

October 2013

## October News

S.N.A.C. Program at SDSA



Hi Parents and Teachers,

Our first day back into the SNAC Garden was Friday Sept 27! The kids got busy with a lot of work, including weeding several beds, moving compost, and weeding the greenhouse floor.

We have a few beds with green beans, peas, lettuce, radish, borage, spinach and carrots. And we were able to successfully plant more lettuce, spinach, kale, broccoli, and beets. We are going to try to raise some cucumbers, beans, and squash in the greenhouse along with more greens of course!

Lessons will kick off at our next session, set for October 11<sup>th</sup> with the older kids.

Thanks for all your support and I look forward to seeing your kids get nice and dirty while they enjoy learning in the garden!

Thank you for your help,

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## Fall Recipes

## What: Fall Work Day and Meeting

Who: All are welcome!

When:  
**Saturday October 12th  
at 9 am to 1pm**



**WHERE:** Meet behind the school in the Garden

We would like to invite you to help us in the SNAC Garden.



## ROASTED RADISH AND CARROTS

*We always have some radish in the SNAC Garden, because they only take about 35 days from planting to harvest and they love the cool weather!*

*If you don't care for their slight bitter or spicy bite, you can try them roasted with carrots and be amazed!*

### Ingredients

1 bunch small to medium radishes, about 12  
12 carrots sliced into thick rounds  
1 tablespoon olive oil  
1 teaspoon dried thyme (optional)  
salt and freshly ground black pepper  
Lemon half (optional)

### Directions

Preheat the oven to 450 degrees F.

Place the radishes and carrots on a

We will have a small meeting to brainstorm about the program in 2013-2014.

Also, we will be fixing the chalkboards, repairing a couple raised beds, beautifying some beds with new plantings and mulch, and building a weather station, and Root View Boxes!

We really appreciate and need your help!

Children are welcome with their parents or an adult!

**Wish List: Mulch, fall plantings (like mums or perennials with winter/fall foliage, flower or berries), plywood, bags of leaves.**

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## What: SNAC Garden Days

On Fridays, Dr. Furtado teaches various lesson plans to grades 1-8.

We would love to have parents come in to help and share the fun.

This time spent as a volunteer at the school does require one to have a background check, however, the SNAC Program is able to help with the cost.

**Who:** Any parent who has an interest in helping!

**When:** Fridays all year!

9-11 am and 12-2:30pm shifts available

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baking sheet and toss with the olive oil, thyme, salt, and pepper. Roast until tender yet firm in the center, about 20 minutes. Squeeze with a little lemon juice and serve

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### **Beet Salad with Goat Cheese and Candied Walnuts**

*During our end of year taste testing, many kids were amazed and surprised how much they loved the sweet beets!*

#### **INGREDIENTS:**

4 medium beets - scrubbed, trimmed and cut in half  
1/3 cup chopped walnuts  
3 tablespoons maple syrup  
1 (10 ounce) package mixed baby salad greens  
1/2 cup frozen orange juice concentrate  
1/4 cup balsamic vinegar  
1/2 cup extra-virgin olive oil  
2 ounces goat cheese

#### **DIRECTIONS:**

1. Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.
2. While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.
3. In a small bowl, whisk together the orange juice concentrate, balsamic

### **Garden Days Dates for Grades 1-4**

Oct 18  
Nov 1  
Nov 15  
Dec 6  
Jan 10  
Jan 24  
Feb 14  
Mar 7  
Mar 21  
April 11  
May 9  
May 23  
June 6

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### **Garden Days Dates for Grades 5-8**

Oct 11  
Oct 25  
Nov 8  
Nov 22  
Dec 13  
Jan 17  
Feb 7  
Feb 21  
Mar 14  
Mar 28  
May 2  
May 16  
May 30

vinegar and olive oil to make the dressing.

4. Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.



