

## 2017-18 by Barbara Hadsell

On Wednesday afternoons from Oct. – April, 4<sup>th</sup> and 5<sup>th</sup> grade members of the Wynnebrook jr. Garden club walk from the Wynnebrook Elementary school to the Loaves and Fishes Gardens located at WPB Elks Lodge #1352 located on Belvedere Rd. in West Palm Beach. This year there were between 12 and 15 students participating weekly when school was in session. Three to 4 students accompanied WGC volunteers to the Elks kitchen to fix a nutritious snack for their fellow classmates. The rest of the junior gardeners were instructed in planting, transplanting, harvesting and weeding in the large 100 x 100 hydroponic, aquaponics and conventional raised bed gardens. Their adult leaders were WGC members plus members from the community including Elks, Oleander GC members and volunteers from local churches. A portion of the harvested vegetables were shared with the juniors who wished to take them home to in turn share with their families.

Kitchen activities will be in a separate report.

### Wynnebrook Jr. Garden Club - 2017-2018 - "In the Kitchen" By Janet Stein

Every Wednesday from October through April, I work with 3-5 students to make a nutritious vegetable based recipe for the rest of the students and adults to enjoy. The recipe is decided on by whatever produce will be harvested from the garden that week and what we still have available in canned goods donated by Whole Foods. Anything else needed I purchase using money donated by Wellington Garden Club.

The groups rotate between different jobs in the garden and working in the kitchen. After washing their hands we go over the recipe. Then the students get to work washing the vegetables, cutting them up, sautéing anything if needed and whatever else is needed to finish the preparation. Some of the recipes we have made are cold veggie pasta salad, sweet potato macaroni and cheese, three bean vegetarian chili, black bean burritos, and beef and bean enchiladas. We always try to incorporate whatever vegetables are ready in the garden. While the food is cooking the students start the clean up process to put the kitchen back in order.

When everything is ready all of the food and drinks are taken to the picnic tables under the pavilion. The students serve their classmates and the adults. The "chefs" for the day are always proud of whatever they made.