



**ASSUMPTION
CATHOLIC SCHOOL**

Providing a Challenging Education
Where Faith, Children and Learning
Come First - Since 1923

THIS WEEK IN THE GARDENS



November 8, 2017

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

Activities This Week

We have learned our garden needs three things:

- ◆ **Sun**-no problem there!
- ◆ **Food**-we use EcoScraps®
- ◆ **Water**-where is the rain??



Our 7th graders are volunteering to turn on the irrigation system, thank you students!



Emma tended to her birthday tomato plant. Tomatoes can still flourish even without regular watering.



All for the Butterflies!



The 6th graders continue to weed and prune the Courtyard Gardens to make a great home for our monarch butterflies. We continue to see more chrysalises and butterflies around the campus.

*Don't forget to tell your parents to come to the **Food & Farm Festival**. There are many great ways they can help benefit our gardens and learn about healthy living!*



Person of the Week

The kids were introduced to music by the rock band **Jethro Tull**. Why was the band named **Jethro Tull**? The name came from 18th-century agriculturist **Viscount Jethro Tull**, inventor of the seed drill and horse-drawn hoe.

<https://www.azlyrics.com/lyrics/jethrotull/farmonthefreeway.html>

Gardener of the Week

Cat Haen carefully and successfully sowed at least 60 cauliflower plants that will be sold at our Food & Farm Festival, November 15th.



Get Local Recipe:

Low-Carb Cauliflower Creamed Spinach

Ingredients:

- ◆ 5oz • baby spinach
- ◆ 1 small cauliflower head [cut into florets]
- ◆ 1 small onion [diced]
- ◆ 1/2 cup shredded mozzarella [plus a little more for on top]
- ◆ 2 tbsp cream
- ◆ 1 tbsp butter [plus a little more for sautéing the onion]
- ◆ 1/2 tsp nutmeg
- ◆ pinch of ground cloves
- ◆ salt and pepper



Steps:

1. Turn on broiler.
2. Bring a medium pot of water to the boil. Once it boils rapidly, add the cauliflower florets and boil for 10 minutes.
3. While the cauliflower boils, sauté the onion in a little bit of butter until soft and then add the spinach, nutmeg and cloves and cook until wilted.
4. When the cauliflower is cooked, use a slotted spoon to scoop the florets into a food processor. Blitz the cauliflower until smooth with the cream and butter. Season with salt and pepper.
5. Now mix the cauliflower, spinach/onion and cheese together, adjust seasoning if needed, and scoop into a cast iron pan or small baking dish.
6. Slide under the broiler until the cheese is golden brown.