

GrowingGreat's Garden Newsletter



Monthly Message, Nutritional Facts & More

Hey, MB Recreation & Teen Center! This past October, **GrowingGreat (GG)** had the wonderful opportunity to meet all the amazing Students, Teen Leaders, and Staff here at the Rec & Teen Center. In our visits, students have been beautifying the garden beds, planting seeds for the fall season, and participating in many, fun nutrition activities. Students also enjoyed our October Taste Test, which was...*PFC Trail Mix* [Look for recipe on the back!].

This month, we will continue our fun nutrition & garden activities and prepare Persimmon Pumpkin Pie Smoothies & Roasted Pumpkin Seeds for our November Taste Tests.

Pumpkins and squash are native to North America and some of the oldest pumpkin seeds have been found in Mexico dating back to 7000 to 5500 BC. Pumpkins are rich in fiber, potassium, Vitamin A and Vitamin C! GG cannot wait for this month's fun!

Pumpkin Fun Facts

- Pumpkins are part of the squash family and they can weigh anywhere from 1 to 1000 pounds.
- The fiber from eating pumpkins helps us feel fuller after eating. Vitamin A & C help boost our vision, protect our immune system, and keep our skin healthy!
- The potassium contained within pumpkins can have a positive effect on our blood pressure and heart health.



November Recipe: Persimmon Pumpkin Pie Smoothie

Ingredients

- 1 banana
- 1 persimmon
- 1 cup of canned pumpkin
- 1 cup of soy yogurt
- 1 cup of coconut milk
- 1 tsp pumpkin pie spice
- 3 pitted dates
- ½ tsp vanilla

Instructions:

Blend all ingredients together in a blender and serve. Add more yogurt or milk of your choice for a smoother consistency.

Serves 2-3 hungry students!

Adapted from Curry Girls Kitchen

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PUMPKIN PATCH MAD LIBS



Fall has arrived to Manhattan Beach and everyone is wearing _____.

(Type of Clothing)

I see all the leaves turning _____ and the

(Color)

air smells like _____.

(Fruit or Vegetable)

Today I went to the pumpkin patch with

_____ and we picked _____s.

(Name of Person)

(Vegetable)

When we got home we made a yummy

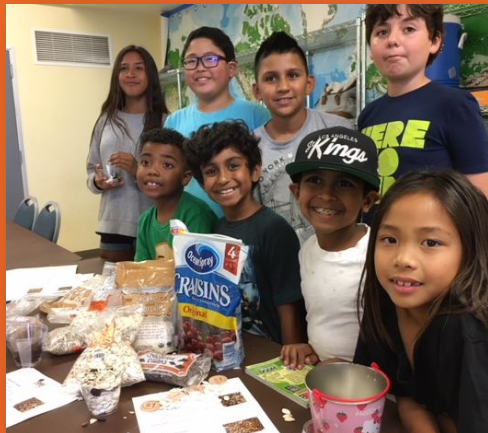
_____ with what we picked!

(Type of Dish/Food)

What a day at the pumpkin patch! I had so much fun.



Picture of Roasted Pumpkin Seeds



Picture of students from the Rec & Teen Centers making the PFC Trail Mix

October Recipe: PFC Trail Mix

Ingredients

Choose from each PFC category:

Protein: Pumpkin or Sunflower Seeds

Fat: Dark Chocolate Chips or Coconut Chips

Carbohydrate: Dried Cranberries, Blueberries Apples, Goji Berries or Granola

Instructions

Mix all ingredients together & enjoy!