

**SPECIAL  
POINTS OF  
INTEREST:**

- The Award Goes To...
- 23 ways to make zucchini
- Check out the students' photography in the garden!
- Try our delicious zucchini bread recipe
- Our garden was featured on WBBM News Radio 780!

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## Garden Poem

By Henry

I love the garden.  
It is the biggest garden  
I've ever been in!



We have peppers,  
strawberries,  
peas, green beans,  
cantaloupe, watermelon,  
pumpkins, and  
beans,

We have potatoes,  
onions,  
tomatoes, lettuce  
and eggplant.

Our class is in  
charge of the  
strawberries,



**A fresh organic strawberry  
in our garden.**

Picture taken by Dante

watermelon, cantaloupe  
and the fruit trees.

## Jen School's Own Gardening Greats

By Ms. Sue

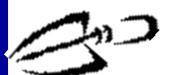
Congratulations to one of our master gardeners, Dwayne! He was selected to receive an Illinois Master Gardener Teamwork Award at the Illinois Master Gardener Conference in September. There are currently more than 3,400 master gardeners in the state of Illinois and it is an honor for them to be chosen for this award. A master gardener is a person who has completed a formal training program focused on gaining knowledge and experience in gardening. They in turn, dedicate their time to help local horticultural educational programming in their communities. The goal of master gardeners is simple: it is to "Help Others

Learn to Grow." We are very fortunate to have three master gardener volunteers, Andy, Dwayne, and Wally. The founder of our garden program, Alyson, will be starting classes in the fall to get her master gardener accreditation. Our volunteer, Sharon has helped tremendously, putting in many hours of her own time. The impact of our volunteers have spanned beyond the limits of the garden; it has reached students in classroom, staff in the school, and people in the community who buy the organically grown produce. If you see any one of these volunteers in the garden, please give them a big "thank you."



Pictured from left to right: Andy, Alyson, James (student), Sharon, Dwayne (not pictured: Wally)

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



## 23 Ways to Make Zucchini



Come get some fresh, organic zucchinis!

1. Zucchini Bread Pancakes
2. Crispy Zucchini Grill Cheese Sandwich
3. Zucchini Asiago Cheese Scones
4. Zucchini cookies
5. Oven-Baked Zucchini Fries
6. Lettuce Wraps with Quinoa, Baked Turkey, and Zucchini Meatballs
7. Zucchini Bread Whoopie Pies
8. Zucchini Butter
9. Zucchini Pasta with Avocado Cream Sauce
10. Beef and Zucchini Burgers
11. Whole Grain Zucchini Blondies
12. Zucchini Chips-made in microwave or oven
13. Za'atar and Sesame Zucchini Bites
14. Zucchini Waffles stuffed with Kale
15. Sunflower Zucchini Quick Bread

16. Chocolate Zucchini Muffins
17. Zucchini Stuffed Zucchini Blossoms
18. Chocolate Zucchini Cake



19. Cauliflower and Zucchini Crust for Pizza
20. Baked Zucchini Mac 'N Cheese
21. Garlic Butter Chicken and Zucchini Pizza
22. Cheesy Zucchini Quinoa
23. Gluten-Free Zucchini Tator Tots

Zucchini Chocolate Cake...Yum!

*"The way of cultivation is not easy. He who plants a garden, plants happiness."*  
-Author Unknown



Artwork by James



Artwork by Mykel

Artwork by Ms. Stephani



## Summertime Sound Waves

If you missed the radio interview, check us out on the CBS website!



On July 17<sup>th</sup>, Bernie Tafoya from WBBM News radio 780, came out to interview the students and staff at the Jen School about their garden program. Two students from the school, Torey and Robert, talked about how much they liked the garden and how they had never eaten some of the vegetables before such as asparagus. Ms. Craig and Ms. Toni both said that it is amazing how students learn where the vegetables on their plates come

from. Retired teacher, Ms. Alyson, who started the garden five years ago, also commented that gardening is a wonderful thing for the students to do because it's very calming. Ms. Craig called the garden a "healing place" and a place for students to learn life lessons about the food they consume and the way to a healthy lifestyle. The thirty second interview aired at 6:30AM, 7:30AM, and 8:30AM on Friday, July 18<sup>th</sup>, however the interview clip and article can be found at: <http://chicago.cbslocal.com/2013/07/19/garden-at-school-for-troubled-youth-provides-calming-influence/>

# Zucchini Bread Recipe

**RECIPE CORNER!**



- 3 tsp. vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts

mixture and beat well.

4. Stir zucchini and nuts until well combined. Pour batter into prepared pans.
5. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and cool completely.

*“Working in the garden isn’t easy, but it pays off.”*  
**-Aaron, Jen School student**

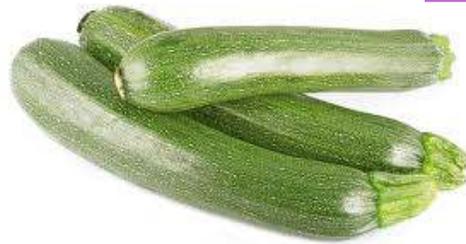
**Directions:**

(Serves 24 people)

**Ingredients:**

- 3 cups all-purpose flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 3 tsp. ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 1/4 cups white sugar

1. Grease and flour two 8 x 4 inch pans. Pre-heat oven to 325 degrees F
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed



**Made with fresh zucchini from our garden.**

Photo (right) by Dante



Photo (below) by Damani



Photo by Damani



## Garden Photography



Photo by Dante

