

Washington Cooking and Garden Program

The students of Washington Elementary School love to cook and are excited to learn about healthy lessons offered in the cooking program during the school day. In cooking classes, children are encouraged to explore healthy activities highlighting nutrition, physical education, and art, as well as core curriculum subjects like math, history, science, and the language arts. Students make healthy recipes that are selected to highlight fruit and vegetables from the harvest of the month. Classroom lessons range from topics and discussions on seasonality, to hands-on activities that include measuring, mixing, and chopping. Guided meditation exercises are designed for students to explore their senses with a citrus fruit, while emphasizing nutrition and its connection to the garden. Cooking classes promote healthier habits for students and provide the education for them to lead a healthy lifestyle.

The Washington school community and Network Program extends best wishes to Garden Instructor, Tara Creehan, who has been on leave since February. This Spring, we welcomed Robert Marosi who joined the program as Washington's substitute Garden Instructor. Robert comes to us with a background in teaching, art, and agroecology.

Carrie Fehr, Cooking Instructor

Pasta with Greens, Garlic & Pine Nuts

Try this quick and delicious pasta recipe with a variety of greens.

Makes 8 servings.

Ingredients

- 1 bunch of greens, stems removed, leaves sliced into 1" pieces
- 1 pound pasta, cooked and drained
- 2 tablespoons toasted pine nuts
- 2 tablespoons raisins, plumped in hot water for 10 minutes and drained
- 1 clove garlic, minced
- 1 tablespoons olive oil
- Salt and Parmesan to taste

Preparation

1. Heat oil in a large sauté pan; add the greens and garlic. Sauté over medium heat, for 5 minutes. Add a pinch of salt.
2. Add pasta to the greens, then combine raisins and pinenuts. Toss together. Season with salt and Parmesan to taste.

Nutrition Information per Serving:

Calories: 141, Carbohydrate: 24g, Protein: 5g, Total Fat: 4g, Saturated Fat: 0g, Cholesterol: 19mg, Sodium: 197mg, Dietary Fiber: 1g



Students hunt for ladybugs in the fava bean patch after learning about the benefits of ladybugs in their school garden.



Bokchoy grown by Washington students is ready to be harvested for cooking classes.



Robert Morosi, substitute garden instructor, reads to students during garden class.