5. Refrigerar lo que quede dentro de las 2 a 3 horas.

Calorías: 120, Calorías de grasa: 35, Sodio: 240 mg, Fibra alimentaria: 3 g

Fuente:

Oregon State University Extension Service en [www.healthyrecipes.oregonstate.edu](http://www.healthyrecipes.oregonstate.edu).



# CRECER SABOREAR OTOÑO 2012 APRENDER



## Últimas Noticias del Jardín

Ahora que ha empezado con fuerza el año escolar, las cosas en el jardín siguen creciendo y creciendo...y no nomás hablamos de las plantas. Para informarles, aquí hay un resumen de lo que está pasando en nuestros jardines en las escuelas. Disfruta!!

**La Secundaria North:** Puede usted decir tomates! Este jardín es prueba de que tan beneficioso es tener irrigación y compost fabuloso. Trabajando al lado del maestro de biología y horticultura, Rich Schwartzentruber, el jardín ha producido cientos de libras de tomates y unos pepinos, chiles, y hierbas deliciosos.

**La Primaria Grant:** Hola amigos! Tenemos un barco en el jardín de lluvia! Los estudiantes de Grant no se cansan del club de jardín (o la planta kohlrabi). Han estado trabajando en pintar las cajas del jardín, plantar cosecha de invierno, y añadir al jardín de lluvia (bienvenido al barco!) y cosechar por supuesto.

### La Primaria Washington y la Escuela Waldo:

Para su primera hora, el club de Jardín de Waldo, que se llama "Ritmo y Raíces", está trabajando en embellecer los dos patios de su escuela, llenándolos con plantas para comer y de muchos colores. En la segunda hora, caminan al jardín de la primaria Washington y con entusiasmo, comparten su liderazgo mientras que ayudan la coordinadora de los jardines escolares, Brenda Knobloch, plantando, cosechando, y comiendo con 40 estudiantes de la Washington cada semana.

**La Escuela Houck:** El club de jardín ha crecido! Ahora tenemos 12 personas en el club, y está bien porque tenemos mucho que está pasando. En Septiembre un joven de los Eagle Scouts construyó 4 camas elevadas con espalderas. Estamos trabajando en poner las camas a dormir para el invierno y despertar al invernadero para empezar unas plantas de semillero. Como que no tenemos bastante que hacer, esperamos añadir una viña chiquita para crecer uvas jugosas.

**La Escuela Parrish:** Ahora nuestro invernadero mas grande está en esta escuela. En Agosto, construimos un invernadero de 30 pies por 30 pies, que mantenemos ocupado durante el invierno. También esperamos construir un sistema de "aquaponics" en el futuro! Estamos emocionados para ver clases usando el jardín durante el día escolar para mejorar sus experiencias de aprendizaje.

Esta usted interesado en ayudar en el jardín de la escuela? La jardinería es una manera excelente para salir afuera y estar con los niños. Siempre se necesita ayuda en los jardines! Puede ponerse en contacto con la Directora de los Jardines de Aprendizaje, Brenda Knobloch, en [brenda@skeducationfoundation.org](mailto:brenda@skeducationfoundation.org).

**La Primaria Four Corners:** Cosechando, cosechando, cosechando! Tenemos calabazas, brocoli, fresas, tomates, zanahorias, frijoles, y mucho mas! Las personas en el club de jardín están disfrutando cosechar sus favoritos productos agrícolas y llevándolos a la casa para compartir con la familia. Una asociación fabulosa ha florecido entre SKEF, Marion/Polk Food Share, y la iglesia Trinity United Methodist (dueño de la tierra donde está el jardín). El resultado es un jardín hermoso para la comunidad!

**La Primaria McKinley:** Donde pueden encontrar los estudiantes de McKinley durante la hora de recreo? En el jardín, por supuesto! Una vez a la semana tenemos "Club de jardín de lonche" disponible a todos los estudiantes durante la hora de recreo. Hemos estado comiendo vegetales y frutas frescos y aprendiendo acerca de las plantas que están creciendo.

## Que Está Creciendo en el Jardín?

ESCUELA	FECHA	EVENTO EN EL JARDÍN
Parrish	Oct. 24	Coleccionando Comida Para Donar y Recorrido del Jardín. <i>Donar comida y recorre los jardines y el invernadero.</i>
Houck	Oct 25	Disfruta probar manzanas en la noche para familias
McKinley	Oct 26	Probando manzanas durante la hora de recreo!
Parrish	Oct 27	Día de Hacer Una Diferencia <i>Ser voluntario y ayuda a embellecer el frente de la escuela y construir un invernadero. Una oportunidad para hacer servicio en la comunidad.</i>
Grant	Oct. 29-30	Probando manzanas en el Jog-a-Thon
Grant	Oct 31	Legisladores visitan el jardín de la escuela

**Noviembre – Mesas para probar cosecha cada semana**



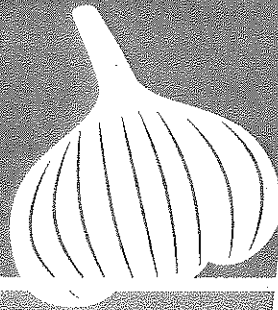


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# GROW TASTE

SUMMER 2012



## SPRING HAS SPRUNG!

Every single one of SKEF's Learning Gardens is in the process of getting an EXCITING Garden Makeover this spring! Salem's school gardens are getting bigger, better, and bolder!

