



# Growing Together

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## LOCAL FOOD FEATURE

This month's local food feature is Amber Heisler's family farm "Elder Creek Farm". Amber is a second grader in Mrs. Bordine's class. Her dad, uncles, and grandpa all milk 500-600 cows on their dairy farm. Amber helps out too. She feeds the baby cows with her grandma. Amber's favorite part of the farm is the field trips in the summertime. She helps show the groups around. This fall she traveled to Kentucky to show her cows. Their cows were a hit, and they all won a ribbon! They also have 1 cat named Shiner, and 2 dogs; Tyson and Spencer. Amber also helps her mom, who owns Creekside Design. They paint signs together. When Amber gets older she hopes to be an artist, like her mom, and a part-time farmer.

## TIPS FOR HEALTHY EATING!

1. **Drink** water, milk or seltzer instead of pop, kool-aid, and other sweet drinks
2. **Try** putting some lemon juice on your vegetables, instead of salt.
3. If you go out to eat, **put** 1/2 your food in a doggie bag to go.
4. **Visit** the Farmers Market as a family. Let your kids pick fruits and veggies to try.
5. **Add** more fiber to your diet! Add beans, peas and lentils to soups, stews, and salads.

## Letter from the editor

HAPPY HOLIDAYS!!!!

Growing Together is off and running! Our first full month in and already exciting things are happening. Ms. Ruhl, your elementary nutrition ed. teacher worked with your teachers to develop weekly lessons for every grade. To start, students learned about the food pyramid, and took a pre-test to see how much they already knew. Students are working on nutrition activities in centers, in writer's workshops, and during snack time! What an amazing adventure we had at the Elementary school Walk Through. Families took home recipe cards and tried some healthy



holiday snacks. We enjoyed talking with parents and spreading the word about the new nutrition program. High school students continue to participate in Nutrition Fridays, and our FFA students are starting

their nutrition focused Leadership Contests. Mr. Thompson's Mech/Tech students have been busy constructing plant boxes for the greenhouse. They participated in the process of cutting the raw lumber, cutting the right lengths of wood, and assembling the boxes. Thanks! We appreciate it! Ms. Ruhl and Ms. Reardon are looking forward to late winter/early spring when the greenhouse and garden will begin to bloom!



## Classroom Chatter

In November, all of the 5th grade had a feast. Ms. Ruhl, the health teacher cooked 3 special meals with all the 5th graders. The 3 foods were succotash, Pumpkin Spice Cranberry Bread, and Corn Bread pudding. All were delicious and healthy. After, we all got together in the cafeteria and had a great

feast. We sang some songs and Mrs. Good did a "boom-wacker" song. It was great. We all had a great Thanksgiving and we hope you had a good one too!

By Mackenzie Hitt

In Mrs. Schultz's 5th grade class Ms. Ruhl came to teach

us to be healthy. We are studying early explorers. Ms. Ruhl had us be doctors on a ship to Asia. We had to find out what was wrong with the people aboard. She has been a great health teacher for our school.

By Rachel Appel



*"We are indeed much more than what we eat, but what we eat can nevertheless help us become much more than what we are."*

*-Adelle Davis*

# Healthy Holiday Recipes!

## Cranberry-Orange-Nut Cookies

- 1 1/2 cups whole wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup chopped walnuts

- 1/2 cup chopped dried cranberries
- 1 cup plus 3 Tablespoons sugar
- 1/2 cup smooth, unsweetened applesauce
- 1/4 cup canola oil
- 1 tablespoon freshly grated orange zest (from orange peel)



1. Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries
2. Whisk 1 cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix well until blended. Cover with plastic wrap and chill for 30 minutes
3. Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.
4. Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1 1/2 inch balls, then roll in sugar to coat. Place 2 inches apart on baking sheet.

## Roasted Pears

- 2-3 pears (about 1 pound)
- 1 tablespoon lemon juice
- 2 tablespoons sugar



1. Preheat oven to 425°F
2. Core and cut pears into 1/2-inch-thick slices. Toss the pear slices with lemon juice in a large bowl; add sugar and toss once again. Transfer to a baking pan large enough to hold the slices in a single layer. Roast, stirring occasionally to prevent scorching, until the pears are tender and golden brown, 25 to 30 minutes.

# The Eat Smart Crossword Puzzle

### ACROSS

5. your body is 72% \_\_\_\_\_
6. makes bones healthy and strong
8. substances that are necessary for living things to function
10. to cook in an oven
11. you should always \_\_\_\_\_ before playing sports (2 words)

### DOWN

1. a chart prepared to help us choose foods for a balanced diet
2. your body needs \_\_\_\_\_ and minerals to digest, absorb, and metabolize food
3. one of the substances necessary for growth and repair of cells. Good sources of \_\_\_\_\_ are meats, cheeses, and nuts
4. a small helping of food eaten between meals
7. eat a \_\_\_\_\_ of fruits and vegetables to make sure you are getting all the vitamins and minerals you need
9. the unit of energy we get from food

