

2008-2009 Square Foot Nutrition Calendar (1-3)

Lessons	Date	Lesson Name	Type of Lesson
1	November 17-21	The Edible Apple	Tasting
2	December 1-5	MyPyramid Parfait	Food Preparation
3	December 8-12	MyPyramid Chili	Cooking
BREAK			
4	January 19-23	Whole Grains Rock & Pop	Classroom Activities
5	January 26-30	What Root Am I?	Classroom Activities
6	February 2-6	The Art & Science of Celery	Food Preparation
7	February 16-20	Fruit Salad, Yummy, Yummy	Food Preparation
8	February 23-27	Pretty Peas Grow	Gardening, Tasting
BREAK			
9	April 6-10	Our Green Thumb	Gardening
10	April 13-17	Tasty Garden Art	Gardening, Food Preparation
11	April 27-May 1	A New Home for Your Lettuce	Gardening
BREAK			
12	June 8-12	Harvest Salad Celebration	Preparation, Food Tasting

Cooperating agencies: Washington State University, U.S Department of Agriculture and Pierce County. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office. **Funded in part by USDA-Food Stamp Program, state, and local government agencies.** *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service Office.