



11/1/13 Countryside Elementary School embraces home grown kale!!



Back in June we were asked to assist the graduating 5th grade class at Countryside elementary school in the planting of their first raised bed garden. After spending some time discussing with students why more and more people are growing their own food, all students got a chance to plant pumpkins, tomatoes, peppers, kale and other scrumptious treats.

Over the summer months numerous families tended to the garden; watering, weeding, staking and harvesting so that when school resumed in September there was plenty to be enjoyed. Finally on November the 1st the school as a whole got to enjoy the bounty of all the hard work.

Under the guidance of Mr. Detlefsen, current 5th graders harvested the kale. During lunch the following day, Ryan Hurley, a Whitsons Executive Chef, prepared scrumptious kale chips for all to enjoy while Sara Greely, Dietetic Intern, explained the nutritional benefits. And wow.....were they popular! The majority of students were willing to try the kale chips and many commented on how good they were with many seeking out second and thirds!! It was a huge success.

Now the question is what will be next? Well, we have just finished planting some winter crops; Napa cabbage, bok choy, and green salad mix. Keep your fingers crossed that all grows well!



More on this event can be found by clicking [here](#), or go to [Newton Public Schools - Whitsons School Nutrition](#).