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ISSUE

06

FALL
2021—2022

Coppell ISD School Garden Newsletter

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BUGS IN OUR GARDENS July 2021



**Canyon Ranch
Elementary**



**Valley Ranch
Elementary**



**We Love
Ladybugs!**

Every Garden Needs Bugs and Every (Good) Bug Needs a Garden

The vast majority of bugs in our gardens are our friends.

We want to plan and plant a Pollinator Garden at each school that is interested. Some schools have already started a pollinator garden and we hope to improve on them, too.

Farmer Larry and Chef Helen will be coming around to help plan the garden. We can find out what you want and what we can do to help. The Science Teachers may want to get in on this opportunity.

We all have some digging to do.

And Speaking of Bugs

Did you know that Coppell is on a Monarch Butterfly migration corridor? These amazing creatures fly over 2500 miles from Mexico to Canada and back every year.

We can feed our beautiful visitors as they come through!

What do Monarch Butterflies eat?

Where do they go in Mexico?

Are they endangered?

Learn more about Monarch Migration and Pollinators at these websites.

BTW Teachers: There are grants available for pollinator gardens and monarch support.

<https://www.pollinator.org/>

<https://www.monarchwatch.org/>



LET'S TALK! COMMUNICATE WITH OTHER GARDENERS

Want to reach out to the School Garden Coordinators? Need collaboration from your colleagues? Farmer Larry created an email distribution for district-wide emails. "Coppell ISD school gardens" <coppellidschoolgardens@coppellisd.com> If you need to make changes, please email Farmer Larry at lthompson@coppellisd.com

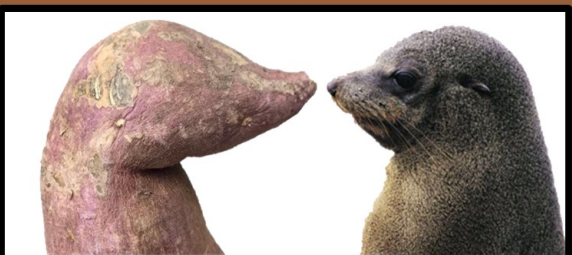
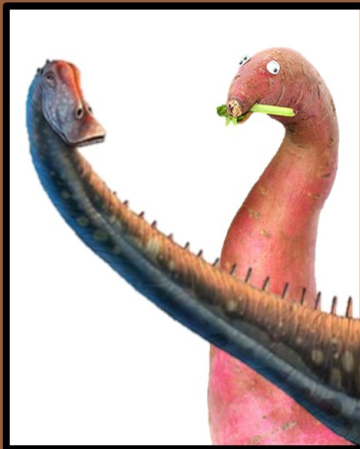
PLAN YOUR HARVEST

Get a couple clean boxes. If you Ask the Cafeteria Manager, she can save some for you. The kitchens always have boxes. Go over your timetable with the Cafeteria Manager. The kitchens close at 2 PM. If you are planning the harvest after that time, let Child Nutrition know and we can make arrangements for someone to be in the kitchen. Thanks!

DO YOU KNOW WHERE SWEET POTATOES GROW? UNDERGROUND
DO YOU KNOW HOW TO HARVEST SWEET POTATOES? YOU DIG THEM UP!
AND SOMETIMES THEY ARE PRETTY STRANGE LOOKING
DOES YOUR POTATO LOOK LIKE AN ALIEN? MICKEY MOUSE? A PIG? A DINOSAUR?
USE YOUR IMAGINATION!
TAKE A PICTURE (OR ASK SOMEONE TO TAKE ONE FOR YOU)
SEND IT TO hduran@coppellisd.com
INCLUDE:
YOUR NAME YOUR SCHOOL
WHAT YOUR POTATO LOOKS LIKE
PRIZES FOR
BEST LOOK-A-LIKE AND FUNNIEST

