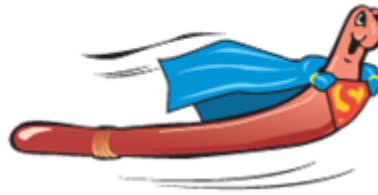


# 2014 “Earthworms” Youth Eco-Teams Program



**Thank you for participating in the Food Unit!**

Next week we will investigate Waste and Recycling!

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## Grow Your Own Salads Indoors All Winter!



I successfully grow salad greens all winter long in recycled plastic containers under a couple of inexpensive fluorescent shop lights. You can, too!

You can hang your lights in an attic, basement, or even a large closet. As long as the space can maintain average temperatures around 50 and has an electrical outlet for the lights, you can grow delicious, nutritious greens.

### What can you plant?

The simple answer: almost any type of salad or cooking greens—the faster-growing the better—and leafy herbs. I scattered the seeds thickly across the soil surface, covered them with a bit of compost, and watered them in well with a small watering can.

### Care and harvest

I turned the lights on when I got up each morning and shut them off around supper time. I watered them every couple of days, when the top of the planting medium felt dry.

I started thinning the plants as soon as they'd developed two or three sets of leaves, gently pulling them out by the roots, rinsing them, and tossing them into soups and cabbage salads.

As the plants grew bigger, I harvested the outer leaves and left the rest to grow. You can also clip greens from across the whole container with fingernail scissors, making sure to leave the growing tips to produce another crop.

After five weeks of growth, six or eight containers of greens began producing robust, two-person salads three or four times a week for about six weeks, as well as quite a few handfuls of greens to toss into soups.

**Today in Youth Eco-Teams, we planted lettuce and spinach seeds together under fluorescent lights. At the end of the program we will be able to make a salad!**

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Source: <http://www.almanac.com/blog/natural-health-home-tips/grow-your-own-salads-indoors-all-winter>



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## 5 Vegetables & Herbs You Can Eat Once and Re-grow Again

Some foods are easy to re-grow at home from leftover scraps, and some of them can even be grown right on your kitchen counter. Here are 10 vegetables and herbs you can buy once and re-grow again. Today in Youth Eco-Teams, we experimented with romaine lettuce, bok choy, and celery!



### #1. Garlic

When garlic starts to sprout, the little green shoots are too bitter to cook with. Rather than throwing away sprouted cloves, you can put them in a glass with a little water and grow garlic sprouts. The sprouts have a much milder flavor than garlic cloves and are great in salads, pasta and as a garnish.

### #2. Romaine Lettuce

If you have a stem from a head of romaine lettuce that's still intact, place the stump in a bowl with about ½ inch of water and put it on a windowsill. You'll start to see new leaves in about 2 weeks, and they'll be full grown in 3 to 4.



### #3. Bok Choy

Just like romaine lettuce, bok choy can be regrown by placing the root end in water in a well-lit area. In a week or two, you can transplant it to a pot with soil and grow a full new head.

### #4. Onions

Plant the discarded root end from an onion in a pot or directly in the soil outside to regrow. You can harvest it early and get fresh green onions or wait until the bulb is fully developed.



### #5. Mushrooms

Plant mushroom stalks in soil with some compost or used coffee grounds and keep them in a moist environment, preferably where it will be cool at night. They can be tricky to grow, and within a few days the stems will either start to sprout new heads or rot.

Source: <http://food-hacks.wonderhowto.com/how-to/10-vegetables-herbs-you-can-eat-once-and-regrow-forever-0150343/>



# TAKE ACTION!

Nine things YOU can do today

1. Cook-In! and have a meal at home.

2. Grow something to eat!  
Plant vegetables, fruit, or herbs in a window box, pot, backyard or community garden. Start with easy things, like basil and tomatoes.

3. Find out where the food in your grocery store comes from.  
Ask the butcher where the meat comes from. Ask the manager if any fruits or vegetables come from local farms. See if they'll get more food from nearby farms. If not, switch stores!

4. Meet someone who grows the food you eat.  
Run, don't walk to the nearest farmers market and talk to the farmers. Visit their farms. Help them plant and harvest!

5. Ask the people who work in your school's lunchroom where the food they serve comes from.  
See if your class can tour the kitchen. Does most of the food come frozen? Is there a stove? Work with the kitchen staff to improve the school's food.

6. Walk or ride your bike to school, instead of taking a car or bus.

7. Get movin' after school and on the weekends!  
Play frisbee, go rollerblading, jump on a trampoline, turn up your music and dance, play Wii sports, practice cartwheels, challenge your friends to an arm wrestling competition, OR ANYTHING ELSE YOU CAN THINK OF!

8. Vote with your dollar.

You may be too young to vote for president, but you can vote for the kind of world you want to live in every time you spend money. Instead of buying candy or soda from big companies, go to your local bakery or buy from a local farmer.

9. Contact your representatives and tell them to support school nutrition programs.  
To learn about current current legislation go to <http://www.farmtoschool.org/>

Stay current with food justice! Read our blog at: [www.whatsonyourplateproject.org/blog](http://www.whatsonyourplateproject.org/blog)

7



## Have You Heard of Meatless Monday? <http://www.meatlessmonday.com>

**Quick Quesadillas:** Sample recipe from meatlessmonday.com to try at home!

### **Makes 8 servings**

Quick quesadillas make a great weeknight dinner. Top with your favorite salsa and serve alongside a green salad.

### **Ingredients:**

15 oz can black beans, drained and rinsed  
2 zucchini  
1 teaspoon salt  
8 oz shredded reduced-fat Monterey Jack cheese  
16 (6-inch) flour tortillas  
2 scallions, thinly sliced  
Nonstick olive oil spray

### *Spices:*

1 teaspoon chili powder  
1 teaspoon ground cumin  
1 teaspoon garlic powder  
1 teaspoon onion powder

Drain and rinse the canned beans. Put in a large mixing bowl. Grate the zucchini. Toss the grated zucchini with a teaspoon of salt in a colander, then squeeze out excess water. Combine the zucchini with the beans, spices, grated cheese, and scallions. Spritz one side of each tortilla with olive oil spray. Place eight tortillas oil-side down on a baking sheet. Spread some filling on each tortilla then top with another tortilla (oil-side up). Broil 1-2 minutes (until golden) and flip. Broil the flip side another 1-2 minutes.

### **Why Meatless?**

- Going meatless once a week may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. It can also help reduce your carbon footprint and save precious resources like fresh water and fossil fuel.

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## **Another Family Recipe: Apple-Carrot-Raisin Salad**

*Serves 6 to 8 as a salad, snack or dessert*

### **You will need:**

2 or 3 apples diced  
2 or 3 carrots grated  
1 can pineapple, chunks or crushed with juice  
1/2 - 1 cup raisins  
1/2 cup nuts or sunflower seeds (optional)

### **Dressing: (optional)**

1/4 cup mayonnaise  
1/4 cup yogurt  
pinch of cinnamon  
a little honey if you like



**Directions:** Mix all ingredients in a bowl and chill in the refrigerator. Combine all dressing ingredients in a small bowl or cup. Add dressing to salad and mix well to coat. Enjoy!

