

SPECIAL  
POINTS OF  
INTEREST:

- Feed the hungry, learn how!
- Kildeer baby birds born this spring
- Find recipes for asparagus and roasted vegetables
- Plants that were lost in the frost
- Fertilize your mind with the garden word search

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## A Place at the Table

By Ms. Khan's class

Fifty million people in the US, including one in four children, don't always know where their next meal is coming from; this is known as food insecurity. The film, *A Place at the Table*, examines the issue of hunger in America through the lens of three families struggling with food insecurity. Most of the calories these families do consume are what is called "empty calories," which are foods with calories

lacking in essential nutrients. The movie asks the questions that explore the economic, social and cultural im-



**One in four children don't know where their next meal is coming from.**

plication of hunger in our nation, and attempts to move

people to take steps toward making healthy and affordable food accessible to everyone. When posed with the question, "What do you think are some potential solutions to help families feed themselves on small budgets?" the students gave various solutions. The foremost solution offered was teaching families how to create and maintain their own home gardens. This is a skill that we are practicing right here at Jen!

## New Faces Around The Garden

By Ms. Sue

We had an exciting event happen when we were planting in the garden. Four baby Kildeer birds were born! A lot of the students got to see the baby birds and were quite friendly toward them. As students witnessed them in their nest, they realized how

important the mother is in helping them grow and develop. She brought them food, offered protection, and encouraged them to walk. These events are great opportunities to talk about



nature, habitats, and also use students' curiosity about it to foster discussions in the classroom. We're excited that our garden is such a great habitat for native animals and plants!





**“Working in the garden has also taught me a better sense of patience.”**

**“Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has.”**

*-- Margaret Mead*

**All of our 28 garden boxes have been planted! Come visit!**



## Lessons From Nature

By Leron

My teacher, Mr. Zak, gave our class two choices for a writing prompt. The first choice he explained is that there are a lot of penitentiaries. In the penitentiaries, there are garden programs for the inmates and it's like a release for them because they have to be locked in a cell for twenty three hours of the day. The second choice of the prompt was being able to write about whatever we wanted. So I decided to write about how working in the school garden makes me feel. I don't know exactly what it feels like to be a prisoner or a farmer or even someone who does landscaping. Personally, I like to see things grow and prosper into something that can be appreciated and enjoyed, maybe in a soup, sandwich, or even a delicious salad made right here in Maryville's kitchen during lunch.

I love helping grow crops in the garden and I can't wait to see how crops grow. I can't wait to

harvest them and see them in the school lunch that gets made by our talented kitchen crew. Ms. Toni's food is so good it will turn your stomach from empty to full very quickly. Her loving attitude could make your day better with just one smile. Ms. Tracy, our school nurse, always makes time to help in the kitchen.

Ms. Loree, from our classroom, is always asking how she can help in the lunch room. Our very kind and good spirited school psychologist, Ms. Donna, who always says “Hi,” also helps out in the kitchen and tries to make our day as best as possible. Even Ms. K-Lo or any of the other teachers bring their own recipes in for us to try.

I like working in the heat because I feel that in a way, I'm growing, too, along with the plants. Working in the garden has also taught me a better sense of patience. I've been trying to get a second job outside of my vending job here at school, but I am in

no rush to get it. Why, you ask? I think about the plants I helped sprout and I ask myself “do plants rush their growth to prove to us that they're ripe and ready to be eaten?” Well, the answer is no. They take their time and make sure they absorb all that they need to be delicious and rich in nutrients. I have no need to rush; I'm going to



take the time I need to better myself and become rich with knowledge and job experience so I can be the best worker I can be. Now after reading this, I bet you're asking yourself how this fifteen year old boy learns all this volunteering at his school garden. All I can tell you is “don't knock it til you try it!”

## There's a Gardener in All of Us

“The reason why I like to go to the garden is because it is very peaceful,” Dante.

“I like going to the garden because I like to cut the grass and water the grass,” Robert,

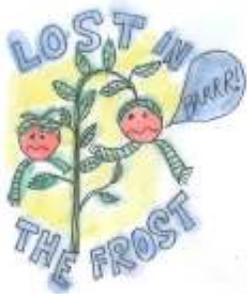
“I like going to the garden because I like the flowers and birds,” Archie.

“The garden is so much fun!” Sherman.

“It's fun and I like growing plants and picking weeds,” Mikel.



