

OPC AND THE TALE OF THE PURPLE LETTUCE



Once upon a time the Nutrition Lady worked with Orchard Park Parents on the benefits of eating more purple fruits and veggies.



In the spring Miss Mary's class planted purple veggie seeds in containers on the playground and watered and waited.



Soon the sun took over and purple corn, beans and lettuce began to grow. The students continued to water and watch.



Summer came, the students left and the Nutrition Lady and other OP Staff continued to tend the growing plants.

Soon it was time to put the veggie plants into the ground and the Health Staff made the move, dug the soil and transplanted the small plants.





Orchard Park Staff continued to water the lettuce, corn and beans and watch them grow. The corn got knee high, the beans began to bloom and the lettuce leaves grew big.

Finally one day the Nutrition Lady, with the assistance of students from OPC entered the garden to harvest the lettuce.



Each child took turns cutting the plants.





Irenita

carried the bowl of produce back to the classroom with great pride.





At the table in the classroom the students washed their lettuce and patted it dry. They then carefully pulled the leaves into small bite size pieces which they placed into their individual bowls.

There was much discussion; How did the lettuce smell, What colors were found in the leaves?, Can you eat it plain or with dressing??

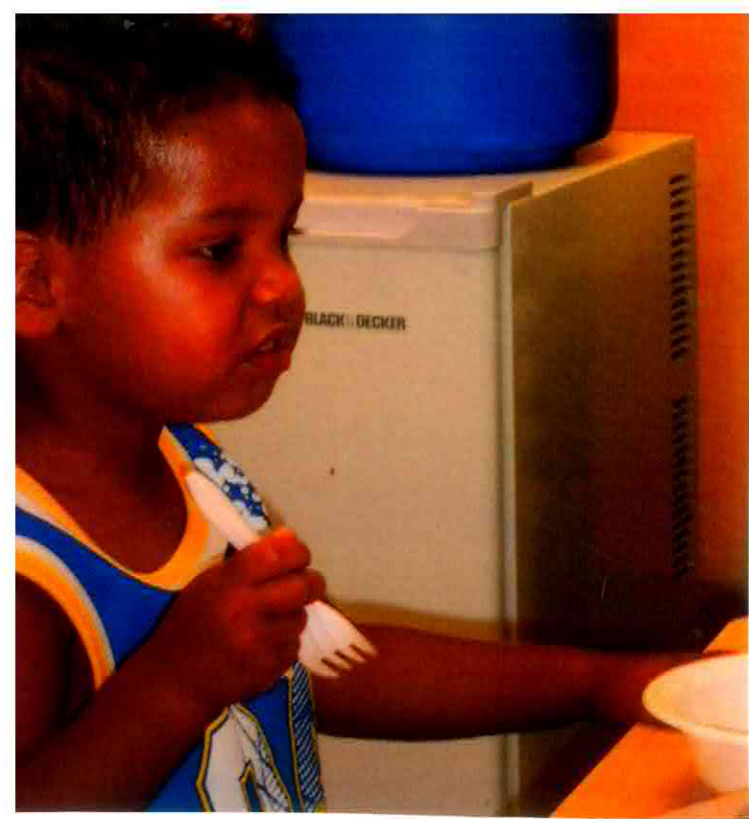


Finally, Irenita, dug into her bowl "MMMM" she said, where are the carrots?"



Jayden followed by taking a big bite from his fork.





Keokie, wondering what all the fuss was about began stirring his bowl, then quickly tasted his purple lettuce salad as well.





Aiden, who was encouraged by his teachers to try his "Barney lettuce" finally placed a taste on his tongue, not to sure what to expect. "It looks like a leaf he said, but I really like Ranch"





Everyone talked about how neat it was to go outside and pick a vegetable from the garden that other students had planted. Then how simple it was to be able to wash it and eat it right in the classroom. Finally how healthy purple veggies are for you and your body!

OPC can't wait for the purple corn and beans to arrive!!

CHOOSY is so proud of the healthy choices OPC made!!!

