

Preschool Garden Program Highlights

We're having a great year in the pre-school gardening and cooking program so far! Of course we've also had our challenges, the biggest one this year is having two out of our four schools, Franklin and King, at temporary sites. The sites are scheduled to open this fall with new garden spaces, which we very much look forward to. We'll need all the help we can get to create big beautiful gardens at the new sites; stay tuned for opportunities to help next year...

In the meantime, we've continued with the garden program at Hopkins, Rosa Parks, and King pre-schools and started a cooking program at Franklin. The kids have been working hard in the gardens with their mini tools, digging and raking up the leaves and jumping into the piles. They have also been trying new fruits and veggies like kumquats and radishes, and taking care of our worms in the worm compost bin by feeding them fruit and vegetable scraps.

At Franklin, the kids have been cooking up a very messy but satisfying storm. We've made some delicious snacks together including blood orange juice, tortillas, and steamed carrots and broccoli – yes parents, your children will eat and enjoy fruits and vegetables more when they can help you prepare them in the kitchen or grow them in the garden with you!

Karmin Guzder, Preschool Garden Instructor



A Rosa Parks preschooler marvels at his carrot at the Spring Farmers' Market.

Sautéed Peas

This recipe is quick and simple. Have your kids take the peas out of the pod. We recommend buying organic fruits and vegetables, which are grown without the use of pesticides. One pound of organic peas from the farmers market will cost \$3-4 and are packed with nutrients.

Serves 4 as a side dish.

Ingredients

1 lb shelling peas
½ tsp butter or olive oil
salt to taste

Preparation

Shell peas. Warm a skillet on medium heat. Add butter or olive oil and let it warm. Add in peas and stir around for 3-4 minutes. Place into a bowl, sprinkle a little salt and enjoy!

Nutrition Information per Serving:
Calories: 52, Carbohydrate: 8g, Protein: 3g,
Total Fat: 1g, Saturated Fat: 0g, Cholesterol:
0mg, Sodium: 395mg, Dietary Fiber: 3g

Wish List

- Parents interested in volunteering with the gardening and/or cooking classes
- Carpenters or Handymen/women interested in helping build garden beds
- Donations of: plants, pots, garden tools and other supplies

Please contact your school secretary if interested. Thank you!



BUSD preschool teachers put their skills to the test at a garden-based nutrition education training.



Karmin Guzder, garden instructor, passes out tastings of roasted pumpkin seeds (pepitas) during November's harvest of the month, winter squash.