



Cooperative Extension • Monterey County

The Edible Express

Volume VII Issue IV Summer '09



A Powerful Partnership

UC-FSNEP Youth Nutrition Education Program and Children's Power Play ~ your DREAM TEAM

Meet **Andrea Estrada**, our local **Children's Power Play! Campaign Coordinator**. She's been working with UC-FSNEP Rep. Kathleen Nolan in a casual partnership for several years, providing healthful ideas and fun activities to 4th & 5th graders in South Monterey County.



Currently she's busy with Bike To School Day and the upcoming Fiesta at Arteaga's Market in Salinas, but come fall, she'll be teaming up more formally with UCCE to present a coordinated program of tasty nutrition education helpings to all South County upper elementary grade teachers.

The plan is to *make it work* for schools that are being squeezed for minutes and money in these difficult times. Look forward to meeting her at our resource table at a pre- semester in-service in the late summer.

It'll be a good time for strategic planning: *how to make it work for you.*

Andrea will bring:
School Idea & Resource Kits for 4th & 5th grades.

Each kit offers 10 activities designed to encourage and motivate students to eat fruits and vegetables and be physically active every day. The activities link to the CA Content Standards in

English/Language Arts and Mathematics. She'll also provide **Parent Tip Sheets** These tip sheets provide ideas for working with other parents and school staff to make your child's school a healthier place to learn. Choose from **Healthy Fundraising Ideas, Snack-Free Party Zone** and/or **Smart Party Snacks.**



It'll be fun!



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...creating an information bridge that allows educators easy access to ready to use, research based nutrition information.

University of California and U.S. Department of Agriculture cooperating

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For more info on edible landscaping, look here:

<http://www.plantea.com/edibleland.htm>
http://landscaping.about.com/od/ediblelandscaping/Edible_Landscaping_Plants_That_Are_Edible.htm
<http://www.garden.org/ediblelandscaping/>





Summer Reading

Remember sitting on the back porch in the sun, munching on a crisp and juicy apple and reading your favorite book? Summer is upon us, and although the fruit may change- in June we gorged on cherries and plums, and peaches and watermelon got us through until fall - reading remains a pleasure.

Here's the all time great reading list for children from National Endowment for the Humanities: <http://www.neh.gov/projects/summertimefavorites.html> *Summertime Favorites*, a list of recommended readings updated in 2003, represents NEH's long-standing effort to highlight classic literature for young people from kindergarten through high school.

Just scrolling through the list brings back little jolts of memory: *Strawberry Girl* by Lois Lenski, *Dr. Dolittle* by Hugh Lofting, *Black Beauty* by Anna Sewall: each title brings an instant of remembered sunburn or the feel of sand and scent of sea. *Little House On The Prairie* by Laura Ingalls Wilder was so beloved- and *Heidi*, by Johanna Spyri, offered the notion that soft white bread was infinitely superior (!). Did you also try to "toast cheese on a stick in front of the fire" after reading that?



A teacher browses for books in the Children's Book Project, East Bay

Summer is a wonderful time to help students become proficient enough to actually enjoy reading. As you know, once started, they are off and running. Why not volunteer at a Summer Reading Program at a local park or library? Or just sit down with your child and a few from the neighborhood and take turns reading to one another?

Will you be in San Francisco this summer? Why not check out the Children's Book Project? They distribute all sorts of books to teachers, free of charge, hoping to get books into the hands

of children who need them the most. Call 414-401-6315 for their hours and directions.

And don't forget the summer fruit for a snack- that's part of the memory!

Call Kathleen at 759.7373 to check availability of these and other titles



Check out our resource library for *Pumpkin Circle*, *Bread Comes to Life*, in *the Three Sisters Garden...* and much more.



For **your** reading pleasure:

**Edible Schoolyard: A Universal Idea*, by Alice Waters

**Secret Ingredients* - a collection of New Yorker writings by irresistible gastronomes like M.F.K. Fisher and Roald Dahl

**Rain Gods* by James Lee Burke will be out in July

**Gone Tomorrow* by Lee Childs and

**The Scarecrow* by Michael Connelly are available now





Try these:

- Put pots of herbs on the patio
- Grow cherry tomatoes in a window box or hanging planter
- Plant colorful peppers alongside flowers
- Tuck lettuces, radishes and other short-lived greens into a flower bed
- Train raspberries up your fence
- Mix basil and coleus in a planter



Lakewood CA front yard

Grow Food in the Front Yard?

