









October 11, 2017

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

Lesson of the Week








The Environmental Working Group (EWG) released the 2017 edition of the Shopper's Guide to Pesticides in Produce, also known as the "Dirty Dozen."

The EWG identified the following items on its "**Dirty Dozen**" list of produce with the most pesticide residue:

1. Strawberries 
2. Spinach
3. Nectarines 
4. Apples
5. Peaches
6. Celery
7. Grapes 
8. Pears 
9. Cherries
10. Tomatoes 
11. Sweet bell peppers
12. Potatoes 



The EWG also identifies the "**Clean 15**" or items in the report with the least likelihood to contain pesticide residue:

1. Sweet corn 
2. Avocados
3. Pineapples
4. Cabbage 
5. Onions
6. Frozen sweet peas 
7. Papayas
8. Asparagus
9. Mangoes
10. Eggplant 
11. Honeydew 
12. Kiwifruit
13. Cantaloupe
14. Cauliflower 
15. Grapefruit 

Activities This Week

Our 7th graders are taking on the responsibility of turning on our drip irrigation in the vegetable garden every morning.



Our 6th graders tended and pruned our herb garden....



and they seeded herbs to sell at our Health Fair!



We Need Volunteers!

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

Get Local Recipe:

Fresh Vegetable Salad

- ◆ 2 medium zucchini
- ◆ 2 medium yellow squash
- ◆ 1 mild, sweet apple (such as Gala or Fuji)
- ◆ 1/4 cup fresh basil leaves, finely chopped
- ◆ 1/2 cup shaved Parmesan cheese
- ◆ 1/3 cup lemon (or citrus) vinaigrette
- ◆ 1/4 cup sunflower seeds (optional)

Steps:

1. Cut zucchini, squash, and apple into small 1/2-inch cubes. Chop basil.
2. Combine all ingredients in salad bowl; toss to coat. Chill until ready to serve.

