


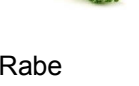



October 4, 2017




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

Lesson of the Week

10 Healthiest Veggies

		<u>Health Score</u>
1. Kale		1,392
2. Spinach		968
3. Carrots		399
4. Broccoli Rabe		392
5. Broccoli		268
6. Brussels Sprouts		247
7. Peas		173
8. Tomatoes		136
9. Asparagus		134
10. Green Bell Peppers		113

10 Least Healthy Veggies

		<u>Health Score</u>
1. Potatoes		64
2. Corn		58
3. Iceberg Lettuce		54
4. Beets		43
5. Sunchokes		41
6. Cucumbers		27
7. Portobello Mushrooms		24
8. Eggplant		21
9. Radishes		13
10. Onions		9

Plants of the Week



- ◆ Chioggia Beet-beautiful and sweet flavored. Sliced roots look like bull's-eyes having concentric rings of white alternating with red.
- ◆ Turnips- sweet and tender white roots; handsomely blushed with pink to purple at the crown.
- ◆ Swiss Chard-stems in gold, pink and crimson; best harvested young for salads.
- ◆ Lettuce-Crisp and tender with a sweet flavor; lettuce grows best in cool weather.

Media of the Week

Food, Inc. (Netflix) by Author and Filmmaker Michael Pollan



Did You Know?

Organically grown vegetables contain 100% of their nutritional value. Commercially grown vegetables (grown out of season) contain 33% of nutritional value.



Parents Welcome!

Parents, please come help us beautify our gardens and earn volunteer hours. If signup.com says "spots are full", parents are still welcome.

<http://signup.com/go/nHODWca>

Get Local Recipe:

Homemade Weed Killer

- ◆ 1 gallon white vinegar
- ◆ 1 cup of table salt
- ◆ 1 tbsp. of Dawn dish soap

Steps

1. Mix ingredients in an empty gallon jug and then pour into a spray bottle. Spray on weeds.

