

A message from NUTRITIONAL DEVELOPMENT SERVICES

12/1/2021

Greetings from NDS! Today's Wellness Wednesday topic is one of several with resources for schools and students about Nutrition & Local Agriculture.

This relates to the School Wellness Policy Goal that reads: We promote nutrition through the implementation of activities such as having a school garden, taste testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.

Virtual Philadelphia Farm and Garden Tours: Bartram's Garden

Bartram's Garden is a public park and 50-acre National Historic Landmark in Southwest Philadelphia. Bartram's Garden offers interactive programs and inquiry-based lessons in nature, art, and history for students from pre-K to high school. This year they are offering virtual field trips in place of in-person academic field trips. Some examples of lesson topics include learning how to grow and observe seedlings at home, exploring the connection between art and science, and animal camouflage. Virtual programs are available Monday-Thursday mornings at 45, 60, or 90 minutes long. These 2021 virtual programs are free to schools in the Southwest Philadelphia neighborhood (zip codes 19142, 19143, 19153). Bartram's Garden also created a free teacher resource packet with creative lesson plans for use in a variety of settings, including home and school. To access the 2021 virtual field trip catalog, teacher resource packet and reservation details, click [here](#).

12/8/2021

Today's Wellness Wednesday topic focuses on the December Harvest of the Month Produce: Cabbage

PA Harvest of the Month highlights cabbage during the month of December. Did you know that there are at least 100 different types of cabbage grown all around the world? In the United States, the most commonly grown types are green, red (purple), and Savoy. Bok Choy and Napa are the most common types of Chinese cabbage.

Most varieties of cabbage have smooth leaves, but Savoy cabbage has crinkly, textured leaves. Typically, the leaves at the center of the cabbage head are eaten rather than the outer leaves; if you buy your cabbage at a grocery store, the outer leaves have usually already been removed.

Cabbage is a great source of vitamin K, vitamin C, and phytochemicals. Vitamin K is an important component of the blood clotting process, helping the body to avoid bleeding too much from cuts. Vitamin C is important in the healing process, helps the body absorb iron, and plays a role in guarding against heart disease and cancer. Phytochemicals are also believed to guard against certain diseases like cancer. Additionally, red and Savoy cabbage specifically are good sources of vitamin A, which helps the body fight infection & maintain good vision.

For more information on cabbage including selection, handling, storage, preparation, and recipes, click [here](#).



A message from NUTRITIONAL DEVELOPMENT SERVICES

12/15/2021

Greetings from NDS! Today's Wellness Wednesday topic is second of several with resources for schools and students about Nutrition & Local Agriculture.

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Green City Teachers and Horticulture Careers Exploration Tool

The Pennsylvania Horticultural Society (PHS) has many [resources](#) for both teachers and students to learn more about gardening, nutrition, and horticulture. [Green City Teachers](#) is a PHS training program for teachers, parents, volunteers, gardeners, and anyone else working with kids on how to start a school garden. The PHS course incorporates hands-on training on plant and tree care, as well as gardens in soil and compost, support for creating a "Green Plan" (which explains the vision/goals for the school's garden along with details for implementation), mentorship support from PHS staff and local partners, and invitations to attend PHS classes and workshops throughout the year. You can look for upcoming course dates and register for the training program on the PHS Events Calendar and contact PHS-info@pennhort.org with any questions.

Seed Your Future, a coalition of over 200 partners dedicated to promoting horticulture and inspiring people to pursue careers working with plants, created the [Horticulture Careers Exploration Tool](#), featuring over 140 career profiles and videos of possible careers working with plants. Kids can use this tool to see how their interests could align to various plant careers and learn more about specific horticulture career pathways and job descriptions, such as an [aquaculture specialist](#), [culinary horticulturist](#), or [drone specialist](#).