

### Garden to Do:

In the fall we plant cover crop: fava beans, clover and oats.

In the spring children will pull up the cover crop and plant carrots, radishes and peas.

### New to the Garden

This year, we will plant lavender, lamb's ear and lunaris (dollar plants) to create a sensory environment in addition to the vegetable garden.

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### Home Activities

Grow grass in cups and cut the grass as it grows.

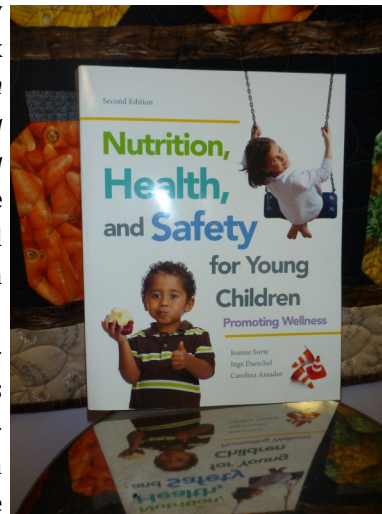
# HSOLC Garden News

## April 2013

## Nutrition, Health and Safety for Children

Great news—HSOLC gardens are featured in the new college text book "Nutrition, Health and Safety for Young Children Promoting Wellness" by Joanne Sorte, Inge Dashed and Carolina Amador.

The article showcases HSOLC efforts to promote gardening in the classroom and the positive effects on children and families.



*"The time we play outside is very important for fitness and so is eating health food."* Head Start Teachers say. With some inspiration and tools, children can be practicing pre-math, science and literacy skills while playing outside and in the garden (counting, measuring, sorting, classifying, labeling, documenting).

## New Developments & Wellness Champions

Thanks to Delight Valley staff, parents, local organic farmer, John Sunquist and Marika Sturman, a Master Gardener for creating the newest garden at the Delight Valley Head Start/Early Head Start Center.



Jan Olguin and Jay LaScalzo, the Lane Community College Head Start Teaching team have been nominated as Wellness Champions for increasing consumption of fresh fruit and vegetables in their classrooms.