The construction of a 30'x 30' aquaponics greenhouse has begun at Parrish Middle School. Aquaponics is an awesome approach to greenhouse management with yields of edible fish like tilapia and lake perch, as well as water-loving veggies like watercress. This greenhouse will provide an abundance of educational opportunities about biological systems for both Parrish and North High students. While Parrish kids take pride in their recently completed courtyard garden and edible landscape on the south end of the school, North students in the Horticulture and Field Biology classes are working to establish a few beds of their own near the Straub Environmental Learning Center.

In the Waldo and Washington neighborhood, SKEF Garden Coordinator Erika Delanni has been rallying the troops to help beautify school grounds with new planter boxes around the grounds and in the courtyards at both schools.

At McKinley Elementary, students are eagerly awaiting the buds to burst on the fruit trees in their new orchard expansion, installed by parents and community members earlier this year.

Houck Middle School students have become professional caretakers of baby lettuce, broccoli, spinach, and tomatoes which they have helped start from seed in their greenhouse. They also are excited that a local Eagle Scout has chosen the expansion of their school garden as his Eagle Scout project to be completed before the summer.

Houck's neighbors to the north at Four Corners, will appreciate a tripling in vegetable beds in Julie's Garden, the space shared with them by the adjacent Trinity Methodist Church.

Last but not least, the entire student body at Grant Community School showed their community what Earth Day was all about as they added rain gardens, a new composter patio, and more veggie beds to their school grounds over the course of their competitive Earth Day Week Extravaganza.

## What's Growing On?

**TASTING TABLES:** Grant 5/17, Parrish 5/24, McKinley 5/31, Houck 6/7

### ENRICHMENT ACADEMY GARDEN CLUB:

Four Corners: Tues and Wed 3:30-4:30

Grant: Mon and Thurs 7:30-8:30am, Tues 3:30-5:30, Wed 1:15-3:00

McKinley: Thurs 1:00-2:00

Washington: Mon and Wed 3:00-4:00

Houck: Tues and Thurs 3:00-4:00

Parrish: Mon and Wed 2:30-3:30

Waldo: Tues and Thurs 2:30-5:00

North: Mornings with Mr. S.'s Horticulture Class 10:15-11:00

### SUMMER DAY CAMPS:

Rhythm and Roots Summer Garden Camp at Parrish Middle:

June 25-29, July 16-20, July 23-27

Please call SKEF for costs and sign-up info 503-364-2933

## May in the Garden

Starting: Squash, Cucumbers, Zucchini, Corn

Harvesting: Salad greens, Peas, Radishes

Transplanting into ground: Tomatoes and Peppers

## Attention Parents

Are you interested in helping out with the school garden? Gardening is a great way to get outdoors and spend time with the kids. Help is always needed in the gardens! Contact SKEF Learning Gardens Director, Brenda Knobloch, at [brenda@skeducationfoundation.org](mailto:brenda@skeducationfoundation.org) to get involved.....



## NUTRIENTS FOUND IN ASPARAGUS:

~Vitamin A

~Vitamin C

Asparagus is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risks of infection.

