

What's GROWING on at



Our Garden Teachers

Sara Nelson is returning to Clearwater for her second summer as Lead Garden Teacher. She comes to us from the School District of Holmen where she has been teaching English as a Second Language for many years. She is excited to share another summer of outdoor adventures with all of you.

We would also like to welcome Amy Hedenstrom, our new Education Intern. Amy is a senior at UW-L where she is majoring in Psychology. Throughout the summer Amy will be introducing you to our many different farm animals.

Visit us online at www.clearwaterfarm.org and LIKE us on Facebook.

GARDENING IN SMALL SPACES

You don't need a lot of space to grow delicious food. Container gardening is a great way to develop a green thumb and show off your creative side. It all starts with a container. At Clearwater we've upcycled worn out boots, furniture, buckets, wheelbarrows, and other odds and ends. Add soil, sun, and water, and you've got a garden!

These vegetables grow well in containers:

- ◆ Leafy greens like Lettuce & Spinach
- ◆ Herbs like Basil, Mint, Chives, Cilantro, Thyme, Sage & Rosemary



Thank you to our sponsors!



Creamy Strawberry-Orange Pops

MAKES 6 SERVINGS

- 1 container (8 ounces) strawberry yogurt
- 3/4 cup orange juice
- 2 teaspoons vanilla
- 2 cups frozen whole strawberries
- 2 teaspoons sugar (Substitute with honey - it's delicious!)
- 6 (7-ounce) paper cups
- 6 wooden popsicle sticks

Combine yogurt, orange juice, and vanilla in a food processor or blender. Cover and blend until smooth. Add frozen strawberries and sugar. Blend until smooth.

Pour into 6 paper cups, filling each about 3/4 full. Freeze 1 hour. Insert wooden stick into center of each. Freeze completely. Peel cups to serve.