

What's new in our garden?

PLANTING VEGGIES:

Early in the month plant seeds in the ground or containers for fall and winter vegetables such as spinach, radishes, scallions, carrots, and lettuces. There's still time to transplant greens such as kale and collards, broccoli, cauliflower, and cabbage.

NATIVE GARDEN: Don't forget to take a look at our California Native Plant Garden. You might be surprised by how brown and scraggly those plants look after the beautiful flowers they bore in the spring, but these hardy plants are adapted to survive in a very warm dry habitat. With no summer water they have to find ways to conserve energy and moisture by shriveling and even drying up their leaves, keeping only a bit of green inside the stems. Some plants may look dead, but pay attention to them, and see what they do as the cool winter rains come. Be impressed when you find the large leafy Toyon and Lemonade Berry shrubs, as well as some small delicate looking plants that are still green and even flowering right now! They are the tough super heroes of this plant community.

You can start planting your fall-winter flowers from seeds and also a few summer flower this month. (*Ageratum, Alyssum, Bedding Begonia, Cosmos, Impatiens, Marigold, Petunia, Portulaca and Vinca Rosea*).

PLANT CARROTS: September is one of the best months to plant carrot in Southern California. The warm soil will help the seeds germinate rapidly and then the cooler weather of late autumn will help them to mature.

PLANT SNOW PEAS: Snow peas also called sugar peas are a delicacy and prime ingredient in Oriental dishes. Keep the soil moist, they will be ready for harvest in mid- November.

THE GREEN TEAM

Our Green Team leaders for the first semester are **Lilia Welsch** and **Mackenzie House**. If you are interested in joining the Green Team, please contact your class garden volunteer and meet our leaders they will share their vision and passion with you.

We would like to recognize students who are living a healthy lifestyle and for others to learn from their example. Tell us why you think you or a friend should be next month Green Star Student, please send us a paragraph (nathaliebruey@sbeglobal.net).

Ocean Knoll is proud to offer leadership opportunities for our students, at lunch the Green Team (3rd-6th) will be responsible for our lunch organic waste and recycling program as well as our composting and care for our school garden. We appreciate these students efforts during their lunch hour with such an important responsibility in helping our school to be the best it can be!



About

Being Healthy, Fit & Happy

Simple Advice:

10 Ways To Be Healthy In Your Life

As friends with a shared interest in sustainability, we would like to share useful information on green living. Please share with us your knowledge and the best local information on green living. Once a month, we will share our findings in emails sent to our subscribers. Our emails offer simple advice on things you can do to make your life a little greener (on various topics including Green Products, Food & Health, Home & Garden, Style & Leisure, Transportation, Policy and Events.) If all goes well, our newsletter will make you a bit happier and our city and school a bit greener.



- 4 Eat fresh vegetables and fruits every day.
- 5 Drink at least 2 quarts of water daily. Forget the sodas and other sugary drinks.
- 6 Transform stress by emphasizing positive emotions.
- 7 Eat breakfast every morning before school start.
- 8 Get enough sleep at night.
- 9 Switch off the TV during the school days and read a book instead.
- 10 At home cook and eat dinner with your family every evening. Use fresh ingredients and healthy ingredients. Talk about your day and share what you learn at school with your parents.

Wellness Program

Each day there will be a before school run and walk program, 7:30-7:55am. Parents and children are encouraged to participate together. Monthly evening seminars for parents and children.

In addition to the run/walk program

Monday morning: **Bootcamp**

Tuesday & Thursday morning: **Yoga**

Thursday after School: **Bootcamp**

Friday morning: **Martial Arts**

Want to be elected next month Fitness Star Student, please send us your paragraph telling us how you are living healthy.



What is new in our kitchen?



There are many good reasons to buy food that is in season. Most importantly it means that the food has not travelled long distances to get to you and it also ensures that your food is as fresh as it can be. At Ocean Knolls we are creating a Kitchen space in our garden, where students will learn how to cook healthy meal with fresh organic produce from our garden.

Mediterranean Tomato Salad Recipe

Ingredients for 4 salads:

- 8 medium tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- 2/3 cup (160 ml) olive oil
- 5 shallots (if you don't have shallots, you can use 1 medium-sliced onion instead)

Method

- Cut the tomatoes into thick slices (about quarter of an inch thick, which is just a bit under a centimeter). Remove the cores from the slices.
- Arrange the slices on a serving plate.
- Cut the shallots into pieces. For an authentic recipe, they should be coarsely cut, but many people prefer finely cut. Sprinkle the shallots over the tomato slices.
- Mix the vinegar and olive oil together and then pour over the tomatoes.