

Garden Detective News



Grow Healthy Habits With Your Children

In both the class garden and at your table, your child can learn about fruits and vegetables. This month, give them chances to try Swiss chard, carrots, and spinach.



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Dear Parents:

Our class is about to embark on a *Great Garden Detective Adventure!* Over the next couple of months, we will be exploring fruits and vegetables through gardening, classroom, and school cafeteria activities. By the end of the unit, your child will have used math, science, and English/language arts skills to learn more about where fruits and vegetables come from and why they are good for us.

This week, we tasted some fruits and vegetables that we may grow in our garden. Ask your child to tell you how these fruits and vegetables taste:

- (Leaf lettuces
- Carrots
- Strawberries
- Spinach(
- Swiss chard
- Beets
- Raspberries or blackberries



Here are some ways you can help make our garden adventure a success:

- (Send two large T-shirts or smocks to school by _____ to cover your child's clothes while working in the garden and while cooking.
- Volunteer to help us plant and maintain the garden (return the attached form .
- Volunteer to help in the classroom with our cooking activities (return the form .
- Volunteer to help us put a class cookbook together (return the form .
- Contribute a favorite family recipe featuring fruits or vegetables to our class cookbook (more details to follow).
- (Come to school on _____ when we celebrate our garden harvest with a Sleuths' Mystery Dinner (more details to follow).
- (Read the *Garden Detective News* when it comes home with your child, and help him or her complete the activities.
- (Try serving some of the fruits and vegetables we are learning about at home. Frequent issues of the *Garden Detective News* will share ideas.

We look forward to sharing our adventures with you in the weeks to come!

Sincerely,

WANTED

Parent Volunteer Form

Yes, I'd like to help with The Great Garden Detective Adventure. I can:

_____ Help plant the garden on _____

_____ Help out in the garden occasionally in the next 10 weeks (e.g., watering, pulling weeds). My best time is: _____ (day/times)

_____ Help out in class for cooking activities

_____ Help with the class cookbook

The best time to reach me is _____

By _____ (telephone) or _____ (email)

Signed: _____

Print name: _____

Student: _____

Thank you! Please return this form to _____

by _____.

Family Activity 1

Cook Together This Week



Try making a recipe with fruits or vegetables with your child this week. Then help your child answer the following questions:?

Name of recipe: _____

Where did this recipe come from? _____

What fruits and/or vegetables were in the recipe? _____

What part of the plant did these fruits and/or vegetables come from?

Fruit/vegetable ?

Part of Plant

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Write 1-2 sentences about how the recipe was prepared and what you thought about it. For example: *I chopped up green peppers and carrots and added them to the tomato sauce. We put it on the spaghetti and it was delicious.*
