

Veggie Bytes

Summer Edition

May 2018–Jul

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Jonesboro Hodges Elementary School



Students in Jackson Parish at Jonesboro Hodges Elementary School are proud of what their hard work accomplished in their vegetable garden! Established in 2017, this is a relatively new school garden that has given the kids a way to experience gardening in a hands on way. The garden is funded by a Pledge 10 grant from Jonesboro State Bank which promotes education, youth development, financial literacy,

and community enrichment. LSU AgCenter Area Nutrition Agent Cathy Judd spends time with students and teachers and helps correlate gardening with healthy eating and the importance of an active lifestyle. She also teaches gardening and nutrition lessons while at the school. Cathy Judd (pictured on right) teaching students about the importance of adequate spacing when planning a vegetable garden. She encourages participants to think about the mature size of a plant and how tall plants will shade out smaller ones. Continued Page 3



What's Growing!

May

Directly Place Seed into the Garden

Snap, lima, and butter beans, bush/pole beans, collards, okra, southern peas, pumpkins, winter squash, sweet corn, watermelons

Transplant into the Garden

Sweet potatoes

June

Directly Place Seed into the Garden

Pumpkins, collards, okra, southern peas

Transplant into the Garden

Sweet potatoes and tomatoes

July

Directly Place Seed into the Garden

Collards, okra, pumpkins (first week of July) and watermelons

Transplant into the Garden

Tomato transplants (heat set)

Start Seeds in Classroom

Broccoli, bell pepper, Brussels sprouts, cabbage, cauliflower, pumpkins (early July planting is best for Halloween harvest)

How to Grow Pumpkins

Think about planting pumpkins from seed at the end of the semester to ensure you have pumpkins this fall. The latest date to plant is July 4th for pumpkins harvested by Halloween.

There are several pumpkin varieties that grow well in Louisiana. Unfortunately most larger sized pumpkins won't reach their full size in Louisiana so medium to small pumpkins are recommended. Two exceptions to obtain a larger pumpkin are the varieties 'Cinderella' and 'Silver moon'. For a medium size pumpkin, look for 'Cargo', 'Darling', 'Charisma', and 'Magic Lantern' - all good varieties. Recommended small sized varieties include 'Early Abundance', 'Sunlight' (yellow), and 'Orange Smoothie'.

Plant pumpkin seeds in a shallow hole (0.5-1 inch deep)



and cover with soil. Try to dig a hole 2-3 times as deep as seed is wide. Plant no later than July 4th. Water the seeds after planting. Space pumpkin seeds 3-4 feet apart, they grow as vines and take up lots of space. Remember to always plant vegetables in a sunny spot. Pumpkins do not like to dry out, so get on a watering schedule for best results. And finally watch out for worms! They are the pumpkins worst enemy. If approved by your school consider spraying Bt for worm control only if you see the worm or if you see the large holes where he/ she is eating.

Ask a school volunteer who lives close by, to check the pumpkins weekly for worms and water. This is especially important during the summer.



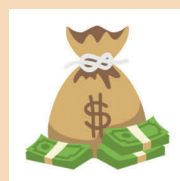
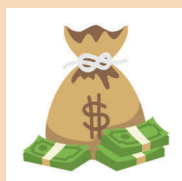
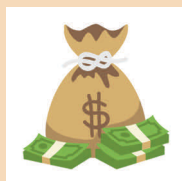
Jonesboro Hodges Elementary Garden cont.

Cathy Judd and volunteers teach students to prepare and cook a healthy meal from the vegetables they grew. The garden contained broccoli, Swiss chard (pictured below), peas, celery, and carrots. When students grow their own vegetables, they become invested in the project and are more likely to eat the vegetables that they grow. Cathy says “students feel like they are on a cooking show because they critique the prepared food on appearance and taste!” Pictured are students tasting different parts of a plant: flower (broccoli), leaf (cabbage), seed (snow peas), stalk (celery), and root (carrot).