CISD SCHOOL GARDEN CROP PLAN SY 2021—2022

MONTH	SCHOOL PLANTING OPTIONS		HARVEST
	8/17-9/30 S=Seed T=Transplant		
AUGUST-SEPTEMBER	CAULIFLOWER -T CABBAGE BOK CHOY SPINACH-KOLIBRIC-T	RADISHES-S KALE, CURLY-S/T KALE, LACINATO-S/T BROCCOLI-T BEETS-S-S TURNIPS-S CILANTRO-S	BLACK EYED PEAS SWEET POTATOES
OCTOBER	LETTUCE-T/S CARROTS-S		
NOVEMBER-DECEMBER	GARLIC-BULB		RADISH, SPINACH, KALE, LETTUCE, CARROTS BOK CHOY, SWISS CHARD, CABBAGE
JANUARY	ONIONS-EARLY JANUARY CILANTRO-HERB BED ROSEMARY, THYME-HERB BED		CAULIFLOWER SWISS CHARD, BOK CHOY SPINACH, RADISHES?
FEBRUARY	CABBAGE-BOK CHOY PEAS, POTATOES, HERBS, KALE, LETTUCE RADISH, SWISS CHARD		NA
MARCH	KALE, LETTUCE, SPINACH SWISS CHARD		HERBS, LETTUCE RADISH, BOK CHOY
APRIL			SWISS CHARD
MAY			GARLIC, ONIONS POTATOES, PEAS



WHAT DOES YOUR SWEET POTATO LOOK LIKE?





Potato Bags Ready To Go

**DIG DEEP:
Summer Growers Conference**

This past summer Chef Helen was a featured panelist at “Dig Deep: Summer Growers Conference” sponsored by the Tarrant Area Food Bank and the Tarrant County Food Policy Council. Here is what I learned: CISD Schools are widely respected in North Texas and beyond for our garden program. Here is how I know: the picture above of me and the “Fresh at Home” bags was in *someone else’s* Power-Point
 People are recognizing your HARD WORK!
 Hooray!! Pat yourselves on the back!



Service Hours
 Do you have learners that need Volunteer Hours? Youth ages 13 to 17 may [sign up to volunteer](#) at the Coppell Biodiversity Education Center. They currently have virtual volunteer opportunities that include litter cleanups, citizen science and more! These volunteer opportunities keep in mind social distancing guidelines and many can be done from your neighborhood or home!

This summer, we sent the last harvest, new potatoes, to our at home learners! We sent a bag with potatoes, a recipe, and some fun facts.



**School Gardens:
FRESH AT HOME**

May 2021 - Farm Fresh Onions made Great Pizza!



School Gardens: Fresh at Home Roast Smashed School Garden Potatoes

What you’ll need:

- 1 lbs. New Potatoes
- 2 Tbsp. Vegetable or Olive Oil
- 1 Tbsp. Salt
- ½ Tsp. Black Pepper

Baking pan, tongs or hot pad, paper towels, bowl

Instructions:

1. Pre-heat oven to 375°.
2. Wash the fresh potatoes.
3. If the potatoes are larger than 2 inches in diameter, cut them into halves or even quarters. With a fork, prick the potatoes several times.
4. Place the potatoes in a microwave and cook for 2 – 3 minutes. Turn over to ensure even cooking. Careful! Hot! Use tongs or a hot pad!
5. Cook for another 2 – 3 minutes longer. Larger potatoes may take longer to cook. The potatoes are done when they are soft and squishy when you touch them.
6. Let them cool before handling them.
7. When the potatoes are cool enough to handle, put them between 2 paper towels and smash them. I use the heel of my hand. Not too hard, you don’t want to make pancakes.
8. Mix them with the oil, salt and pepper and place on a baking sheet.
9. Bake in the pre-heated oven until the edges are golden and crispy, about 20 – 25 minutes.

**FARM FRESH FRIDAY
CALENDAR**

Month	Food
SEPTEMBER	Black Eyed Peas
OCTOBER	Sweet Potatoes
NOVEMBER	Bok Choy
JANUARY	Cauliflower
FEBRUARY	Grapefruit
MARCH	French Breakfast Radish
APRIL	Chard, Daikon
MAY	New Potatoes, Onions, Garlic



Black-Eyed Peas

**Farm Fresh Friday
SEPTEMBER 2021**

FARMER LARRY
says:

**USE SIGN UP
GENIUS!**

Sign Up Genius is a
Great Tool for
Communication

Reach Out:

In Your School

Staff Members
Teachers
Administration
PTO Parents
Volunteers
Experts

In the Community

Special Clubs:
Garden Clubs
Environmental
and Sustainability
Organizations
Scout Troops
Local Churches
Corporate Partners

