





## March - Spring 2007 From Seed to Salad



San Francisco has a unique climate and there are some delicious and nutritious plants that thrive in our city during the school year and are easy to grow with our classrooms and families. What does it take to grow vegetables at home or at school? Less effort than you might think and the rewards are great! Plants that work well in San Francisco are:  
**LETTUCE, RADISHES, PARSLEY, and CILANTRO.**



### Getting Started:

Equipment needed: plastic gloves, cotton balls, water, seeds, and tape.



1. Take a clear plastic glove.
2. Wet five cotton balls. Wring out the cotton balls. They should not be soaking wet.
3. Dip each cotton ball into the pile of seeds so that 3-4 seeds stick onto it.
4. Place each cotton ball into each finger of the glove. Hint: use a pencil to push it down all the way to the finger tips.
5. Use masking tape to label which seeds are in each fingertip or sleeve.
6. Hang the glove on your refrigerator, wall, or window. The fingertips should point downward. Seeds will germinate in 3-5 days.
7. Transplant the small plants after about 2 weeks. Cut the bottom of the glove's fingers and place cotton ball and small plants into a planting container. (resources from USDA, University of CA and San Mateo/SF counties)



8. Find a container. Milk or juice cartons work well for lettuce and radishes which tend to be larger. (If necessary, cut carton top off). Paper cups work well for parsley and cilantro.
9. Fill the container, two-thirds (2/3) of the way with potting soil and fertilizer. Most hardware stores, garden centers, and some supermarkets have basic plant mix.
10. Plant, water, and watch. Here comes the fun part! Fill containers with soil, stir in 1-2 teaspoons of dry fertilizer (if you have it), moisten or dampen the soil with water.
11. Now, your job to make sure the plant stays moist — don't let the soil dry out!
12. Place the container on a sunny window sill (a very bright north facing window can work too) and continue to water regularly so the plant is never without moisture. If the container doesn't have drain holes, that's fine, but then you must also make sure not to over-water— just moisten the soil. Do not pour in so much water the plant roots end up sitting in a pool of water at the bottom of the container—you'll drown the plant!
13. Set up a schedule for watering or checking on the plant.

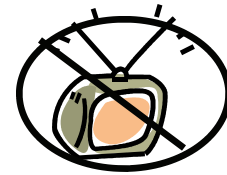


14. Reap the rewards:



- ◆ Kids and adults love the ritual of watching things grow.
- ◆ Taste new and fresh produce as a class or family.
- ◆ Make a delicious dish (i.e. salad, soup, sandwiches).

Teachers, please visit — [www.healthiersf.org](http://www.healthiersf.org) to learn how each grade level can academically benefit from gardening, and find out more about the **GARDENING - PROFESSIONAL DEVELOPMENT** For teachers on **April 19, 2007 4-6:30pm**



## April 23 - 29, 2007 National Turn Off the TV week



Here are some things you can do instead of watching TV:

- ◆ Go outside and play.
- ◆ Read a book, or begin to write your own book.
- ◆ Interview family members about your family history, or interview friends about their lives.
- ◆ Learn a new physical activity game or practice a game you know. Please visit— [www.kidshealth.org/kid/](http://www.kidshealth.org/kid/)
- ◆ Start an in-home garden.
- ◆ Do an art project.
- ◆ Learn how to make a healthy snack each day. Ask your teacher for fun, easy and simple recipes.
- ◆ Write a letter to a friend instead of picking up the telephone. You can mail it or give it to them at school.

### What happens when you watch too much TV:

Children who watch more than 4 hours of TV (including DVDs, playing video or computer games) are at increased risk of obesity *versus* children watching fewer than 2 hours. Children watching more than 2 hours do less physical activity and see more commercials for fast and convenience foods which are high in fat, sugar, and have low nutritional value. These foods are often portrayed as healthy. TV watching during the period of brain synaptic development (ages 2 -3), is linked to attention span disorders by age 7 in some children. - Dr. Mary Burke - Associate Medical Director, Edgewood Center

### SPRING NUTRITION WORD SEARCH PUZZLE SFUSD—NUTRITION EDUCATION PROJECT

Directions—Find the words in the column to the right. Circle each word you find. Note—Words may appear across, up, down, diagonally, forwards, and backwards. Have fun!

A	V	Y	F	R	T	V	A	S	E	V	Asparagus	
A	G	O	A	H	P	F	R	F	K	S	E	Avocado
L	S	N	F	S	T	V	E	L	C	R	G	Cabbage
E	D	G	I	R	R	L	K	O	A	E	E	Farmers
A	S	A	E	N	U	E	A	W	N	T	T	Flowers
V	N	A	G	G	E	I	M	E	S	A	A	Fruits
E	T	V	V	W	A	D	T	R	H	W	B	Gardening
S	S	G	V	O	L	B	R	S	A	V	L	Healthy
S	T	T	A	E	C	U	B	A	T	F	E	Leaves
E	O	E	A	S	P	A	R	A	G	U	S	No TV Week
N	O	I	M	S	E	E	D	S	C	E	L	Roots
B	R	C	L	S	O	E	E	O	A	E	T	Seeds
												Snacks
												Soil
												Stems
												Treats
												Vegetables
												Water

To win a prize, do the challenges and share your results with your teacher or your Nutrition Coordinator.



### March Challenge

Check here if you:

- Tasted the Harvest of the Month — Peas.
- Planted a seed to start a garden at school, home or in the community.
- Know the difference between a snack and a treat.

### April Challenge

Check here if you have:

- Tasted the Harvest of the Month — Asparagus.
- Participated in **Turn Off the TV Week**
- Successfully completed the Word Search

