

Ridge Garden

NEWSLETTER



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Signs of Spring: *Above: Tatsoi that has survived the winter gone to flower*

Below: Asparagus spears emerging from the ground





WHAT CAN YOU OBSERVE

Garden Bed 6: How many of our herbs survived all the snow and harsh winter weather?

Learning idea: have students rub their fingers on a leaf of an herb and take a smell. Can they identify the herb or maybe is it a familiar smell from some of their favorite food? Pizza, anyone?!

Garden Bed 4: compost created by The Earth Machine composter (Large black contain at the end of the bed) Open the bottom door by sliding up to reveal what happens to the green materials we put in the compost bin....nutrient rich soil that goes back into our garden beds!

Activity: Pull weeds growing in the pavers and add to the top of the composter!

Garden Bed 4: Cucumber Nursery. Look under the structure to find small cucumber seedlings.

Learning idea: Why do you think we planted these under the structure? What are the strings for? As these seedlings grow they will climb and need structure to support the fruit. Keep checking back to see their progress.

Garden Bed 2: Find the Yellow Flowers. Do you remember what was here before? What has happened?

Activity: Pick a few yellow flowers have the students smell and taste (they are edible). They have a sweet, slight cabbage smell/taste. These were Tatsoi plants that survived the winter snow. We allowed them to go to flower/seed. This attracts pollinators to our garden, looks pretty and gives a new way to enjoy the plant. Flowers can be added to salads. If we allow them to finish their blood and dry out, we could harvest seeds to replant them next year. Good example of a plant's life cycle.

Behind the Blue Bench Near Art Room: Can you find the Asparagus plants emerging from the mulch? Can you Find the Mint growing in the buried black planter?

Activity: Rub a leaf between your fingers and give it a smell. What things at home are mint flavored? Toothpaste, Gum, Tea, Ice Cream.

Why do you think we planted the mint inside a container? Mint will spread under the ground and pop up all over the area if not contained.



MINT





READY FOR TASTING

“From little
seeds, grow
MIGHTY trees.”
-unknown

Throughout the growing season we will keep you up to date on what is ripe and what can be tasted.

Parsley (bed 6)

Oregano (bed 6 & bed 3)

Sage (bed 2)

Lemon Balm (Bed 1)

Brussel Sprouts (bed 2)

Red Russian Kale (bed 1 &2)

Tatsoi Flowers (yellow Bed 2)

Edible weeds: Dandelion leaves, wild garlic

Recipe of the Month: Herb Loaf

Bunch of Fresh Herbs, roughly chopped

3 Cups All Purpose or Bread Flour

3/4 tsp Yeast

1/4 tsp Salt

1 1/2 Cups Warm Water

Combine all ingredients in a sealable bowl or container that will have room for your dough to double. Once mixed cover and place in your refrigerator overnight or for a few days if you want more of a sour dough flavor. Bring dough to room temperature. Uncover and turn dough out onto a floured surface, shape into a tight ball. Place on floured parchment paper, cover and let rise 1 hour. Meanwhile preheat your oven to 425. Transfer loaf including parchment into a dutch oven with lid. Score the top of the loaf with a sharp knife, cover and bake at 425 for 30 minutes. Remove lid and continue baking 5 more minutes to crisp up the top of the loaf. Remove loaf from dutch oven and allow to cool before cutting. Enjoy!



FALL HARVEST

Produce harvested and enjoyed by 4th graders in Fall 2020



WANT TO LEARN MORE? HAVE AN IDEA YOU WANT TO DO WITH YOUR CLASS IN THE GARDEN? WE CAN HELP!

SEND US AN EMAIL: KRISTEN.DAFFRON@GMAIL.COM