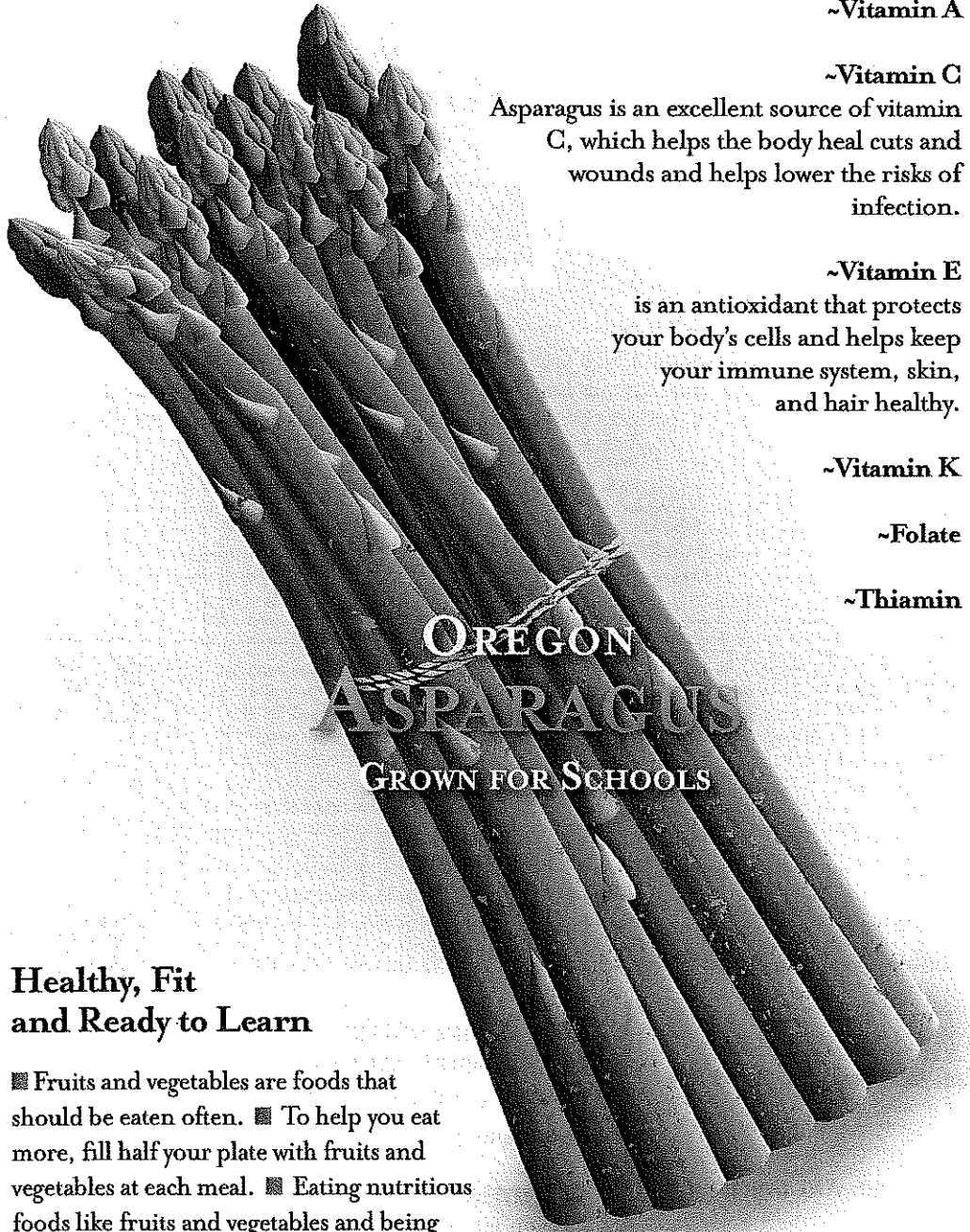
~Vitamin E

is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.

~Vitamin K

~Folate

~Thiamin



OREGON  
ASPARAGUS  
GROWN FOR SCHOOLS

## Healthy, Fit and Ready to Learn

■ Fruits and vegetables are foods that should be eaten often. ■ To help you eat more, fill half your plate with fruits and vegetables at each meal. ■ Eating nutritious foods like fruits and vegetables and being active can help keep your child healthy and ready to learn.

### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ – 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [mypyramid.gov](http://mypyramid.gov) to learn more.

## YOUR OREGON KITCHEN

### Quick and easy!

- Place washed and trimmed asparagus spears on a foil-covered baking sheet. Drizzle with 1 teaspoon of olive oil.
- Sprinkle with minced garlic, black pepper and a pinch of salt and toss.
- Roast in a 400 degree oven for 10 to 15 minutes. Spears should be tender and lightly browned. ■ Serve cooked asparagus as a hot side dish, chill for a quick snack or chop and add to salads.

### Asparagus w/Lemon Sauce

This refreshing sauce is an excellent complement to fish, scallops, chicken or meat dishes!

Preparation time: 15 minutes

Serves: 4

INGREDIENTS	
20 medium asparagus stalks, rinsed and trimmed	2 <i>tblsp</i> mayonnaise, fat-free
1 fresh lemon	1 <i>tblsp</i> dried parsley
	1/8 <i>tsp</i> black pepper
	1/16 <i>tsp</i> salt

### DIRECTIONS

1. Place 1 inch of water in a 4-quart sauce pan with lid.
2. Place a steamer basket inside pot and add asparagus. Cover and bring to boil over high heat.
3. Reduce to med. heat, cook for an additional 5 mins. (until asparagus is easily pierced with sharp knife).
4. While asparagus cooks, grate lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove seeds. Add mayonnaise, parsley, pepper and salt. Stir well and set aside.
5. When the asparagus is tender, remove from pot. Place asparagus in a serving bowl. Drizzle lemon sauce evenly over the asparagus. Serve.

### NUTRIENTS PER SERVING

CALORIES: 25 • TOTAL FAT: 0g  
 • SATURATED FAT: 0g • % OF CALORIES FROM FAT: 0% • PROTEIN: 2g  
 • CARBOHYDRATES: 5g • CHOLESTEROL: 0mg • DIETARY FIBER: 2g • SODIUM: 100mg

Recipe adapted from the U.S. Department of Health & Human Services.



**FIND OUT MORE:** Visit the Oregon Department of Education Child Nutrition Programs web page at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition). Find the link to Oregon Farm To School and School Garden Program under Associated Topics.

