

ISSUE

09

SUMMER
2022

COPPELL ISD SCHOOL GARDEN NEWSLETTER

SUMMER IS COMING

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HARVEST AND PLANTING



WHEN TO HARVEST: listen to your garden. Most vegetables tell YOU when they are ready to be harvested.

They turn colors, the rest of the plant dies back, the shoulders of the root show, or it forms a head.

SO

Watch your garden. Listen to what it's saying. Then harvest.

CISD Spring Harvest



APRIL

Farm Fresh Friday:
Asian Chard Slaw

CHARD

**We love this:
Chard is one of
our learners
favorite greens!**



For instructions
on how to
process Chard
from the garden
click



Chard Tasting

Sesame Rainbow Chard Slaw

Yield: 8 – ½ cup servings

- 1 Bunch Rainbow Chard
- 1 Cup Carrots, shredded (about 6 ounces)
- 1 Bunch Green Onions, chopped (about ¼ cup)
- ¼ Tsp. Granulated Garlic
- 2 Tbsp. Apple Cider Vinegar

- 1 Tbsp. Lime Juice, fresh
- 1 Tbsp. Brown Sugar
- 2 Tsp. Sesame Oil, toasted
- 1 Tsp. Kosher Salt
- ½ Tsp. Black Pepper
- ½ Cup Mayonnaise

1. Wash and prepare Chard.
2. Mix garlic, apple cider vinegar, lime juice, brown sugar, sesame oil, salt and pepper. Slowly whisk into the mayonnaise.

3. Mix the dressing with the chard, carrots, and onions at least 20 minutes before serving.

The salad green prep and the dressing can be made 2-3 days in advance. Mix the salad the day of service.



Pollinators, Friends, and Volunteers



Keep an eye
out for
Swallowtail
Butterflies



Thank you
to all CISD
Garden
Teachers
and
Volunteers!



This duck built
a nice warm
nest on the
compost pile at
Denton Creek
Elementary.
The learners
named her
Mrs. Moose!



CISD SCHOOL GARDENS			
PLANTING PLAN 2022 - 2023			
SEASON	CROP	TRANSPLANTS	SEEDS
FALL	Cauliflower	X	
	Cabbage	X	
	Swiss Chard	X	
	Bok-Choy	X	
	Spinach	X	
	Lettuce	X	X
	Carrots		
	Radishes		
	Kale- Curly, Lacinato	X	X
	Broccoli	X	
	Beets		X
	Turnips		X
	Cilantro		X
	Garlic	Bulb	
JANUARY	Onions	Sets	
WINTER	Rosemary	X	
	Thyme	X	
SPRING	Peas	X	X
	Potatoes	Sprouts	
	Kohlrabi	X	X
	Cabbage	X	
	Herbs	X	
	Lettuce, Butter type	X	
	Lettuce	X	X
	Carrots		X
	Radishes		X
	Kale- Curly, Lacinato	X	X
	Bush Beans		X
	Fennel	X	