

WHAT'S GROWING ON at



Scare Pests AWAY NATURALLY

Dear Families,

This week we will be building “upcycled” scarecrows to help our beautiful gardens! This is a great opportunity to practice crucial life skills such as cooperation, teamwork, and good sportsmanship. Plus it is a lot of fun to see the crazy fashion statements! We are learning about PERMACULTURE, which promotes the idea that a garden should be designed with nature in mind, promoting less work, conserved energy, and reduced waste. This week we will focus on the following permaculture principle:



By taking the time to engage with nature, we can design solutions that suit our particular situation.

See you in the garden!

Sara & Amy



Lucy & Hildie

Lucy, the darker lamb, is a purebred Shropshire sheep. When she grows up, she will be white with black legs and face. Hildie is mostly white and a cross between East Friesian and Shropshire sheep. They are almost 5 months old and will grow to be much taller.

YUMMY FROZEN BANANA POPS

This recipe is a healthy alternative to sugary popsicles. Bananas are a great source of Vitamin C, Vitamin B6, Potassium, and Magnesium. But that's not all! Here are 3 more reasons why you and your family should make this snack:

- ◆ Food on a stick is great!
- ◆ Rolling sticky stuff into other stuff is fun!
- ◆ Frozen treats on a hot summer day are the best!



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Ingredients:

Peeled Bananas (small bananas will make 2 pops, large ones can make 3)

Spread: Honey, cream cheese, yogurt, peanut butter, Nutella, or whatever you like!

Toppings: Crushed graham crackers, oats, granola, chocolate chips, chopped nuts, shredded coconut, chopped dried fruit, etc.

Popsicle sticks or skewers

Line a cookie sheet with parchment paper. Peel and cut bananas in halves or thirds, depending on size. Insert sticks. Cover bananas with spread. Roll bananas in toppings. Freeze for 2-4 hours. Serve or store in freezer bag for up to a week.