## Just for Kids

### Eating Through the Alphabet

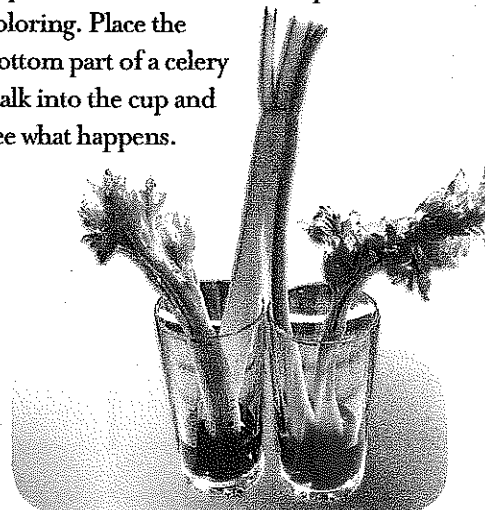
Incorporate new foods into your child's diet by making a game out of it and putting the child in charge. Ask your child to list as many fruits and vegetables as they can that begin with each letter of the alphabet, starting with "A". These could include asparagus, apple, avocado, etc. Some letters may be challenging (x or z for example). Ask your child to highlight all the fruits and vegetables on their list that grow in Oregon or in your area of the state. Is the fruit or vegetable in season now? Ask your child to choose a local, in season fruit or vegetable from their list when you go to the grocery store. If you have a home garden, plant seeds or starts of a fruit or vegetable that is new to your family.



- Emphasize the importance of having fun together while being physically active.
  - Adopt a tree in your neighborhood and visit it often. Keep a journal of how the tree grows.
  - You can measure the height and circumference of the tree. Count the branches. Look for leaves, fruit or seeds.
  - Take a picture of your child by the tree. See who grows more each month.
- Find more ideas @ <http://www.familyeducation.com/home/>

### An Experiment with Stem Vegetables

Asparagus and celery are both stem vegetables. Inside a stem, tiny tubes act like pipes. These pipes carry water and nutrients to the different parts of the plant. You can show this with an easy experiment. Take a cup of water and add a few drops of food coloring. Place the bottom part of a celery stalk into the cup and see what happens.



### Inch by Inch The Garden Song

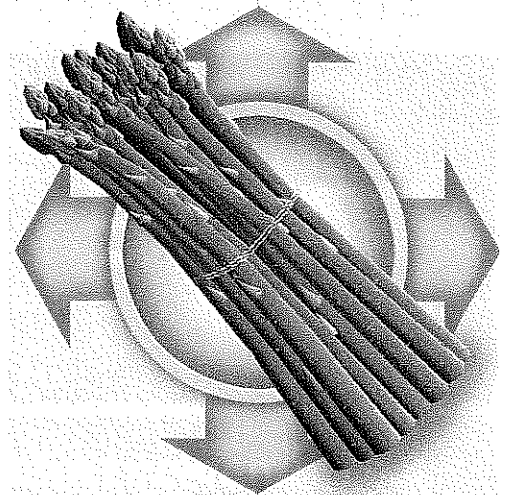


by David Mallett • pictures by Ora Eitan

### Read a Book and Sing a Song Together

**Inch by Inch: The Garden Song** by David Mallett This picture book version of a popular song charts the faithful progress of a young boy who overcomes every obstacle, 'rock and weeds and a hungry old crow' and makes his garden overflow with bounty. Included are the song lyrics set to music for guitar and piano. Enjoy singing this song with your child.

## PRODUCE POINTERS



### Asparagus

- Buy firm, straight, uniformly sized spears with tightly closed tips.
- Store stalks with bottoms wrapped in a damp paper towel in the crisper section of the refrigerator.
- Use within 2 to 3 days for best quality.

### Living and Eating Green

- Save the rubber bands that hold your asparagus bundles. They are extra strong and can be used just like regular rubber bands.

### Finding it Here

The harvest season for Oregon asparagus is typically mid-April through June. The warm spring days and cool nights provide perfect growing conditions for this perennial crop. Our neighbor to the North, Washington State, produces forty percent of all the asparagus grown in the United States. Find asparagus at your local farmers market or farm stand in the spring. Out of season you can find frozen asparagus at your local grocery store.



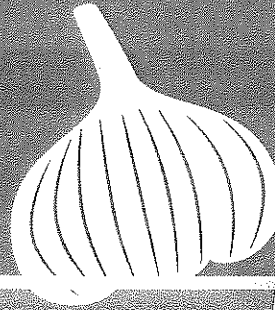


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# GROW TASTE

SUMMER 2012



## ¡La Primavera Ha Llegado!

Cada uno de los jardines aprendizajes de SKEF esta en el proceso de renovaciones increíbles ésta primavera! Los jardines en Salem estan mayorando, mejorando, y haciendo mas audaz!

La construcción de un invernadero acuapónico 30' por 30' ha empezado en la escuela intermedia Parrish. El acuapónico es un método buenísimo al gestión de invernaderos con cosechas de pescado como la tilapia y perca de lago, también las verduras que prefieren el agua como el berro. Éste invernadero proveerá oportunidades educativas abundantes que trata de sistemas biológicas para los estudiantes de Parrish y North High.

Mientras los estudiantes de Parrish son orgullosos de su jardín en el patio y el paisaje comestible al sur del campus de la escuela, los estudiantes de North en las clases de Horticultura y Biología del Terreno están trabajando para establecer unos lechos para verduras cerca del Centro de Aprendizaje del Ambiente de Straub.

En el barrio de Waldo y Washington, La Coordinadora de Jardines, Erika Delanni está reclutando los estudiantes y embelleciendo los patios de las dos escuelas con parterres nuevos.

