

New Beginnings Learning Garden

Made possible by the Blue Cross
and Blue Shield of Florida Health
Literacy Grant Initiative

A statewide initiative managed
by the Florida Literacy Coalition

The background of the slide is a solid green color with a subtle gradient. Scattered across the background are numerous white silhouettes of butterflies in various sizes and orientations, creating a decorative and nature-themed pattern.

These are our project
based learning activities

Healthy Veggies



Families are introduced to vegetables that they had not only not tried but some they had not even heard of, increasing their knowledge and variety of vegetables that they will use in future cooking.



What next?



It takes a lot of Sweat and Water!



Everybody in the family helped in planting and maintaining the box gardens



Fruit Trees





green
beans



&



peppers



Look what we grew





herbs



Strawberries!!!

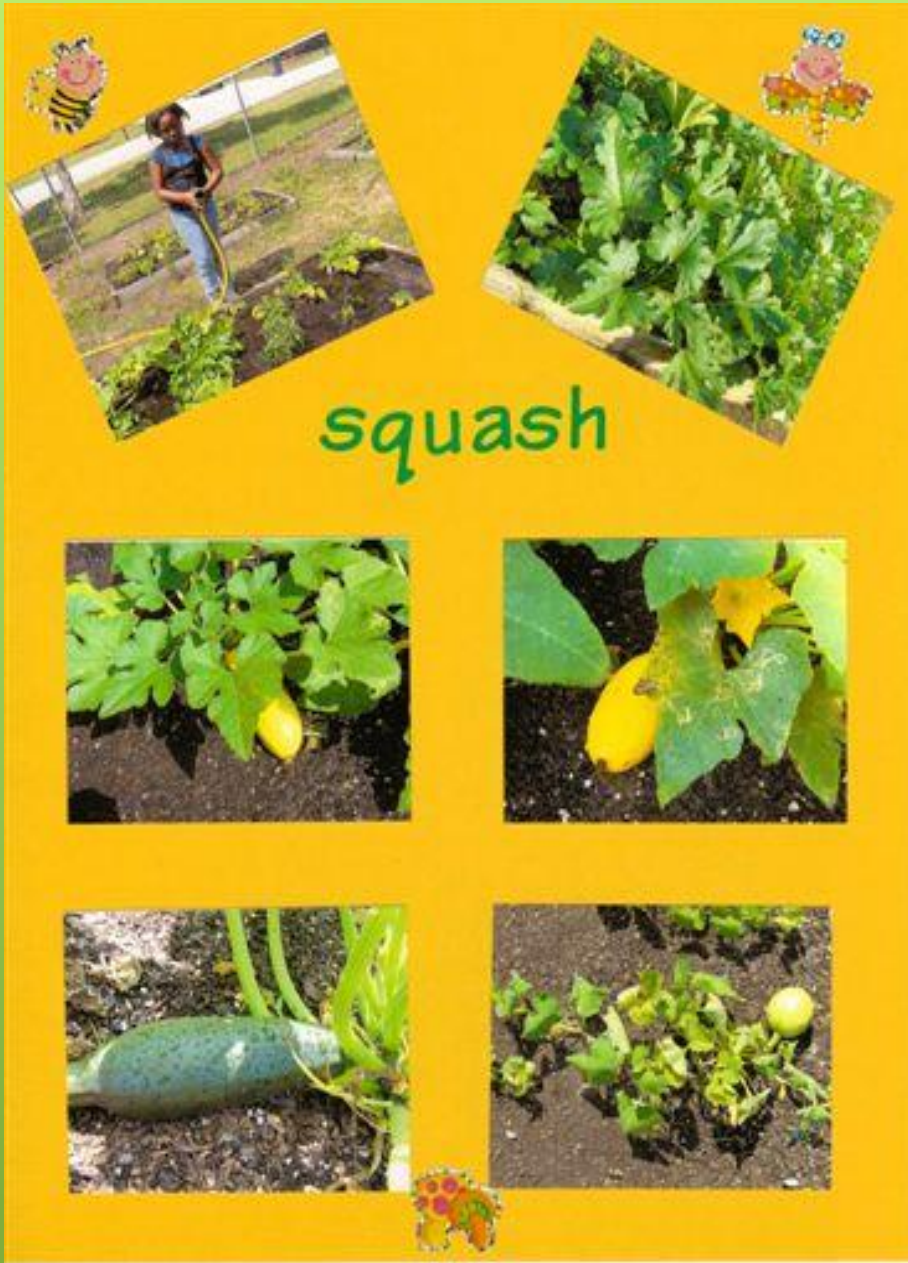


Can I pick it?



