

WES Garden

2023-24



“When I want to feel calm
and peaceful, I like to go
to the garden”

—Elena as a 3rd Grader



““If you have a garden and
a library, you have
everything you need.”

—Cicero



“Let food be thy medicine
and medicine be thy
food”

—Hippocrates



Garden Norms

Garden Norms

1. Please leave the garden the way you found it. If not, it's okay to leave it a little cleaner or more tidy.
2. No students in the tool shed. They are some kitchen tools that may be dangerous to unattended students.
3. Tools like shovels should be used at waist height or lower.
4. There are places for people and places for plants, be sure to walk in the people places only.
5. Always ask an adult before picking or harvesting from the garden.
6. Respect all living things in the garden: people, plants, and animals.

Garden Schedule

Garden Schedule T1		Monday		Tuesday		Wednesday		Thursday		Friday	
1	8:25-9:08										
2	9:08-9:51										
Recess	9:51-10:11	Recess		Recess		Recess		Recess		Recess	
3	10:11-10:54					Benko 4th	Koutoumanis 4B				
4	10:54-11:37	Kinder 11- 12	Kinder 11- 12			TK 11- 12	TK 11- 12	Kinder 11- 12	Kinder 11- 12	Kinder 11- 12	Kinder 11- 12
5	11:37-12:20	Kinder 11- 12	Kinder 11- 12			TK 11- 12	TK 11- 12	Kinder 11- 12	Kinder 11- 12	Kinder 11- 12	Kinder 11- 12
Lunch	12:20-1:00	Lunch		Lunch		Lunch		Lunch		Lunch	
6	1:00 - 1:43							Reilly Kinder 1-2	Reilly Kinder 1-2	2nd Grade 2B	2nd Grade 2B
7	1:43 - 2:26					McAdams 1st	Webber 1st			Middle School Science of Food Life Skills	
8	2:27-3:10	Middle School Science of Food Life Skills		Simkins 3rd	Simkins 3rd			Bertine 3rd	Bertine 3rd	2nd Grade 2A	2nd Grade 2A

Sign up for two slots under a day to come every week. Sign up for one slot if you are planning on coming every other week.

Science of Food

Part of the Life Skill Wheel
Required for all middle school
students

Starting with 6th grade
Meets once per week for a
trimester

Science of Food

During our introductory class topics in past years included:

Knife Skills/Kitchen Safety

Super Taster Labs and exploration of the science of flavor

Seasonal Fruit tasting/investigations

Vegetable Blanching/Charcuterie Board assembly/Balanced snacking

Egg Preparation (based on Edible School Yard curriculum)

Greens and Grains Preparation (based on Edible School Yard curriculum)

Tastings: fats/acids and salts

Rice Preparation, tastings and Exploration

Dumpling Preparation and presentation

Salad Composition/Dressings

Beverage preparation with focus on fresh fruits and minimally sweetened

Final Class food trivia quiz

Final P/NP Recipe Projects

Garden Fest

October 5th

Nut Free Kitchen

Due to multiple serious tree nut and peanut allergies, we are asking the garden and kitchen space be completely nut free.

Garden Kitchen Treats

Recipes from The Forest Feast for Kids by Erin Gleeson
Available on Libby or on Amazon,



LEMON RICOTTA

crostini with honey

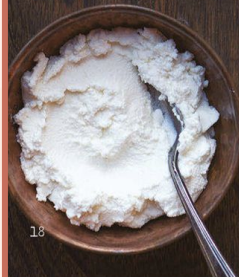
① toast (broil) slices
from 1 baguette

② top each slice with:

1 T
ricotta
cheese

½ t
honey

½ t
lemon
zest



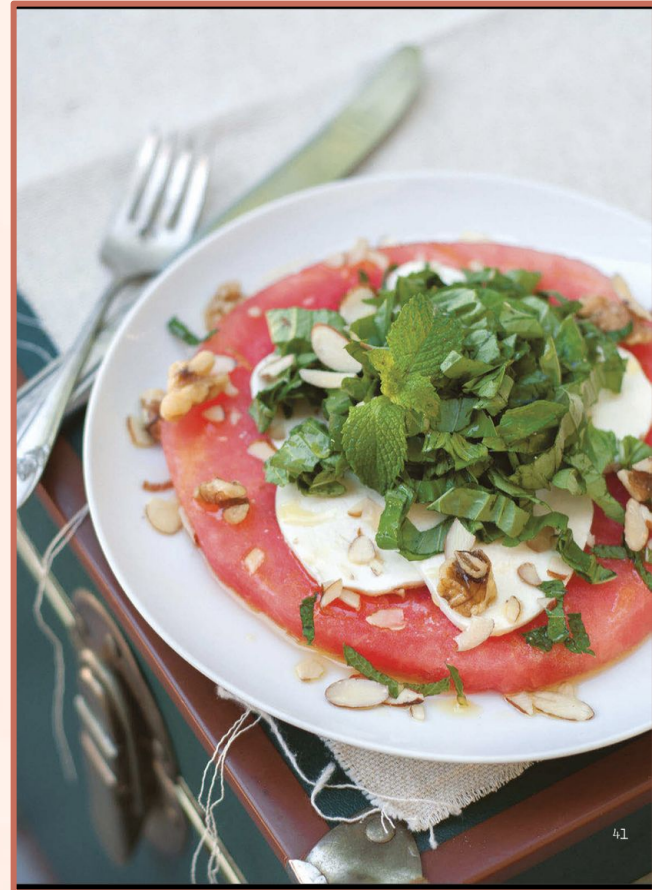
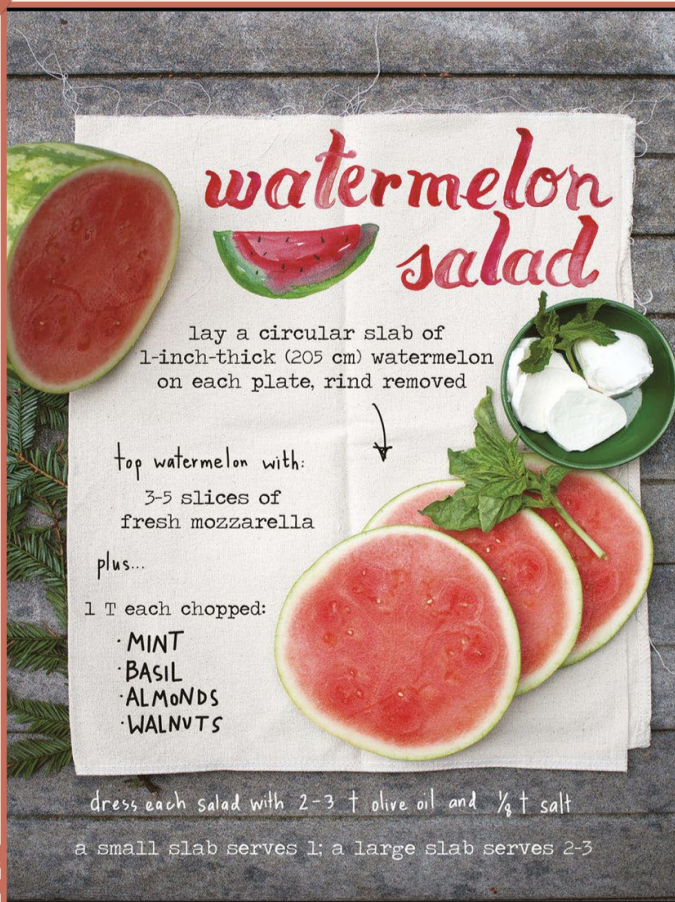
18

serves 6-8



19







Caprese Kebabs

Small Mozzarella Balls
Cherry Tomatoes
Basil
Balsamic Vinegar





Watermelon Agua Fresca

[Agua Fresca Link](#)



Cucumber Ribbon Salad

[Cucumber Ribbon Salad Link](#)



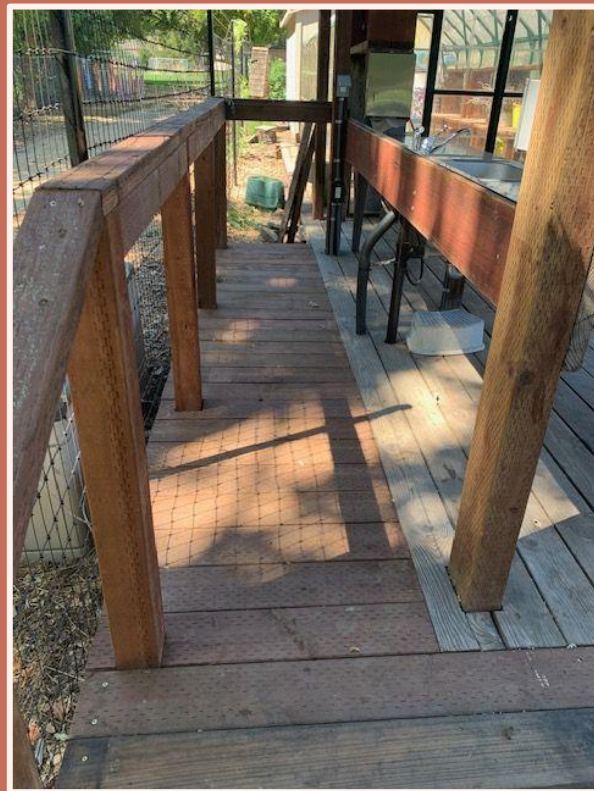
Banana “Ice Cream”

Banana
“Ice Cream” Link

Updates

- New fence
- Expanded workspace in kitchen
- Decomposed granite walkway, in next couple of weeks
 - Nut free kitchen
- New hose bib and hose management

Expanded workspace in kitchen



Decomposed
granite walkway, in
next couple of
weeks

230' x 4' loop to
allow greater
access to all
students



New fence and ball gate



New benches and prep area





New benches
and
prep area

Tipi



Budget





July 20, 2023



June 16, 2023



July 18, 2023



July 26, 2023



September 10, 2023



Garden Fest October 5th



Support The Woodside School
Garden at The Garden Fest

October 18th
2:30 - 4:30 pm

Enjoy delicious baked goods, hand crafted items,
caramel apples and much more!