Need School Garden Funds???

The **Louisiana Department of Agriculture and Forestry (LDAF)** has funds from a USDA Specialty Crop Block Grant to **reimburse school teachers up to \$800** in garden supplies. K through 12 grade schools qualify. You will need to fill out the online application at this web link. <http://www.ldaf.state.la.us/wp-content/uploads/2018/04/LLGGP-Spring-Phase-I-Application-2018.pdf>. You will need copies of your receipts. For more information contact **Mr. Jeremy Hendrix** at jhendrix@ldaf.la.gov



Tuna in Cucumber Cups

Ingredients

1 large cucumber, cut into 1" thick slices

1 5oz. Can of tuna, drained

1/3 cup of mayonnaise

1 tsp black pepper

Fresh dill for garnish



Directions

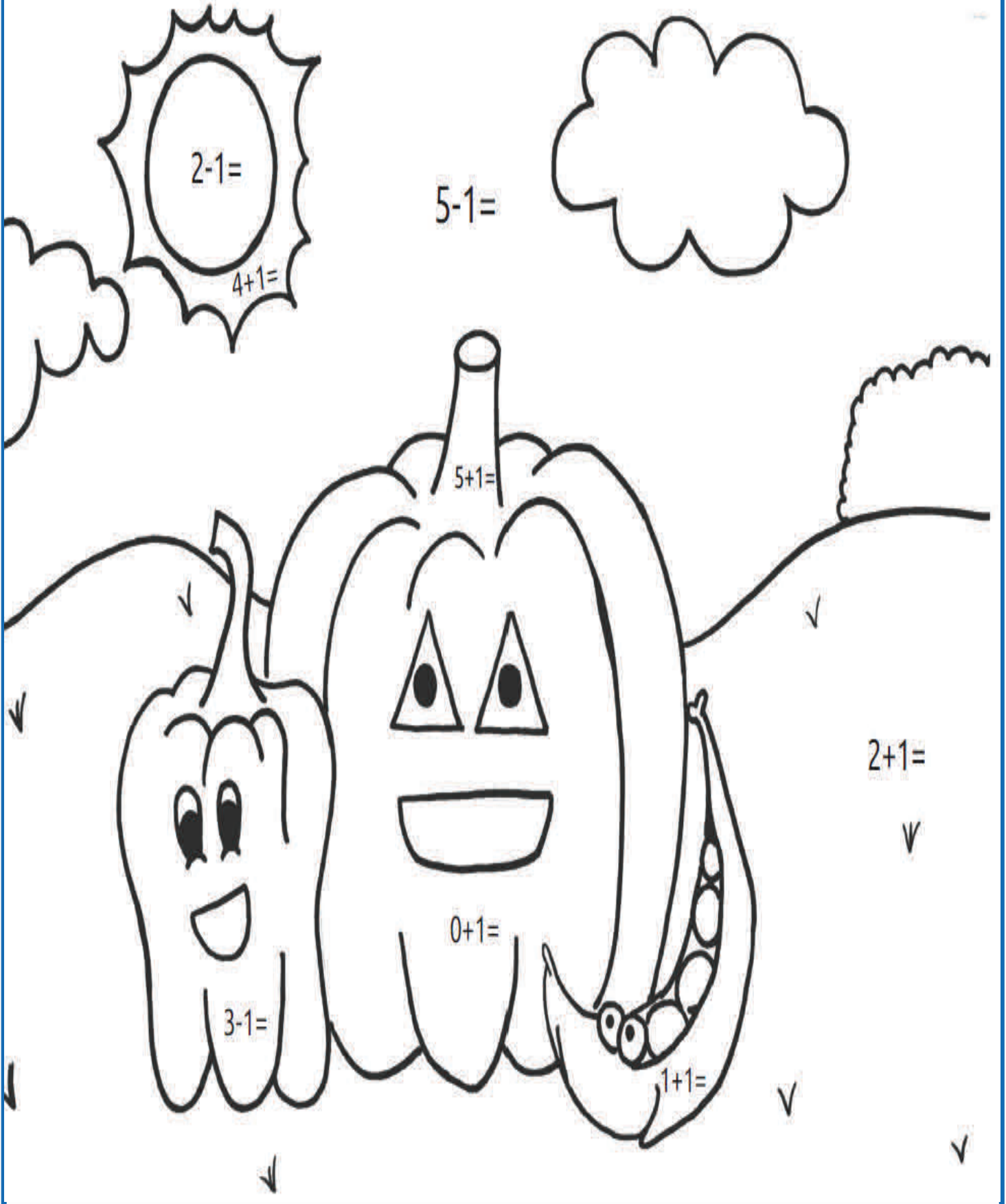
Step 1: Using a melon baller or small spoon, scoop the seeds out of the cucumber slices, leaving about 1/4" on the bottom to make them into little cups. Once they have all been scooped, squeeze the water from the cucumber pulp you have scooped out, and finely chop it.