# What Happened to the Crops?



By KT

What CRAZY weather we have been having! Last week our tomato, pepper and eggplants were lost in

the frost! We had to buy new plants, and now we are worried about our baby plants because of a frost warning tonight. It is the end of May! What is up with that? Should we make them little scarves to wear? We covered up the new plants so they won't be cold. Sleep tight little green guys! Don't let the frost bite.

# Orzo Pasta With Fresh Vegetables



**Cook 1/2 lb. orzo pasta and put aside. Cut up 1 eggplant, 1 lb. asparagus, 1 onion, 1 red bell pepper into in. pieces. Put on baking sheet and season with olive oil, salt, pepper and 2 garlic cloves. Roast in 425 degree oven until tender and brown. Mix orzo with roasted vegetables and add 1/3 c. fresh lemon juice, 1/3 cup olive oil, and season with salt and pepper.**



# How to Cook Asparagus

Wash and cut asparagus to where it is tender. Discard the tough end pieces. Lay flat on a cookie sheet and drizzle with oil, salt, pepper and chopped garlic. Place in a 350 degree oven and bake for about 10-20 minutes until tender. You can also wrap about 3-4 stalks of asparagus with a slice of bacon, sprinkle with pepper and bake in 350 degree oven until bacon is crispy.



# Ode to the Garden

**Jen School Garden**  
By Hasson

Big, colorful, grassy  
We weed, mow, pick plants  
Happy, grateful, excited,  
joyful

**A Day in the Life of Ms. Alexis's Class**

We go to the garden a lot  
We water the plants  
We weed the boxes and plant seeds  
We cut the grass and smooth out the dirt  
It is good to be in the garden

*No two gardens are the same. No two days are the same in one garden.*

~Hugh Johnson



# Joke of the Month

By James





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**At the Jen School,  
it's all about you!**

Our organic garden was created in 2007 to help students with special needs learn about nutrition, science, and math. It helps them with basic life skills, develop their social skills, provide them with vocational training and employment opportunities, and instill a life-long love of gardening. Each spring, students shop for seeds, plants, and tools and turn over the soil to prepare it for planting. A large variety of vegetables, herbs, fruit, and flowers are planted annually in the 28 garden boxes the boys built themselves. The garden program has been very therapeutic for our special needs young men, helping to keep them calm, relaxed, and in control of their emotions and behaviors.

**Come visit our garden!**

To set up a visit, please call (847) 390-3020



We're on the Web!  
[www.maryvilleacademy.org/  
subpages.asp?id=39&parentid=2](http://www.maryvilleacademy.org/subpages.asp?id=39&parentid=2)

**Find our garden online!  
<http://edibleschoolyard.org/program/jen-school-garden>**



### Garden Word Search Ms. Sue

Can you find all 27 words? Challenge yourself to learn about the garden!

n	d	s	t	r	a	w	b	e	r	r	i	e	s	o	s	e
d	r	e	d	s	n	r	r	e	c	r	s	h	l	i	f	l
e	p	v	l	e	t	t	u	c	e	o	o	w	l	s	r	t
e	r	o	r	i	e	o	e	s	h	v	o	l	o	b	u	l
t	u	l	s	r	e	s	g	g	e	r	e	e	d	l	i	k
s	n	c	l	r	a	s	n	l	t	r	o	s	e	a	t	o
g	i	c	r	e	z	i	l	i	t	r	e	f	t	s	s	r
n	n	i	s	b	r	a	s	r	k	l	s	i	e	p	r	c
i	g	l	s	e	i	r	r	e	b	p	s	a	r	a	e	h
l	r	r	t	u	y	l	e	a	d	b	m	t	i	r	b	a
d	r	a	i	l	z	e	t	w	e	b	o	u	u	a	m	r
e	w	g	k	b	u	e	o	a	o	m	e	t	p	g	u	d
e	r	s	e	e	g	t	n	t	a	m	s	d	b	u	c	e
s	n	o	l	e	m	r	e	t	a	w	n	e	s	s	u	i
d	s	b	v	s	o	m	o	s	r	t	e	w	r	e	c	s
h	e	b	s	w	e	e	d	i	n	g	o	l	a	e	r	e
e	l	u	l	t	s	v	y	e	s	o	a	p	r	i	s	n

- asparagus
- bean row
- blueberries
- cucumbers
- fertilizer
- fruits
- garlic cloves
- Kildeer eggs
- lawn mower
- lettuce
- orchard
- potato eyes
- pruning
- pumpkin seeds
- raised beds
- rake
- raspberries
- seedlings
- shovel
- strawberries
- tomatoes
- trellis
- trowl
- vegetables
- watering hose
- watermelon
- weeding