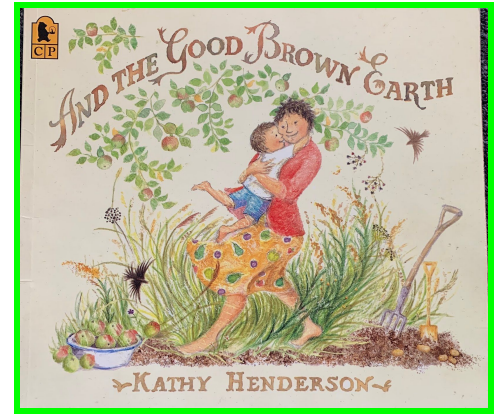


The Garden Time Journal



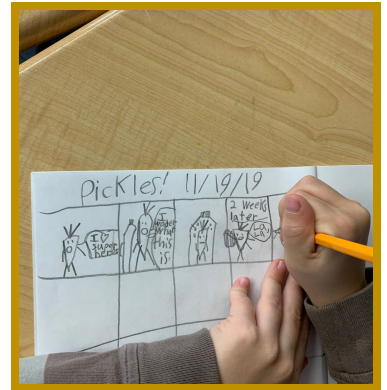
Dear Newburgh Parents and Families:

Greetings! The abundant harvest season has come to a close and we have been busy putting our garden beds to sleep for the winter. We composted remaining annual plants, planted our garlic and flower bulbs that will overwinter in the soil, and spread leaves and straw over the garden beds to provide a protective blanket for the soil.

Kindergarteners learned about the different gardens jobs through the seasons. They read a wonderful book called “And the Good Brown Earth.” Then they visited the garden and helped “put the garden to bed” for the season by laying straw mulch down on the growing beds. We said goodbye to the garden for the season.



1st grade Garden Scientists learned about the garden food chain. They learned that not just humans get food from the garden-lots of animals in the garden habitat do also! They learned about carnivores and omnivores by playing a version of “Duck Duck Goose” called “Who Eats Who?” that teaches about the garden food chain. Of course, they also picked fresh carrots from the garden and enjoyed the vegetable of the month as fresh as can be.



2nd grade Garden Chefs discussed food preservation and made carrot pickles. Many students were surprised to learn that pickles are not only made from cucumbers! Students then had lots of fun making pickle themed super-hero comics. Second graders also explored the food system and talked about about where our food comes from. We thought about our favorite foods and products and traced them back to the farm, while learning that all food comes from farms. Even chocolate!

Happy Holidays!
Until Next Month,
Serena Squash and Mr. Sam

December's Vegetable of the Month

HUDSON
VALLEY
seed

Presents...

Winter Squash

Calabasa



What is a
pumpkin's
favorite sport?

Squash!!

Fun Facts about Winter Squash

- Squash comes from the Narragansett Native American word, *askutasquash*, which means "eaten raw or uncooked", but winter squash are rarely eaten raw!
- One cup of cubed winter squash contains about 80 calories, virtually no fat, and very little sodium.
- Some squash varieties were grown to be used as containers when dried.
- Cucurbit is a term used to describe all members of the Cucurbitaceae family. In addition to squash, this includes cucumbers, melons, pumpkins, and gourds.
- Virtually, the entire squash plant is edible. The leaves, tendrils, shoots, stems, flowers, seeds, and fruit can be eaten.
- Squashes are commonly made into candies in Latin America

Roasted Butternut Squash

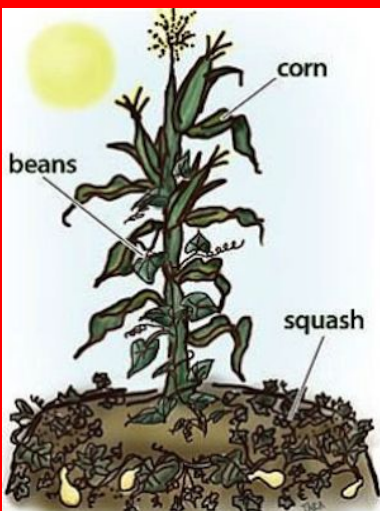
Prep and Cook Time: 40 min.

Ingredients

- 1 butternut squash, peeled, seeded and cut into 1-inch cubes.
- 2 tablespoons of olive oil.
- 2 cloves of garlic, minced
- Salt & pepper to taste

Instructions

1. Preheat oven to 400 degrees F
2. Toss butternut squash with olive oil and garlic in a large bowl.
3. Season with salt and black pepper. Arrange coated squash on a baking sheet.
4. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.



Did you know??

When people speak of the "Three Sisters," they are referring to corn, beans, and squash. The corn provides a ladder for the bean vine. The squash vines shade the area and hold moisture in the soil for the corn and beans. The well-being of each crop planted is said to be protected by another. Many Native American legends have been woven around the Three Sisters—sisters who should be planted together, eaten together, and celebrated together. These Legends vary from tribe to tribe.

We have a "Three Sisters" space at all of our school gardens!