There's a green movement afoot these days. Growing food in garden plots small and large, next to sidewalks or on roofs ~ a lush landscape in even the densest urban areas~ is a vision of our Agriculture Secretary A. G. Kawamura.

Community gardens are a good choice for folks with no yards of their own. There's one in the Alkali Flat neighborhood in Sacramento that has been going strong for years: gardeners pay \$25 a year to the city for water and have a small plot to call their own in this sunny space. The garden is protected by a handsome wrought iron fence and there's even a plot with waist-high raised beds arranged in a U shape so that a gardener in a wheel chair has easy access.

Some homeowners are creating edible landscapes in their yards. These yards in Lakewood and Ukiah show how it might look. Such a choice offers many benefits:

- Enjoy the freshness & flavor of home grown fruits & veggies
- Control the "Organic? Or not?" question
- Save on food costs and increase food security for your family
- Grow unusual varieties not available in stores
- Get outside ~ in nature ~ and have fun



Ukiah CA "flower bed"

The current interest in edible landscapes is actually a revival, for the idea of combining edible and ornamental plants goes back in history through 19th century English suburban yards to medieval monastic gardens and even farther back to ancient Persia. All used fruits, vegetables, flowers and medicinal herbs as well as strictly ornamental plants.

It's not difficult or expensive, and compared to a thirsty lawn that needs continual attention, this attractive landscaping can be a good choice for those of us who squeeze yard chores into that small time after work and before dark! This writer's tiny front yard holds 2 peach trees, an apple tree, a lemon tree (all dwarf), tomatoes, strawberries, lettuces, sage, parsley, rosemary, lavender and basil in about 80 square feet ~ along with several roses, foxglove, chrysanthemums and other assorted flowers. What a charming space to sit in after work, eating supper alfresco or reading a book at the end of the day.

Summer vacations are a great time for projects at your home ~ so why not use this time, this year, to create an enjoyable, lush and productive edible landscape at your house?



Something Tasty for Summer

Summer is certainly the season for treats that need a bit of leisure time to contemplate. Here are some refreshing ideas for you and any children that may be around in a class or at home...

A quick and informal office survey revealed that of summer snacks for kids, specially concocted cold drinks were most popular. Folks remembered being entranced by fizzy or bright colored drinks. **Fruit-ades** (think **Raspberry-lemonade**) were high on the list, especially if made using special ice-cubes with a berry or edible flower frozen inside.

Slushies were big as well- for a **Watermelon Slushie**, crush 6 ice cubes in the blender, add 2-cups of ripe watermelon and blend for 30-60 seconds (sweeten with a little honey if you must).

Some of the Classics offer a great way for kids to drink more milk. Try an old-timey **Black Cow** (blend half milk and half root beer. If you add a scoop of light vanilla ice cream, you have a Root Beer Float)

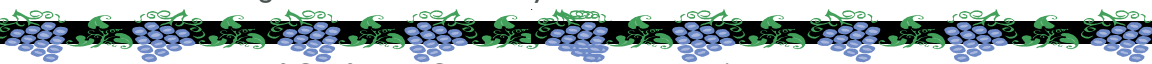
West coast kids read about the fabulous Egg Creams enjoyed on the East coast. they sounded very creamy and delicious. What a shock to discover they contained neither eggs nor cream! But, yummy, nonetheless.

Classic Egg Cream -for one

- 1/4 cup chocolate syrup (the kind that comes in a can is fat-free)
- 1/2 cup cold milk
- 2/3 cup carbonated water, chilled

Pour chocolate syrup into chilled large glass. Gently stir in milk. Holding the carbonated water about 5 inches from the top of the glass, slowly pour into the glass until a thick foam comes to the top of the glass.

Using a long swizzle stick, stir the mixture once quickly, make sure the foam does not bubble over the glass. Serve immediately.



The University of California Cooperative Extension's Youth Nutrition Education Program is for teachers, youth program coordinators, staff and counselors working with students at schools that have 50% or more participation in the Free and Reduced School Meal Plan, in Monterey and Santa Cruz Counties. Our goal is to encourage students to try many different foods, eat plenty of nutritious fruits and vegetables and enjoy appetizing and nutritious snacks, especially whole grain snacks that they can prepare themselves. Gardening projects help students learn about plant food sources from hands-on experiences.

UCCE offers free on-site workshops, for teachers or staff, free ongoing program support and free curriculum - choose from a variety of educator-developed selections geared toward helping your class to achieve AYP goals. Partner with Youth FSNE to practice math and language skills for testing, using activities with nutrition content.

For more information call Kathleen at 831.759.7373.



Delish!
Oh yeah!

