



Lincoln

Winter 2019 Newsletter

Elementary

Harvest of the Month Taste Tests

Harvest of the Month Taste Tests have become a monthly ritual in the Lincoln cafeteria, and the students are accustomed to using their "thumb-o-meter" to express their like or dislike of the recipe we are tasting.

Pictured right is a recap of the student's taste preferences of the three recipes we served featuring locally sourced winter crops: carrots, apples and butternut squash.

Roasted Carrot Coins



63%



27%



15%

Carrot – Apple Slaw



58%



27%



15%

Butternut Squash Spread



60%



25%



15%

Spring Planting on the Horizon

If you saw how much food was harvested from the garden on Harvest Day last Fall, then there's no doubt you're excited to see what we can grow this Spring!

Starting in mid-April, classes will be planting leaf lettuce, spinach, kale, snow peas, radishes, and strawberries for our June Salad Day! We will celebrate the first harvest of 2019, taste-test-style in the cafeteria. Will our garden-grown salad get more thumbs up than November's kale salad? We'll find out.

Teachers: if your class would like to take part in the Salad Dressing Challenge for a chance to have your recipe be the one used on Salad Day in June, please email Haela!

haela@millcitygrows.org

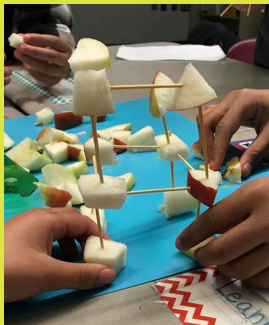
Get Involved with the Lincoln School Garden

This Spring there will be lots of opportunities to help with the maintenance and beautification of the school garden. We will be sign painting, weeding, cleaning up trash, turning soil, adding compost to the beds, and of course planting!

We are also still in search of at least five families to take on garden bed ownership through the Summer. Families who sign up will receive free seeds and garden training from Mill City Grows. For more information, please email Haela at haela@millcitygrows.org.

Apple Building Challenge

In January the entire third grade competed in an engineering challenge to see which group could build the tallest structure using just apples and toothpicks. The winning teams, both from Ms. Regina's class, build structures that were 11 ¾ in tall! Who ever said it's not okay to play with your food?



Go, Grow, Glow Sliders and Skewers

Mrs. Francisco's and Mrs. Trainor's classes learned how certain foods support different parts of our bodies. Our **Go** foods (carbohydrates) give us energy, our **Grow** foods (proteins) help build muscle, and our **Glow** foods (fruits and veggies) support beautiful skin, hair, nails and more!



Seasonal Smoothies and Sauces with Mrs. Guthrie



Apple Pie Smoothie

Ingredients:

- 2 large red apples, cored
- 1 frozen banana
- 1 cup apple cider
- 1/2 cup plain yogurt
- 2 teaspoons cinnamon
- *Optional:* pinch of nutmeg, ginger and/or clove

Instructions:

Blend all ingredients in a blender and serve. You can add more liquid such as milk, water, or apple cider to achieve desired consistency.

Butternut Mac and Cheese



Ingredients:

- 1 small butternut squash, roasted
- 1 small yellow onion
- 5 cups chicken or vegetable broth
- ¾ cup milk
- 2/3 cup shredded cheese
- 1 tablespoon butter
- Salt and pepper to taste

Instructions:

Blend all ingredients together until you get a smooth, runny sauce. Add more milk or broth to thin if necessary. Add sauce to 2 cups freshly cooked pasta.

Regional Cooking

The fourth graders have now all made recipes from two different regions of the U.S. with still more to come this Spring. A surprising favorite has been Southern Succotash, featuring lima beans, black eyed peas, sweet corn and cherry tomatoes. Among the four classes we've also made cranberry sauce, apple sauce, whipped cream, salsa, veggie quesadillas, and guacamole!

