



The Link

11th August 2010 Issue 58

ASSEMBLIES

Monday August 16th

MYOS 25

DIARY DATES

Monday 16 th August	Zone Golf Tournament
Tuesday 17 th August	Prep – 2 Sausage Sizzle
Monday 23 rd August	Wodonga West Athletics Carnival
Thursday 26 th August	VEGEMANIA PRODUCTION! 2 weeks to go

COUNTDOWN

It is only two weeks until our whole School Production “Vegemania”. Classes are practising and props are being made. Don’t forget to call in at the front office and purchase your tickets @ \$10 per adult and \$5 per child.

“Rain Rain Go Away”!

Who would have thought we would ever say this? However, garden classes have been based inside this week. The garden is very soggy and not a pleasant place to be at present.

Our tanks are overflowing and you can swim into the garden.

We look forward to some dry weather so we can complete projects like the Frog Bog, Terracing and the Bottle House.



What’s Happening in the Garden?

The cold temperatures this past month have made our vegetable seedlings slow to grow, but that did not prevent the weeds from taking over! We’ve been busy doing lots of weeding as winter is a good time for making ready for spring and summer. We have been pruning our fruit trees and top dressing garden beds with tonnes of wonderful compost. We’ve divided the asparagus crowns so we can grow enough fresh asparagus for everyone to have a taste, (they don’t have to like it as long as they try it!). My aim is to expose the children to as many different fruit and vegetables (and taste sensations) as possible. With that in mind we have planted some more unusual things, such as black and red currants, jostaberry and a persimmon tree, (fingers crossed) because they are very fussy until established.

We have also processed hundreds of recycled soft drink bottles in preparation for building our greenhouse. The air filled plastic walls act as insulators so the temperature inside the greenhouse will be 10 degrees warmer than outside, which means we will get an early start on our summer crops. It’s also a great way to utilise material which would otherwise end up as landfill.



Helena Foster

SOSWe will need help with building a timber frame, so if there are any parents out there with the skills and good will to assist us, we would be most grateful.

CANTEEN ROSTER:

MON 16 TH	Renee Ferguson
TUES 17 TH	Allison Young
WED 18 TH	Renee Ferguson
THURS 19 TH	Rhonda Strauss/Bec Blom
FRI 20 TH	Kura Clarke/Lia Carle
GRADE 6 ASSISTANT	Brenton Houghton

Learning for Living



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Proud to be a
 Stephanie
 Alexander
 Kitchen
 Garden
 school



What's Happening in the Kitchen?

This fortnight students are making Leek and Goatcheese Tartlets with Lemon and Honey Chicken Wings and Crunchy Beetroot Salad. The salad in particular is a wonderful, colourful dish.

We continue to use our citrus for preserving, Lemon Cordial and a variety of marmalades.

CRUNCHY BEETROOT SALAD

Serves 6-8

From the garden: beetroot, carrot, celery, celery leaves

Ingredients:

2 large beetroot	2 Tbspn chopped, shelled walnuts
2 large carrots	2 Tbspn apple cider vinegar
2 sticks celery	1 Tbspn olive oil
3 Tbspn honey	

Equipment:

Basic toolbox, box grater, B/S frying pan

Method:

1. Wash all vegetables thoroughly and dry thoroughly. Be especially careful of the root vegetables, make sure all the dirt washes off.
2. Place chopped walnuts in B/S frying pan. ***Place frying pan on stove burner on medium heat.*** Stir walnuts until they are toasted a darker golden colour. Set aside to cool.
3. Peel carrots and using a box grater, grate on the coarse side into a medium bowl.
4. Grate beetroot using a box grater, grate on the coarse side and add to carrots. You may like to wear disposable gloves to avoid staining your finger beetroot pink!
5. Slice celery across the stem very thinly and add to the bowl.
6. Mix honey, oil and vinegar together to create a salad dressing. Pour this over the chopped and grated vegetables and toss to combine.
7. Place into serving bowls and sprinkle with toasted walnuts. You may also like to add some torn celery leaves as a final garnish.

Enjoy

Jacky Cronin

Lemons are our featured fruit this month. Did you know?.....

LEMON FACTS -

- * Store lemons at room temperature for about two weeks or six weeks in the fridge.
- * A squeeze of lemon juice on freshly cut fruit such as pears, apples and bananas will prevent them going brown.
- * Lemon juice makes a great marinade as the acid content helps to tenderize meat.
- * Lemons have antiseptic properties. The juice can be mixed with warm water and used as a throat gargle. It can also be mixed with honey for a soothing sore throat drink.

A big thank you to the Steyn family who have donated many toys and puzzles to our playgroup.