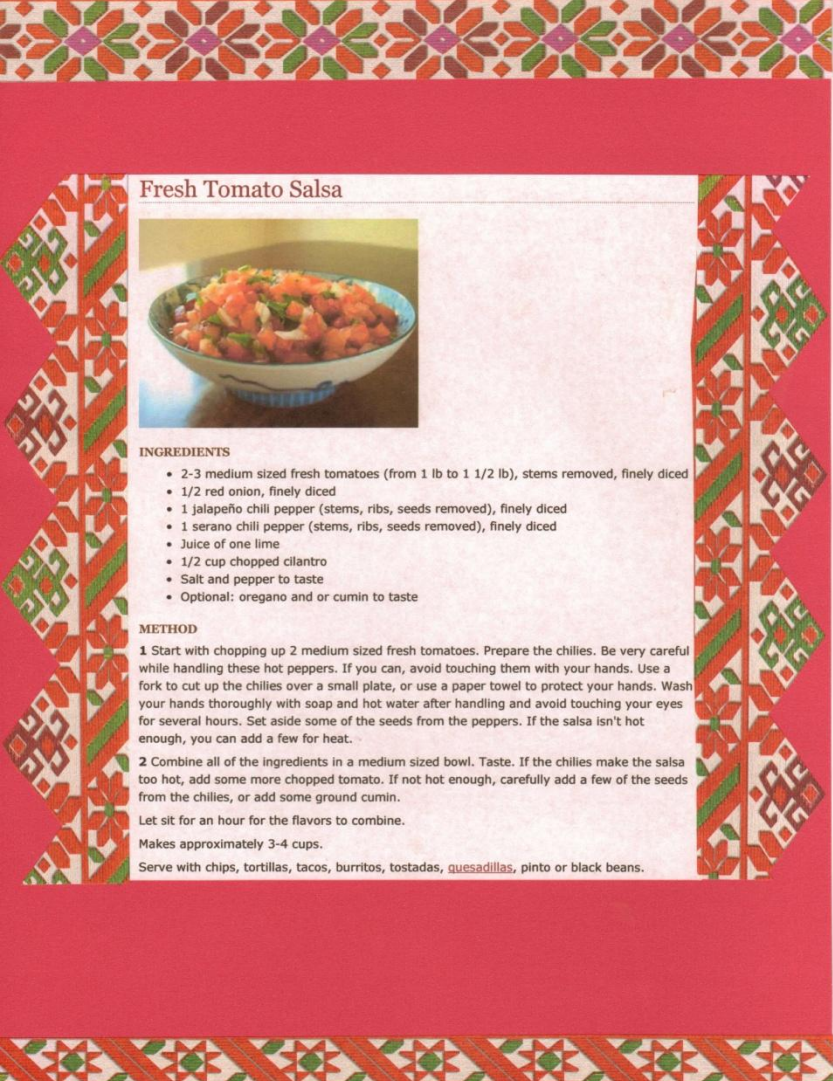
Yes, you can!



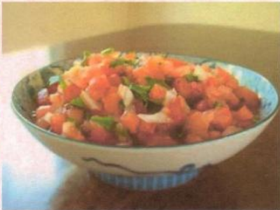




Creating recipe books in a scrapbook style with the recipes that we have prepared



Fresh Tomato Salsa



INGREDIENTS

- 2-3 medium sized fresh tomatoes (from 1 lb to 1 1/2 lb), stems removed, finely diced
- 1/2 red onion, finely diced
- 1 jalapeño chili pepper (stems, ribs, seeds removed), finely diced
- 1 serano chili pepper (stems, ribs, seeds removed), finely diced
- Juice of one lime
- 1/2 cup chopped cilantro
- Salt and pepper to taste
- Optional: oregano and or cumin to taste

METHOD

1 Start with chopping up 2 medium sized fresh tomatoes. Prepare the chilies. Be very careful while handling these hot peppers. If you can, avoid touching them with your hands. Use a fork to cut up the chilies over a small plate, or use a paper towel to protect your hands. Wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours. Set aside some of the seeds from the peppers. If the salsa isn't hot enough, you can add a few for heat.

2 Combine all of the ingredients in a medium sized bowl. Taste. If the chilies make the salsa too hot, add some more chopped tomato. If not hot enough, carefully add a few of the seeds from the chilies, or add some ground cumin.

Let sit for an hour for the flavors to combine.

Makes approximately 3-4 cups.

Serve with chips, tortillas, tacos, burritos, tostadas, quesadillas, pinto or black beans.

