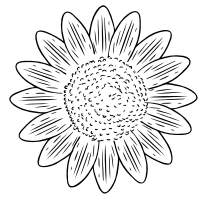


GROW PORTLAND



Connecting. Educating. Sustaining

10
Schools



1500



Pounds
of produce
harvested in 2020

4000

Students served /mo.

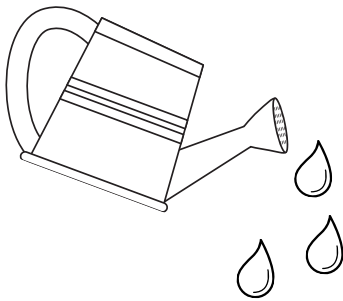


Who are we?
Grow Portland provides garden-based education through school gardens all over the city.

Did you know?
Your school has a learning garden! We use it to teach about science, nutrition, and much more.

How can you connect to the garden this fall?

Through handouts in your lunch, videos, and virtual lessons with your class!



Find us online for more videos, activities, and garden fun!

www.growportland.org



YouTube



Facebook



Instagram



A TASTE OF THE GARDEN

We are excited to share some of our harvest with you this week!

Your bag may have:

- Tomatoes
- Tomatillos
- Cucumber
- Basil
- Green beans
- Kale
- And more!



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Yum!



Quick Cucumber and Tomato Salad

Ingredients:

- 1 large or 2 small cucumbers, chopped
- 1 large or a few small tomatoes, chopped
- 3-4 Tablespoons oil (like olive or canola)
- 1 Tablespoon vinegar (like balsamic)
- Salt and pepper (to taste)
- Optional: Crumbly cheese, olives, fresh herbs, sunflower seeds

Instructions:

Mix all ingredients together in a bowl and enjoy!

FALL POETRY

Haiku

Haiku is a form of Japanese poetry. The poems are three lines and follow the pattern 5 syllables - 7 syllables - 5 syllables. Traditional haiku are often about nature and the seasons. They paint a beautiful picture in your head!

Can You Haiku?

Notice some signs of fall. Are the leaves changing? Use what you notice to write your own haiku below:

Example Haiku Poem

A chilly wind blows
Leaves dance in yellow and red
Time for pumpkin pie!

growportland.org
literarydevices.net/haiku/

Share this activity with us by tagging us on social media or emailing a photo to growportland@gmail.com!



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Choose a fruit or vegetable in your lunch to explore!

Write its name here: -----

Now, draw a picture of your fruit or veggie below:

Next, do a five senses exploration! Circle how you rate your fruit or veggie for each of the five senses.

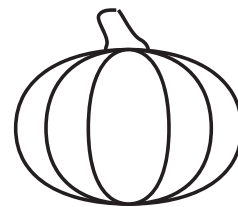
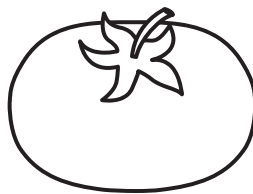
Looks 	 I love it!	 So-so!	 Not for me!
Feels 			
Smells 			
Sounds 			
Tastes 			

A TASTE OF THE GARDEN

We are excited to share some of our harvest with you this week!

Your bag may have:

- Tomatoes
- Tomatillos
- Winter squash
- Potatoes
- Herbs
- Greens
- And more!



Recipe

- 1 pound potatoes, cut into 1-inch cubes
- 1 ½ pounds winter squash peeled and cut into 1-inch cubes
- ½ cup extra-virgin olive oil
- 2 tablespoons fresh rosemary
- Sea salt and freshly ground pepper

Preheat the oven to 400 degrees. Place the potatoes and the squash in one layer in a nonstick roasting pan. Drizzle with the olive oil, sprinkle with rosemary and season with salt and pepper. Roast for 30 minutes and then stir so that the vegetables cook evenly. Continue roasting until well browned, about 30 more minutes and serve immediately.

Adapted from NY Times

Yum!

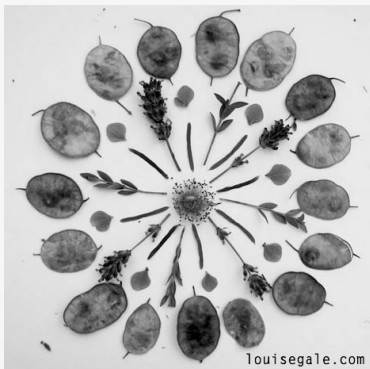


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☯ Nature Mandalas ☯

A mandala is a circular pattern that you can make with any materials that are available to you!

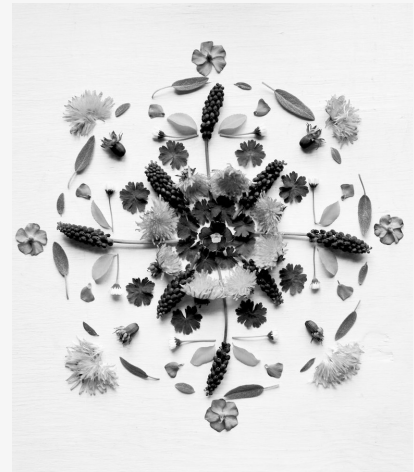


Materials

A flat surface. Sticks, twigs, leaves, grass, rocks, pine cones, flowers or seeds.

Instructions

1. Gather your materials.
2. On a flat surface, place your nature items in a circular pattern that matches in every direction.
3. Take your time making your mandala (it should feel relaxing). Try more than once and have fun!



Share your creation with us by tagging us on social media or emailing a photo to growportland@gmail.com!

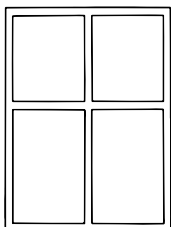
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Can you hear:



Scavenger Hunt!

Look and listen for these things...



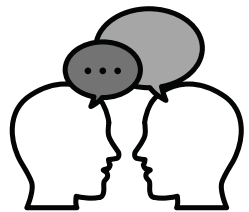
on a walk -or- out of your window



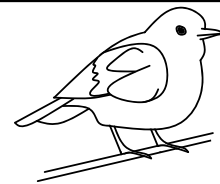
Cars



The Wind



Talking

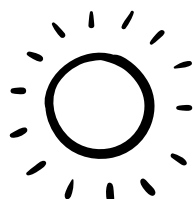


Birds

Can you see:



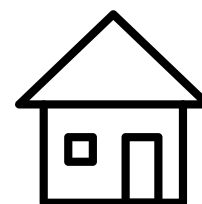
Leaves



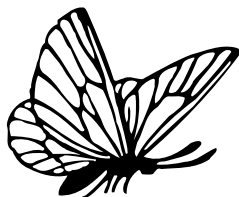
The sun



A bee



Houses



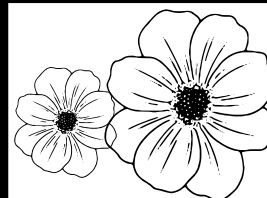
Butterfly



Tree



Clouds



Flowers