



CENTRAL SCHOOL GARDEN **Summer Family Caretakers**

Would you like to:

- *Promote healthy eating habits for your family?*
- *Bond with your child(ren) while gardening?*
- *Enjoy delicious and nutritious fresh produce?*

Then this is a great opportunity for you!

The Central School Garden, located near the faculty parking lot and the fourth grade wing, needs YOUR help to survive the summer months. Promote healthy eating habits as you take part in watering, caring for, and harvesting fresh vegetables grown here at school.

Children who participate in gardening are more willing to try new foods and keep an open mind! Children often don't know where our food comes from. There is no substitute for the sense of accomplishment in growing delicious, healthy, and unprocessed food. Many students at Central School helped to plant seedlings in the garden and to water them. Our garden includes:

- green and red lettuces, spinach, kale, and swiss chard
- basil, chives, cilantro, rosemary, parsley, and mint
- tomatoes, carrots, radishes, and beets
- broccoli, snap peas, and cucumbers
- eggplant, beans, and bell peppers

PLEASE become a family caretaker of the Central School Garden by signing up for a week or two on the [summer schedule - posted here!](#) Provide your name and cell phone so that you and your partner family (two families may share each week) can coordinate, if necessary. Your responsibilities as caretakers include:

- watering the garden (a water source is nearby)
- weeding, if necessary
- harvesting and enjoying the produce!

Many thanks in advance for your support and help with maintaining the garden this summer! I will be in touch with caretaker families with more information.

Jill Zimmer
Reach Teacher