En la Escuela Primaria McKinley, los estudiantes están esperando con anticipación los árboles de fruta a echar brotes en la expansión del huerto, iniciado por padres y miembros de la comunidad este año.

Los estudiantes de La Escuela Intermedia Houck se hicieron conserjes profesionales de lechuga, broccoli, espinacas, y tomates que han ayudado plantar de semillas en su invernadero. También están emocionados que un Eagle Scout local escogió la expansión de su jardín en la escuela a su proyecto de Eagle Scout, a terminar antes del verano.

Los vecinos de Houck al norte a Four Corners, agradecerán el triplicando de los parterres de verduras en el Jardín de Julie, el lugar compartido con ellos de la Iglesia Trinity Methodist el vecino al lado.

Por último, pero no menos importante, el cuerpo estudiantil de la escuela comunitaria de Grant mostró a su comunidad que significa El Día de La Tierra, por añadir jardines de lluvia, un patio compostor Nuevo, más parterres de verduras al campus durante su extravagancia de la Semana del Día de La Tierra.

## ¿Qué esta creciendo?

**TASTING TABLES:** Grant 5/17, Parrish 5/24, McKinley 5/31, Houck 6/7

### ENRICHMENT ACADEMY GARDEN CLUB:

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North: Mornings with Mr. S.'s Horticulture Class 10:15-11:00

### SUMMER DAY CAMPS:

Rhythm and Roots Summer Garden Camp at Parrish Middle:

June 25-29, July 16-20, July 23-27

Please call SKEF for costs and sign-up info 503-364-2933

### Mayo en el Jardín:

Semillando: Calabaza, Pepino, Calabazita, Maíz

Cosechando: Lechugas, Chicharos, Rabanitos

Pimientas y tomates transplantados en la tierra

### Attention Parents

Are you interested in helping out with the school garden? Gardening is a great way to get outdoors and spend time with the kids. Help is always needed in the gardens! Contact SKEF Learning Gardens Director, Brenda Knobloch, at [brenda@skeducationfoundation.org](mailto:brenda@skeducationfoundation.org) to get involved.





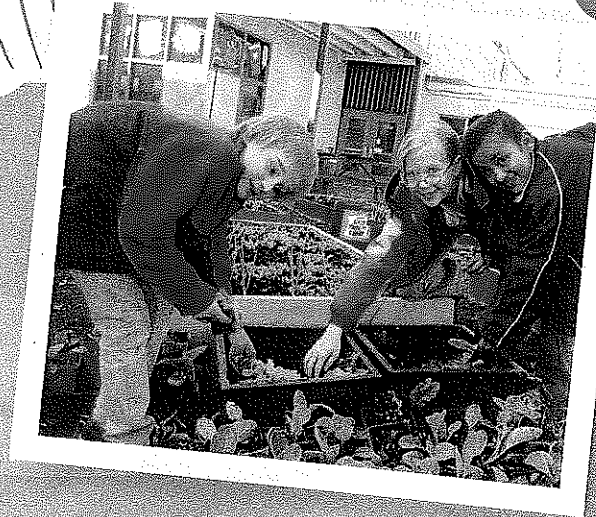
# GROW TASTE

MARCH 2012

## Grant Community School Set Precedent for Composting Cafeteria Waste

Gardening is all the rage at Grant Community School. The Salem-Keizer Education Foundation, in partnership with the Oregon Department of Agriculture, FoodCorps and Sodexo, established school gardens at pilot schools in the Salem-Keizer School District. Grant Community School is one of the participating sites and students have transformed the school's campus, especially in the central courtyard, where colorful vegetable beds are filled with new favorites like kale, and kohlrabi.

Along with their explorations of new foods, Grant students have ventured into the world of composting. Inspired by the garden as well as field trips to OSU's student-run organic farm, Mrs. Price's and Ms. Tucker's 4th and 5th grade classes are composting all food waste produced at their school.



After learning about the science of a compost pile they designed and built ten sets of double-bay compost bins. During lunch and recess, students take shifts adding food scraps to the piles which they then cover with straw. Students make sure that only plant-based food waste ends up in the piles realize that it all starts in the lunch line by not taking more food than you can finish.

## What's Growing On?

SCHOOL	TASTING TABLES	GARDEN CLUB
Four Corners Elementary	4/26/2012	Tues & Wed 3:30-4:30 pm
Grant Elementary	5/17/2012	Mon & Thurs 7:30-8:30 am Tues 3:20-5:30 pm Wed 1:15-3:00 pm
McKinley Elementary	5/31/2012	Weekly meetings starting after spring break
Washington Elementary	5/10/2012	Mon & Wed 3:00-4:00 pm
Houck Middle School	6/7/2012	Thurs 3:00-4:00 pm
Parrish Middle School	5/24/2012	Mon & Wed 2:30-3:30 pm
Waldo Middle School	4/19/2012	Tues & Thurs 2:30-5:00 pm
North High School	5/5/2012	Weekly meetings starting after spring break

