



**ASSUMPTION  
CATHOLIC SCHOOL**

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Where Faith, Children and Learning  
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# THIS WEEK IN THE GARDENS



August 23, 2017

6th, 7th, & 8th Grade Ecology Elective

## Activities in the Garden

We seeded several different vegetables this week. Dave will take them to the nursery to care for them.



Soon you can take a seedling home for our tomato growing contest!!



## Did You Know?



What if you planted the produce that is on your parent's grocery list instead of buying it?

### Reasons to Grow Your Own Vegetables

- ◆ **Price**—you would save \$\$\$\$
- ◆ **Control What Goes In Your Food**
- ◆ **Freshness**

This would be a great challenge for students over the school year. Give it a try and tell us about it!

## New Plants

Take a walk around the courtyard and admire the new plants. Don't forget to water!!



### Yum!

We all tasted how sweet Stevia can be.



## Get Local Recipe:

### Fresh Lemongrass Tea

4 C water

2 C roughly chopped lemongrass stalks  
(found in our courtyard)

1/4 C sugar (or pinch 1 to 4 leaves from top of Stevia branch)

Lime wheels for garnish



## Steps

1. Bring the water to a boil over high heat in a medium saucepan.
2. Add the lemongrass and boil rapidly for 5 minutes.
3. Reduce the heat to low and simmer the tea for an additional 5 minutes.
4. Strain the stalks from the liquid. Stir in the sugar until dissolved (or stevia leaves).
5. Serve warm, or chill in the refrigerator and pour over ice.

## What's Next for The Vegetable Garden?



And the LORD will continually guide you, And satisfy your desire in scorched places, And give strength to your bones; And you will be like a watered garden, And like a spring of water whose waters do not fail. Isaiah 58:11