Step 2: In a small mixing bowl, combine the drained tuna, finely chopped cucumber pulp, mayo and pepper. Stir to combine. Taste to see if you want to add more mayo or pepper.

Step 3: If your cucumber cups have a lot of moisture, dab away the water using a paper towel. Then fill each cucumber cup with tuna, and garnish with dill.

Recipe from www.tasteslovely.com

1= Orange 2=Dark Green 3= Light Green 4=Blue 5=Yellow 6=Brown



LSU AgCenter

Growing Gardens!

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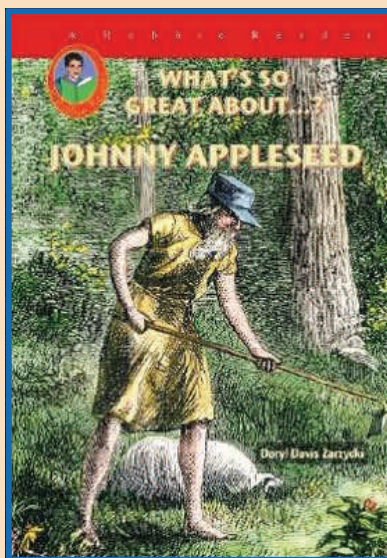
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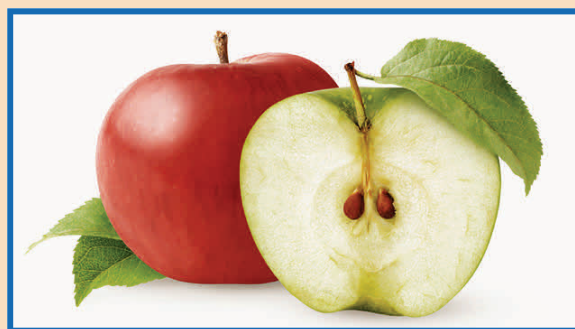
Book Review!



John Chapman was a simple- man with a vision to plant many apple trees. He wanted pioneers to have something to eat as they traveled and settled in new communities. People of all ages love the story of Johnny Appleseed. Read this book to discover fact and fiction about the leg-

endary pioneer planter. ISBN 9781584154839

Barnesandnoble.com



Southern Peas

Southern peas (black-eyed peas or purple hull peas) are a Southern staple both in the garden and on the dinner plate. Purple hull peas get their name from the color of the pod at maturity. Did you know they are easy to grow? Southern peas love hot weather and grow well in Louisiana. Next time you're at the garden center, look for southern peas (any variety will do well here) and plant them in your garden. It won't be long before the seedlings pop through the soil. If you plant peas in May, you can expect a harvest in July or August. Southern peas thrive in tough conditions and don't need extra fertilizer. Southern peas planted very close in your school garden beds will make an excellent cover crop while school is out!

