

HANCOCK

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Students enjoy veggie treats from garden

Kale, romaine lettuce, and tomatoes have grown in the Hancock school garden this fall.

School staff planted the vegetables in six raised beds. Each bed is the size of a rectangular picnic table. The kale and romaine lettuce looked like a forest of green bushes on top of the orange and blue raised beds.

"I love to garden," said Miss Wheeler, the school cafeteria manager, at a recent press conference with the *Healthy Times*. She and other members of the school's

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Illustration by Maya Matthews

Nutrition mission: Kale is tasty

It's a lean, green, energy machine.

Can you guess what it is?

The answer is kale.

The vegetable has been growing in the Hancock garden and the *Healthy Times* reporters recently tasted it in a salad and as kale chips.

Most of the reporters said they would recommend the salad. When asked to vote on its taste, 15 liked it and seven said they did not like it. The salad also included romaine lettuce, cranberries, and blueberries. "It was a little juicy," wrote one reporter.

All the students—except for one—said they liked the kale chips. The kale is baked in the oven so they can become chips. Students said they tasted salty,

crunchy, and yummy. One reporter described the chips as "leaves broken in half."

Another reporter said "they were the best chips I ever had in my life."

Kale has many healthy characteristics, according to the American Heart Association. It is loaded with *nutrients* that nourish the body and help keep it healthy. For instance, it has calcium which is good for bones. It also has potassium which is helpful for healthy blood pressure, the heart association says.

"You can make a lot of things with kale," said a reporter. You can even put it in smoothies.

"I want to be healthy so I think I will start eating kale," the reporter said. —By *Healthy Times staff*

Enter "Acts of Kindness" poster contest. See Page 2.

Ingredients to make a tasty kale salad

When *Healthy Times* reporters started asking questions about kale, they learned that the green, leafy vegetable can be used in many different recipes.

Miss Wheeler, school cafeteria manager, made a special kale salad for the reporters. Most of the reporters said they liked the salad and would recommend it to others to eat.

Here are the ingredients for the salad and dressing so you can share the recipe with your family.

But you need to remember this important *safety tip*: You should have an adult help you when you are cutting, chopping, and using the stove and other equipment in the kitchen.

<i>Ingredients in Miss Wheeler's kale salad</i>	
Salad ingredients	Salad dressing
3/4 lb kale, shredded	1/4 cup red wine vinegar
1/2 lb. green cabbage, shredded	1/4 cup apple juice
1/2 lb. carrot, shredded	1/2 cup pomegranate/blueberry juice
1/4 lb. red onion, sliced	
4.4 oz. container of blueberries	Important notes:
3/4 cup of Craisins	lb.=pound oz.=ounce
1/2 cup sunflower seeds	

School garden has bountiful kale crop

(Continued from Page 1)

health council planted the garden to encourage students to try new vegetables, Miss Wheeler said.

The reporters had a chance to taste the vegetables. Miss Wheeler made a kale and romaine salad for them to sample. She also made kale chips by baking the kale leaves in the oven.

Hancock is the only school in the Norristown Area School District that had a fall garden this year, Miss Wheeler said. A fall garden has plants that can grow when the weather turns chilly.

Miss Wheeler said she was surprised to find the tomatoes growing in the garden. The compost that she put in the soil had tomato seeds. She didn't know the seeds were there. Compost is a mixture of plants that have decayed. It improves the soil.

In the spring, every grade at Hancock will be assigned an area in the garden to plant vegetables, Miss Wheeler said.

Vegetables from a garden are much fresher than those found in a store. They are tastier, too, Miss Wheeler said.

Gardening is a popular activity. First Lady Michelle Obama has a garden at The White House and children help her tend to it. They donate the vegetables to people who don't have much food.

Other members of the Hancock Health Council are Mr. Rotondo, the PE teacher; Mrs. Schunder, the school nurse; Mr. Moskal, a first grade teacher; and Ms. Jelesiewicz, a third grade teacher.

—By *Healthy Times staff*

Hancock Healthy Times

A publication of the Hancock Elementary School in the Norristown Area School District in Pennsylvania.

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Do you like to draw?

Enter the Acts of Kindness contest

You are invited to create a poster that illustrates a child being kind to another person.

It could be a picture of someone sharing a book, keeping the classroom tidy, or helping an elderly relative to shop. Be creative.

The poster is part of our new project, *Think, Don't Fight*. In the project, we will be reporting and writing about bullying prevention in the year ahead.

Posters should be illustrated on white paper that is 8 1/2 by 11 inches. Please turn in your poster by **December 12** to your homeroom teacher. For contest rules and more information, ask your teacher or Ms. Jelesiewicz, the *Healthy Times*' faculty advisor.