



Growing Together

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LOCAL FOOD FEATURE

This month's local food feature is Brittany Wilson, and her family farm C Wilson and Sons. Brittany's family owns over 3,000 acres. They first started here when her great grandpa arrived by horse and buggy. He opened the first lime operation in Michigan.

Today the Wilson's continue to sell lime, grow corn and wheat, and raise beef cattle for auction in Napoleon.

Brittany would like to continue to be a part of her family's farm in the future. She participates in FFA, and is Springport's FFA Secretary. She works hard on the farm, taking cattle to fair. She says it's a lot of work, with lot's of long hours...but it can be totally worth it!

Thanks Brittany!

TIPS FOR HEALTHY

1. **Eat moderate portions** - If you keep portions reasonable, it's easier to eat the foods you want and stay healthy.
2. **Eat regular meals** - Skipping meals can lead to out of control hunger and over eating
3. When eating out, **choose foods** that are steamed, baked, roasted or broiled
4. **Learn** simple ways to prepare food. Healthy eating doesn't have to mean complicated eating.
5. **Listen** to your body, and stop eating when you feel full.

Letter from the editor

HAPPY New Year

Ms. Ruhl and Ms. Reardon both hope your holidays were filled with joy! As we start the new year, we are filled with excitement and anticipation. In the Elementary School, Ms. Ruhl begins team teaching every other week with the teachers.

Elementary school students have been very busy learning many things. Students are occupied with food tasting's and learning where their food comes from. They are conducting research on diseases from lack of nutrition, and playing fun nutrition internet games! In the High School we are gearing up for FFA



Leadership contests. The Nutrition skits and speeches are coming together, and students are very excited to compete. Preparation is taking place for the Elementary Summer

Garden Camp (details to come soon!), and for our greenhouse and summer garden.

The botany class will take part in managing the greenhouse, and may even get to spend some time working with the elementary students!

They will grow salad greens and hydroponic lettuces and herbs for sale to our very own cafeteria! Keep your eyes open for our vegetables this spring in your LUNCH!

Classroom Chatter

Guess what is happening in the 4th grade nutrition lesson? We are learning what is good for us to eat. Also what food go in which food group. Our really nice nutrition teacher, Miss. Ruhl, is making it really fun. The things we re doing right now are a booklet and a mad libs paper. We have to fill in the blanks. -Sydney Coright

Mrs. Prine's 4th grade students are with Ms. Ruhl's nutrition class. In Ms. Ruhl's class we have been learning about the food pyramid and what kind of food goes in what food group. Another time there's this web site that Arianna (detective with nutrition) and Marcus muscleman (milkman that drinks milk so he has muscles). One time we made funny stories but still learning like milk and grain groups on the pyramid - Dakota



This year Mrs. Prine's 4th grade has Miss. Ruhl as a nutrition teacher. We have learned a lot of things from her. We've learned a game on the internet. It's awesome. You pick a food that has all five food group, then you have to find all the ingredients. It's really fun. One thing is we're making a Nutrition Journal. We get to design the cover.



“Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people.”
 -Elizabeth Berry

Warm Winter Recipes!

Chili

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| 1 lb ground beef or ground turkey | 1 (25 ounce) can red kidney beans | |
| 1 large onion, chopped | 16 ounces beef broth | 1 teaspoon oregano |
| 2 crushed garlic cloves | 3 celery ribs, chopped | 1 tablespoon dried basil |
| 1 (25 ounce) can tomato sauce | 1 teaspoon cumin | 1 teaspoon salt |
| 1 (25 ounce) can crushed tomatoes | 1 teaspoon paprika | Pepper |
| | 2 tablespoons chili powder | 1 teaspoon Worcestershire sauce |

1. Brown ground beef adding onion and garlic towards the end of browning over medium heat.
2. Add everything else.
3. Let it cook and stew for at least an hour -- preferably longer.
4. I like to make it in the crockpot and let it cook all day long.



Roasted Root Vegetables



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| 1 tablespoon extra-virgin olive oil | 2 pounds root vegetables (use potatoes, carrots, parsnips, turnips, rutabagas, beets), peeled and cut into 1-inch pieces |
| Salt to taste | 1 medium onion, peeled and cut into 1/3-inch wedges |
| 1 head garlic, separated into cloves and peeled | |
| Chopped fresh herbs like rosemary or balsamic vinegar (optional) | |

1. Heat oven to 400 degrees. Place the root vegetables and onion in a roasting pan.
2. Toss the vegetables with the olive oil and salt to taste. Do not crowd the vegetables.
3. Roast the mixture for a total of 45-50 minutes, stirring every 15 minutes. After 30 minutes, scatter the garlic cloves in with the vegetables. Continue stirring every 15 minutes until the vegetables are tender and evenly browned.
4. Before serving, add a sprinkling of fresh chopped herbs or balsamic vinegar, if you like for additional flavor.

Brain Teasers!

The Train Ride --

A Banana and a Mango hop on a train from Sacramento to Seattle. Together with their friend Asparagus they travel at a speed of 120 miles an hour. In Portland they have a 25 min delay. How long will they have been traveling when you know Sacramento is

6 hours, 41 minutes and 30 seconds

Cleaning the Room Together —

Parsley and Peach live together in West Seattle. It takes them three hours to clean their apartment. Their friend Beet and Lemon take two hours to clean their size apartment. How long would it take if Parsley, Peach, Beet and Lemon would

The room would be cleaned in one hour and 12 minutes

Who's Behind the Dog

A group of friends are chasing a dog near Marymoor Park. Purple Carrot is directly behind the dog. Blueberry is behind Purple Carrot. Lettuce is behind Blueberry. Orange is walking down the street in the opposite direction. As the friends and dog pass, he turns around and joins the pursuit behind Blueberry. Purple Carrot runs faster and is alongside the dog on the left. Blueberry runs faster and is alongside the dog on the right. Which of the friends is directly behind the dog?

When Purple Carrot and Blueberry leave their spots, Orange is behind the dog