

PBPS School Garden Magazine

A photograph of a school garden. In the foreground, several tall sunflowers with bright yellow heads and green leaves are growing. Behind them is a white picket fence. In the background, there is a building with large windows and a covered area, possibly a greenhouse or a covered walkway. The garden is surrounded by trees and greenery.

Winter Season

- Insights Gained From the Garden

- Garden Spotlight

- Monthly gardening Tips

- Seasonal Planting Guides

- Recipe Corner

- Gardening For Wildlife

- Garden Science

- Sustainability and Eco-friendly Tips

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Insights Gained From the School Garden

What we have learned in the garden is that all the vegetable plants need a specific amount of space to grow. Such as broccoli needs 18 inches and beans need 2 inches to grow. We have also learned that plants grow best in certain seasons and temperatures. There are plants that grow best in warm weather or cool weather.

The garden has also given us the opportunity to not just learn inside our classrooms, but out in the real world.



Garden Spotlight

This planting season the elementary students are growing broccoli, kohlrabi, and cabbage.

They will be focused on the need for spacing and using accurate measurements.

High School and Middle school students will be planting different types of lettuce, cabbage, kohlrabi, and broccoli.

They will be focused on harvesting the plants and working on improving the garden.



Monthly Gardening Tips

Tip 1 - Choose the most sunny spot to plant your plants.

Tip 2- remember to plant in the season and zone when /where your plant is most suitable.

Tip 3 - Keep pests away; pests can be hand picked or use an organic pesticide specifically for that pest.

Tip 4 avoid watering too much

Tip 5 - Remove all weeds from the vegetable beds; solarizing the soil before planting will prevent many weed seeds from germinating. These treatments must begin weeks in advance to be effective, though. Mulching your bed can also be an effective weed preventative. Mulch obstructs light making it difficult for weeds to develop.

Weed of the Season

The indomitable dandelion, easily reigns as the most famous of all weedy plants with its bright yellow flowers and puffball seed heads.



Things to grow in winter

Vegetables: Kale, Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Leeks, Radish, Cabbage, Collards, Potatoes, Swiss Chard, Tomatoes, Carrots, Kohlrabi, Lettuce.

Herbs: thyme, oregano, dill, parsley, rosemary, catnip.



Cabbage Soup

2 tbsp. extra-virgin olive oil
1 large yellow onion, finely chopped
2 carrots, finely chopped
2 stalks celery, finely chopped
1/2 tsp. chili powder
Kosher salt
Freshly ground black pepper
1 (15-oz.) can white beans, drained, rinsed
2 cloves garlic, finely chopped
1 tsp. fresh thyme leaves
4 c. low-sodium chicken or vegetable broth
1/2 large head cabbage, chopped
1 (15-oz.) can chopped fire-roasted tomatoes
2 tbsp. chopped fresh parsley, plus more for serving
Pinch of crushed red pepper flakes



Grilled Romaine Lettuce

4 slices bacon, cooked and crumbled

1/2 cup seasoned breadcrumbs

1 tablespoon unsalted butter

1 garlic clove, minced

4 stalks romaine lettuce, sliced in half

olive oil, for brushing

kosher salt and pepper

1 cup cherry tomatoes, quartered or halved

1/2 cup ranch dressing

1/4 cup crumbled blue cheese

2 tablespoons chopped fresh chives





Jalapeño Poppers

Jalapeños
olive oil
cream cheese
garlic powder
salt and pepper
green onions
Colby Jack cheese
bacon



Limeade Recipe

1 large pitcher
4 cups of water
1 cup of lime juice
Warm water
Sugar

All you need is a large pitcher, some hot water, some cold water, fresh lime juice and sugar. You'll need 1 cup of lime juice which is the equivalent of about 8-9 limes. Using some fresh lime slices for serving or adding to the pitcher looks great and adds more lime flavor. Good old white sugar gives the most traditional limeade flavor. You'll use some warm water to dissolve the sugar then cold water to finish the limeade recipe. Four cups of water in total are needed.

Recipe for Broccoli Soup



Cooking broccoli in high heat, caramelizes the outside, creating crispness and a sweet, nutty flavor. The crisp caramelized outside of the broccoli contrasts well with the tender inside of the florets. The nuttiness of the roasted garlic and broccoli combined with the saltiness of the cheese and sour lemon is a fantastic

In a large pot, melt the butter over medium heat, then add the onion. Cook the onion for 3 to 4 minutes, then sprinkle the flour over top. Stir to combine and cook for minute or so, then pour in the milk and half-and-half. Add the nutmeg, then add the broccoli, a dash of salt, and plenty of black pepper.

Cover and reduce the heat to low. Simmer until the broccoli is tender, 20 to 30 minutes. Stir in the cheese and allow to melt.

Taste seasonings and adjust if needed. Serve and Enjoy!

Planning a butterfly garden

- 1.Plant Butterfly-Friendly Flowers.
- 2.Provide Flowers of Varying Heights.
- 3.Add Plants for Butterfly Caterpillars.
- 4.Choose a Sunny Location.
- 5.Include Butterfly Shelter Areas.
- 6.Offer Alternative Butterfly Foods.
- 7.Provide Butterfly Puddling Stations.
- 8.Avoid Pesticides That Harm Butterflies.

A few host plants ideas are: Milkweeds, Passion Flower, Dill, parsley

A few nectar plants are: Zinnias, lantanas, pentas, and sunflowers

Butterflies found in Central Florida:



TWO-TAILED TIGER SWALLOWTAIL (*Papilio multicaudata*)

BLACK SWALLOWTAIL (*Papilio polyxene*)



Zebra Longwing



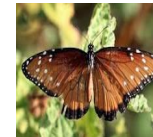
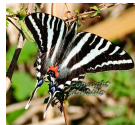
MONARCH (*Danaus plexippus*)

Gulf Fritillary



QUEEN (*Danaus gilippus*)

Zebra Swallowtail



Butterfly Plants in Central Florida

Buddleia



Coneflower



Coontie



Firebush



Pentas



Asclepias feayi



Coral honeysuckle



Firespike



Porterweed



Salvia



Scarlet sage



Milkweed



Dill



Lantana



Passionflower



Butterfly bush



Firebush



Bottlebrush



Leaf Project

Tear the leaves into several pieces and place them in a beaker or glass, then add just enough rubbing alcohol to cover them. ...
to cover them. ...

Put the beaker in a dish of hot tap water for about 30 minutes, until the alcohol turns green as the pigments from the leaves are absorbed into it.



Egg Project

To start egg shell starters carefully fill the inside your egg shell with potting soil or seed starting mix.

Use the tip of your finger to make a small hole in each. Add two to three seeds to each hole and cover lightly with soil.



Saving Seeds

A sustainable tip for gardening is to save seeds from previous crops to plant the following seasons. This practice gives you confidence that your next crop is what you expect. In our garden we saved the black bean seeds we grew last year to grow again in the spring. Seed saving is popular with heirloom seeds and to trade with other gardeners.

How to Save Bean Seeds

You'll know it's time to harvest the seeds from your bean plants when the pods are dry, turning brown, and starting to open. Remove dry pods from your plants and allow the seeds to dry for two weeks on waxed paper before shelling. Store shelled seeds in an airtight container until you are ready to plant.

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Natural vs. Chemical

The good news is that there are plenty of small steps you can use healthy products to help your plants instead of chemical based products. Such as

- Compost in your backyard to make soil
- Use organic fertilizers
- Correctly apply pesticides and insect soaps
- Water responsibly to avoid plant stress