Squash Casserole

Recipe courtesy Paula Deen

Prep Time:	25 min	Level:	Serves:
Inactive Prep Time:	—	Easy	6 servings
Cook Time:	55 min		

Ingredients

6 cups large diced yellow squash and zucchini
Vegetable oil
1 large onion, chopped
4 tablespoons butter
1/2 cup sour cream
1 teaspoon House seasoning, recipe follows
1 cup grated cheddar cheese
1 cup crushed butter crackers (recommended: Ritz)

Directions

Preheat oven to 350 degrees F.

Saute the squash in a little vegetable oil over medium-low heat until it has completely broken down, about 15 to 20 minutes. Line a colander with a clean tea towel. Place the cooked squash in the lined colander. Squeeze excess moisture from the squash. Set aside.

In a medium size skillet, saute the onion in butter for 5 minutes. Remove from pan and mix all ingredients together except cracker crumbs. Pour mixture into a buttered casserole dish and top with cracker crumbs. Bake for 25 to 30 minutes.

House Seasoning:

1 cup salt
1/4 cup black pepper
1/4 cup garlic powder
Mix ingredients together and store in an airtight container for up to 6 months.

Yield: 1 1/2 cups



Marinated Garden Vegetable Salad

Broccoli - cut to bite size pieces

Cauliflower - cut to bite size pieces

Green Pepper - diced

Radishes - small whole or large halved

Snow Peas - whole

Red Onion - diced

Tomatoes - diced

Cucumbers - peeled & diced

All vegetables amounts are to your taste or the availability in your garden.

Mix all vegetables except tomatoes and cucumber with one bottle of Ken's Light Options Olive Oil & Vinegar Dressing, let marinade overnight. Before serving add tomatoes and cucumbers and toss. Salt & Pepper to taste.



CHEESY BROCCOLI SOUP

Ingredients:

- ½ cup water
- 2-2 ½ cups chopped steamed broccoli
- 3 tablespoons flour
- ½ teaspoon onion powder or garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons margarine
- 2 cups milk
- 4 slices American cheese

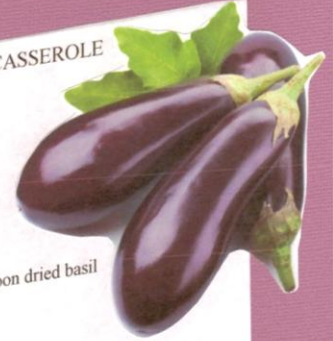


Directions:

1. Heat water to boiling in 3-quart sauce pan, add broccoli. Cover and cook 1-2 minutes.
2. Pour broccoli onto a dinner plate or cutting board; set aside.
3. In small bowl, combine flour, onion or garlic powder, and pepper.
4. Add margarine to sauce pan and melt over medium heat. Add flour mixture and stir with whisk or fork until well mixed.
5. Gradually stir in milk, stirring constantly with whisk to keep sauce smooth. Cook over medium heat, stirring or whisking a few times, until thick and bubbly, about 4-5 minutes.
6. Add broccoli to sauce and turn heat to low. Add cheese slices. Cook and stir about 2 minutes or until cheese melts. Serve immediately. If desired, add hot sauce to taste. Serves 4 ½ cup servings.

EGGPLANT and PASTA CASSEROLE

- 1 lb. pasta
- ¼ cup olive oil
- 1 large eggplant peeled and diced
- 1 large onion diced
- 1- 15 oz can diced tomatoes
- 1- 15 oz can tomato sauce
- 1 cup Ricotta cheese
- 1 cup shredded mozzarella cheese
- 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- ½ teaspoon salt
- ¼ teaspoon pepper



Cook pasta according to directions. Drain. Place the olive oil in a large skillet or deep sauce pan. Add onion and eggplant and cook over medium heat until slightly brown and cook through, (approx. 10 minutes). Add diced tomatoes and tomato sauce, basil and salt and pepper. Cook on medium heat for another 5 minutes. While eggplant mixture is cooking, mix the ricotta cheese into the cooked and drain pasta. Then, stir the eggplant mixture into the pasta with the ricotta. Sprinkle the shredded cheese on top and bake for 20 minutes until warmed through.