**Plan schedules:
Invite families and
volunteers to get
involved**

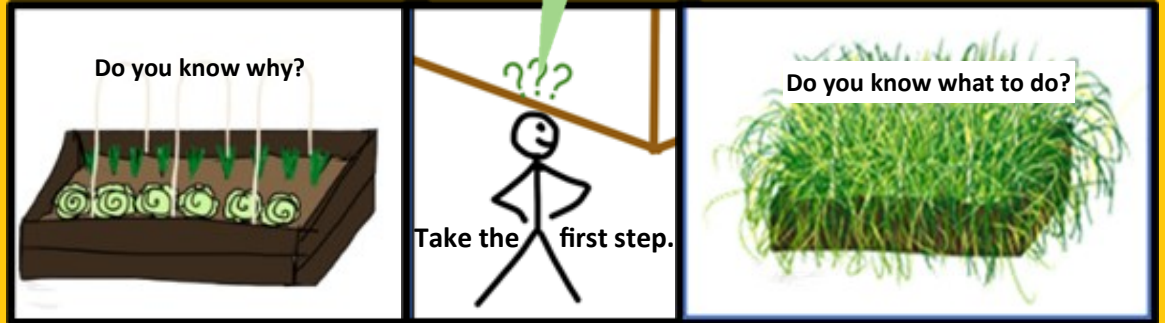
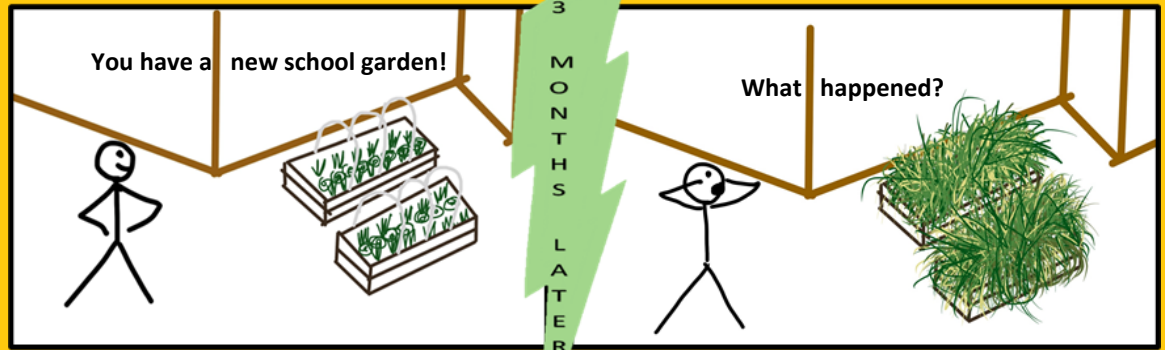
Watering
Work Days
Garden Training
Composting
Classes

**Tell your community
about garden
activities and efforts**

**Spread the work,
Make gardening fun!**

**Build your
community!**

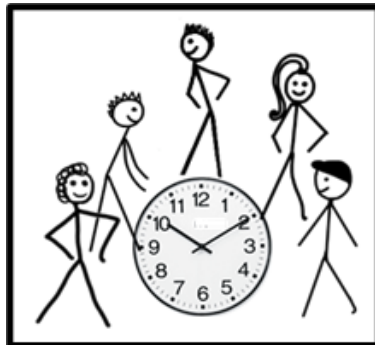
WHAT TO DO WITH A SCHOOL GARDEN



COMMIT

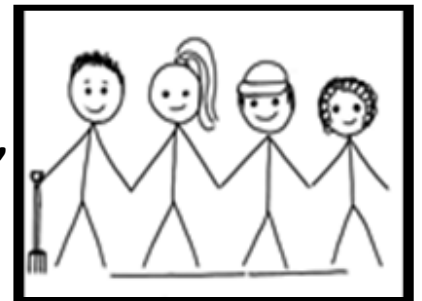
COMMIT to one small step

COMMIT to walking through the garden at least once each week.



Remember.
Gardens take time.

**While you walk,
Remember.**



Remember.
Gardens take people,
not just one person.

Now.
Walk a little slower. Pay Attention.



Pick a weed.



**Eat a
bean.**



**Wave to a
butterfly.**