## March in the Garden

Planting Peas, Broccoli and Chives

Planting insectary plants including yarrow, coriander, sunflower, and lovage

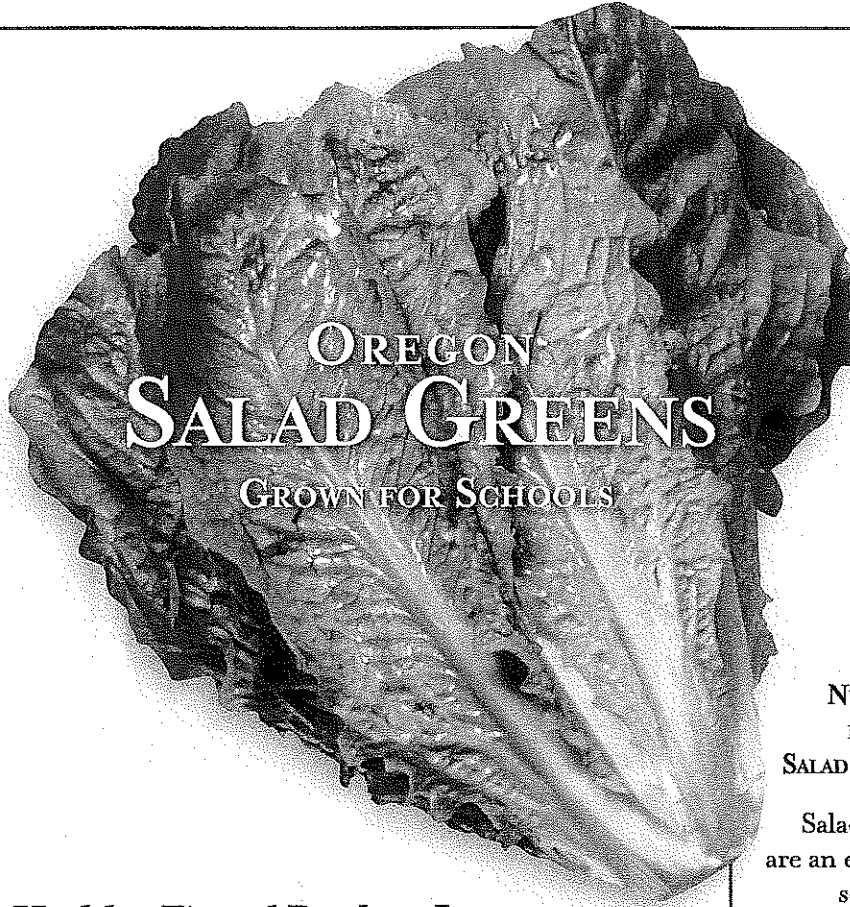
Harvesting lettuce, kale, and arugula from cold-frame gardens

Transplanting peppers and tomatoes in the greenhouse

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## OREGON SALAD GREENS GROWN FOR SCHOOLS

### Healthy, Fit and Ready to Learn

- Students who eat healthy foods and get regular physical activity often perform better in the classroom.
- Help your children eat healthy foods by including a green salad with your family dinner every night.
- Add in season dark leafy greens like romaine, green and red leaf lettuce, baby kale and chard leaves, or spinach to your salads for variety throughout the year.

### Grown In Oregon

- Oregon's cool, wet springs and autumns are good for growing salad greens. ■ Salad greens grow year round in Oregon's foggy, coastal valleys because the weather is cool and damp all year round. ■ Salad greens also grow well in the mild winters of the Willamette Valley.

#### NUTRIENTS FOUND IN SALAD GREENS:

Salad greens are an excellent source of **vitamin K** and **vitamin A**.

**Vitamin K** helps stop cuts and scrapes from bleeding too much.

Most dark leafy salad greens are also good sources of **vitamin C** and **folate**.

### YOUR OREGON KITCHEN

#### Quick and Easy!

- Use a variety of dark leafy greens in salads.
- Add salad greens like romaine, green leaf, and red leaf lettuce to sandwiches.
- Add color to salads with carrot strips, shredded purple cabbage, or fruit (e.g., strawberries, apples, raisins).

### Spring Green Salad

#### INGREDIENTS

- 3 ounces spinach (about 3-1/2 cups)*
- 3/4 cup strawberries, washed and halved*
- 1/2 cup walnut or filbert pieces (toasted if desired)*

#### DRESSING INGREDIENTS

- 1/2 teaspoon sugar*
- 1/8 teaspoon paprika*
- 1 Tablespoon orange juice*
- 1/2 Tablespoon lemon juice*
- 3/4 teaspoon vinegar*
- 1/2 teaspoon finely chopped onion*
- 1 Tablespoon salad oil*

#### DIRECTIONS

1. Wash and dry spinach, tear into pieces, and chill.
2. To make dressing: Combine all ingredients in a jar and shake well or process in a blender.
3. Right before serving, toss strawberries, walnuts or filberts and spinach. Add dressing to coat salad. Serve immediately.
4. Refrigerate leftovers within 2-3 hours.

### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES\*

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

Source:  
[www.foodhero.org/recipes/healthy-recipes](http://www.foodhero.org/recipes/healthy-recipes)



**FIND OUT MORE:** Visit the Oregon Department of Education Child Nutrition Programs web page at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition). Find the link to Oregon Farm To School and School Garden Program under Associated Topics.

