



## It's Planting Time!

All these beautiful plants in the bed of Farmer Larry's truck are ready to go in the ground. They were all started by Bert Tindall at the Coppell Community Gardens greenhouse. Thanks to Keep Coppell Beautiful and the CFSO board for their support!

## JANUARY

### Farm Fresh Friday: Pickled Cauliflower

Child Nutrition Child Nutrition Staff made simple Cauliflower Pickles for our monthly Farm Fresh Friday.

They were a big hit!

We've included the recipe. The pickles are very easy and would be fun to do in the classroom. Try it with cucumbers.



# Pickled Cauliflower

2 Lbs Cauliflower - About 1 Head  
2 Cloves Garlic  
½ Cup White Vinegar  
½ Cup Apple Cider Vinegar  
1 Cup Water  
You will need:

2 Tbsp Sugar  
1 ½ Tbsp Kosher Salt  
2 Tsp Mustard Seed  
2 Tsp Coriander Seed  
2 Tsp Black Peppercorn

2 1-Pint canning jars with fresh lids, cutting board, small and large knives, 2-quart sauce pan

1. Cut Cauliflower into small pieces, about ¾ to 1 inch size.
2. Place garlic and cauliflower florets into glass canning jars.
3. Heat all the rest of the ingredients until they reach a boil.
4. Pour boiling liquid over the cauliflower.
5. Let cool slightly, put clean lids on top and put in the fridge.
6. Refrigerate for least least 48 hours.  
For stronger pickles, leave in the brine longer.

## Cauliflower



Cauliflower is edible flowers

Cauliflower is loaded with Beta-Keratene, Kaempferol, Quercetin, Rutin, Cinnamic Acid, Indole-3-Carbonol  
What do all those words mean?

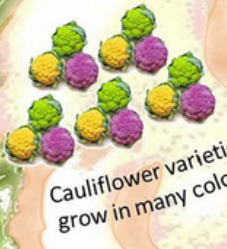
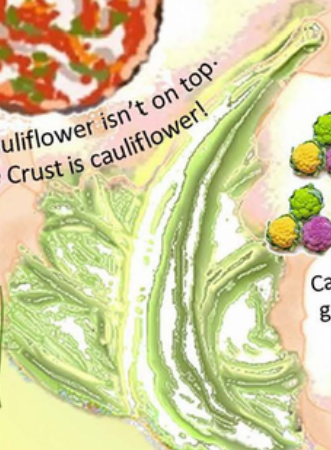


Have you had a CAULIFLOWER PIZZA?  
The cauliflower isn't on top.  
The Crust is cauliflower!



Cauliflower is considered a "super food"!

The words mean that  
Cauliflower is  
Rich in Fiber,  
High in Brain Boosters,  
Rich in Vitamin C,  
Low in Calories  
Cauliflower can  
Purify Blood,  
Fight Cancer,  
Help your Heart and  
Kidneys, Support  
Digestion



Cauliflower varieties grow in many colors

Cauliflower in French is Choux Fleur - Cabbage Flower  
Pronounce it: Shoe - Flur

# The Rebirth of a Garden: Wilson Elementary

Just like all the living things in the garden, the garden itself has a life cycle. The garden will eventually go wild.



The weeds are cleared and the old wood is removed.



New boxes are built and new soil brought in. Many volunteers worked to get the garden built.



The North Texas School Garden Network toured the "ready-to-plant" Wilson garden on March 26.



**"To plant a garden is to believe in tomorrow."-Audrey Hepburn**

FEBRUARY (well, early March - snow delays)

Farm Fresh Friday

# Grapefruit



## What does your Grapefruit taste like?

We all taste grapefruit differently and we asked the learners what they thought. Here is the result!