Serves 8



Zucchini Bread

Recipe courtesy Paula Deen



Prep Time: 10 min Level: Easy Serves: 2 loaves
Inactive Prep Time: —
Cook Time: 1 hr 0 min



Ingredients

3 1/4 cups all-purpose flour
1 1/2 teaspoons salt
1 teaspoon ground nutmeg
2 teaspoons baking soda
1 teaspoon ground cinnamon
3 cups sugar
1 cup vegetable oil
4 eggs, beaten
1/3 cup water
2 cups grated zucchini
1 teaspoon lemon juice
1 cup chopped walnuts or pecans

Directions

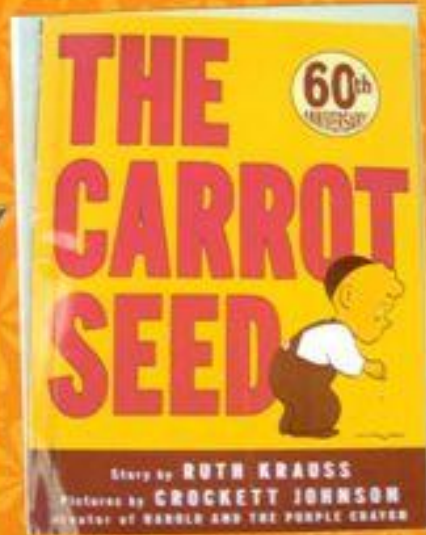
Preheat oven to 350 degrees F. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon and sugar. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice. Mix wet ingredients into dry, add nuts and fold in. Bake in 2 standard loaf pans, sprayed with nonstick spray, for 1 hour, or until a tester comes out clean. Alternately, bake in 6 mini loaf pans for about 45 minutes.



I . L . A .



By: Vianka Zevallos , age 5



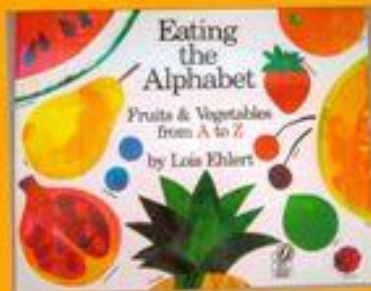
Painting



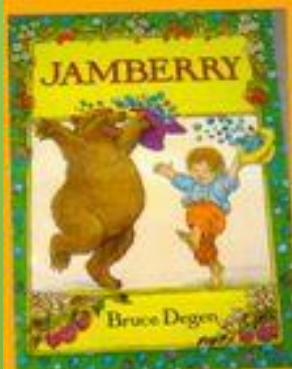
carrots



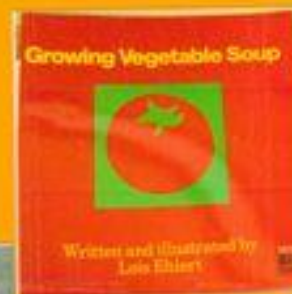
Reading
is
Fun!



Read
Every
Day!



Interactive
Literacy
Activities



I Love
to
Read!

Keep
Reading!

We invited Mr. Medearis' 6th
grade ESE class to help



Team Work



Warning, construction in progress





Education is the movement from darkness to light. ~ Allan Bloom







Garden Helpers



We invited Superintendent Valentine to have lunch that we prepared using our harvest







Krista Busey and Superintendent Valentine

New Beginnings Learning Garden

There are good things growing at the New Beginnings program! My name is Susan Warner and I am the Program Manager and Instructor for Adult Education's New Beginnings Family Literacy Program located on the campus of Bunnell Elementary School. New Beginnings is a family literacy program designed to empower families to grow toward independence together through education. Our program was chosen to be a Blue Cross and Blue Shield of Florida Heath Literacy Grant recipient and the vegetable garden just outside our door is part of what grew as a result of our participation.



I chose to apply for this grant to enhance the parenting education of our New Beginnings participants, and realizing the importance of obesity prevention in adults and children, we planted a garden as a hands-on project to emphasize healthy eating. Part of our program includes collaboration with a Family Nutrition Program Educator, Mrs. Krista Busey, who facilitates classes twice per month and focuses on nutrition and meals on a budget. With the grant we have been able to expand upon that and have created box gardens which are located right outside of the back door of our program. We planted and maintained those crops and once they were ready to harvest we prepared low cost nutritional meals with the vegetables that we harvested. The families were also given the materials and supplies to create their very own recipe books. The recipe books are prepared much like a scrapbook with a lot of thought and personal touches that they will be proud to share with others and actually use at home for future meals. In addition to our garden project, we utilized the Staying Healthy curriculum provided by Blue Cross and Blue Shield of Florida, which was a great benefit to New Beginnings participants, as shared with an ESOL class as well. The families learned about calories, fiber, chronic diseases, and where to go for low cost medical care. Our project is continuing and we will begin to plant our next crop seeds very soon. This has been a very exciting project that all of the families enjoyed and learned from and we hope to keep it going for many more families in the future.

For more information about the New Beginnings Program, call 437-7533

A woven basket filled with fresh vegetables, including lettuce, broccoli, radishes, and leafy greens, sitting on a table.

*Thank You Blue Cross
and Blue Shield of
Florida and the Florida
Literacy Coalition.*