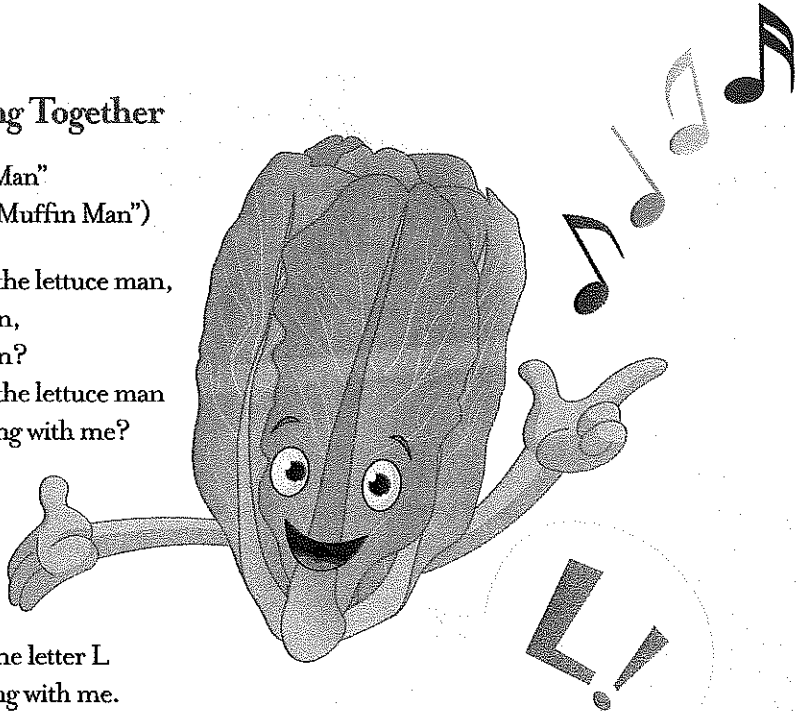
## Just for Kids

### Sing A Song Together

“The Lettuce Man”  
(tune of “The Muffin Man”)

Do you know the lettuce man,  
the lettuce man,  
the lettuce man?  
Do you know the lettuce man  
who likes to sing with me?

Oh, he loves  
the letter L,  
the letter L,  
the letter L,  
Oh, he loves the letter L  
and likes to sing with me.



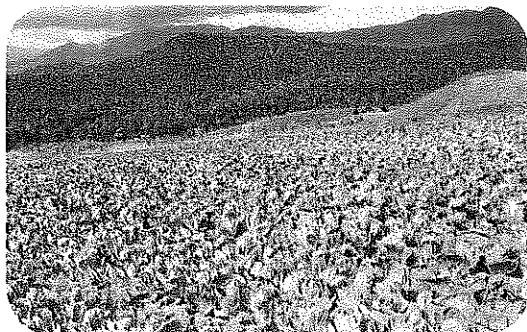
### Kids in the Kitchen

Invite your kids to help you in the kitchen. Kids of all ages can help wash and tear lettuce leaves. Older children can measure the salad dressing ingredients into a jar and younger children can mix the ingredients by shaking the jar. Make sure the lid is tight. Find more ideas at the Oregon State University Food Hero website:

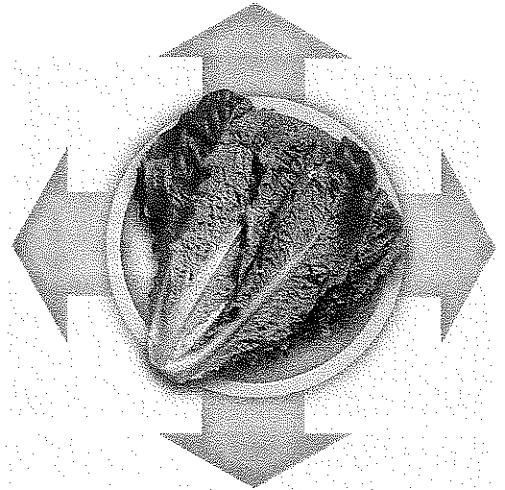
[www.foodhero.org/tips/cook-kids](http://www.foodhero.org/tips/cook-kids)

### Living and Eating Green

Look for Oregon-grown salad greens in your local market. Leafy salad greens are in season in Oregon from May to November. Visit Oregon’s Healthy Harvest - tips for buying, storing and preparing Oregon-grown vegetables at <http://healthyrecipes.oregonstate.edu/oregon-healthy-harvest>



## PRODUCE POINTERS



### Salad Greens

- Look for dark green leaves that are fresh and crisp.
- Purchase only the amount of salad greens you will use within a few days. Most salad greens are delicate and don’t keep long.
- Wrap salad greens in a slightly damp towel. Place in a plastic bag and store in the refrigerator.
- When ready to eat, rinse lettuce with cool water and pat leaves dry before using.



- Keep kids healthy by making time for play each day.
- An essential part of childhood development is awareness of weather and the rhythm of the seasons. Time outside every day makes this possible.

Visit the Let’s Move Active Families page at [www.letsmove.gov](http://www.letsmove.gov) for more ideas.



Declaración de misión de Jardines de Aprendizaje: De cultivando jardines en maceteros hasta huertas, Jardines de Aprendizaje inspira un sentido de administración del ambiente, respeto de sí mismo y a los demás, y un deseo de reafirmar esto por medio de producir alimentos.

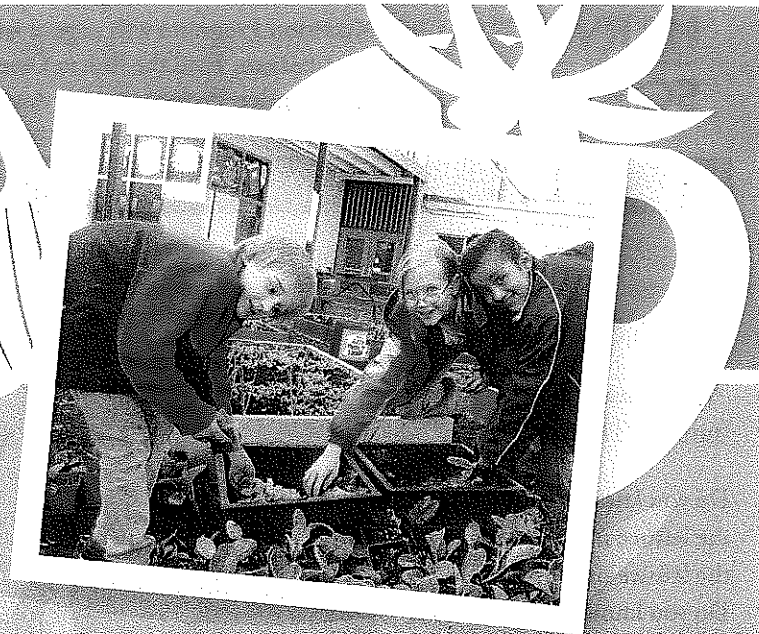
# CRECER SABOREAR

MARZO 2012

## La Escuela Comunitaria de Grant Sentó Un Precedente Para Compostaje de Desechos de la Cafetería

Jardinería goza de mucha popularidad en la escuela comunitaria de Grant. La Fundación de Educación de Salem-Keizer en asociación con El Departamento de Agricultura de Oregón, FoodCorps, y Sodexo establecieron jardines en escuelas piloto en el distrito escolar de Salem-Keizer. La escuela comunitaria de Grant es uno de los sitios participantes y los estudiantes han transformado el campus, especialmente en el patio central, donde parterres coloridos están llenos de frutas favoritas nuevas como la col rizada y colinabo.

Junto con explorar nuevas comidas, los estudiantes de Grant han aventurado hacia el mundo del compostaje. Inspirado por medio del jardín al igual que las salidas al campo de la granja



orgánico de la Universidad del estado de Oregón, dirigido por los estudiantes, los salones de cuarto grado y quinto grado de la señora Price y señorita Tucker están fabricando abono con todos los desechos producido por la comida en su escuela.

Después de haber aprendido sobre la ciencia de una pila de abono, diseñaron y construyeron diez juegos de botes de doble bahía. Durante el almuerzo y el recreo, los estudiantes se turnan en agregar los restos de comida a las pilas que cubren con paja. Los estudiantes se aseguran que únicamente las sobras de comidas que provienen de plantas estén en las pilas. También se dan cuenta de que todo empieza en la fila para almorzar por no servirse más de lo que puedan comer.

## ¿Qué esta creciendo?

ESCUELA	MESAS DE PRUEBA	CLUB DEL JARDÍN
Escuela elemental Four Corners	4/26/2012	Martes y Miércoles 3:30-4:30pm
Escuela elemental Grant	5/17/2012	Lunes y Jueves 7:30-8:30am Martes 3:20-5:30pm Miércoles 1:15-3:00pm
Escuela elemental McKinley	5/31/2012	Juntas semanales empezando Después de el descanso de primavera
Escuela elemental Washington	5/10/2012	Lunes y Miércoles 3:00-4:00pm
Escuela secundaria Houck	6/7/2012	Jueves 3:00-4:00pm
Escuela secundaria Parrish	5/24/2012	Lunes y Miércoles 2:30-3:30pm
Escuela secundaria Waldo	4/19/2012	Martes y Jueves 2:30-5:00pm
Escuela preparatoria North	5/5/2012	Juntas semanales empezando Después de el descanso de primavera

## Marzo en el Jardín

- Plantando chicharos, brócoli, y cebollinos
- Plantando plantas insectarios como la milenrama, cilantro, girasol, y el apio del monte
- Cosechando lechuga, col rizada, y la recula de jardines de cajón vivero
- Pimientos y tomates trasplantados en el invernadero

## Atención Padres

¿Esta usted interesado en ayudar con el jardín de la escuela? Jardinería es una buena manera de salir al campo libre y dedicar tiempo a los niños. ¡La ayuda siempre es necesaria en los jardines! Comuníquese con la directora de Jardines de Aprendizaje de SKEF, Brenda Knobloch, por medio de correo electrónico [brenda@skeducationfoundation.org](mailto:brenda@skeducationfoundation.org) para involucrarse.

