

# Common Threads' Teacher Newsletter

## OCTOBER 2018



Dear Teachers,

We hope the year is getting off to a wonderful start in each of your classrooms. It is already time to think about cooking in the classroom!

Cooking will begin Wednesday October 31st and run through March 12, 2019. Your dates should already be set in the annual schedule. Please talk with your Food Educator if there are any conflicts.

**Please also take a look at the Common Threads [Teacher and Food Educator expectations](#) for cooking in the classroom. Classes will have cooking once each month in the winter, for a total of four classes. We will transition back to gardening classes March 25th through the end of the year.**

This Winter students will be cooking and tasting the following recipes (which have been shared with school nurses):

**Kale Salad** (November): Kale and other leafy greens, carrots, radishes, dried cranberries, chives, mustard, olive oil, honey, salt, pepper

**Applesauce** (December/January): Apples, cardamom, cinnamon, nutmeg, ginger

**Borscht** (January/February): Beets, onion, carrots, green cabbage, garlic, chives, olive oil, lemon juice, salt, pepper

**Three Sisters Stew** (February/March): Butternut squash, onion, canned tomatoes, black beans, frozen corn, garlic, cumin, oregano, olive oil, salt, pepper

We are looking forward to preparing and tasting these seasonal recipes with the kids in your classrooms!

### CONTACT US

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### YOUR FEEDBACK REQUESTED

**Please share your experience and constructive feedback** about Fall gardening with us in this [short survey](#).

This feedback will be used during our Fall check-ins with Food Educators while debriefing their first two months of service.

**Please complete by Tuesday, October 30th.**

### COMMON THREADS' 9th ANNUAL HARVEST DINNER

**October 25th from 5-7 pm Whatcom Middle School (Cafeteria)**

Live music, arts & crafts, games, garden tours, and the Community Food Co-op's fabulous Real Food Show!

Your \$10 ticket will give you access to the event and a full plate of delicious, seasonal food. (Kids 10 & under free)

**[PURCHASE YOUR TICKETS HERE!](#)**

### CLIMATE SCIENCE TEACHER SUMMIT

Common Threads is working in collaboration with five additional community-based organizations to offer a **Climate Science Teacher Summit**, starting March 2019.

This will be an opportunity to dive into Next Generation Science Standards and come away with confidence to perform hands-on science beyond the walls of your classroom. The teacher professional development four part series offers two tracks: K-5 & 6-12.

Stipend, clock hours, and mileage reimbursement are available.

For more information, visit our website to view the poster.  
[www.commonthreadsfarm.org/for-teachers/](http://www.commonthreadsfarm.org/for-teachers/)

**Thank you for supporting food education at your school!**

- *The Common Threads Farm Team, we cook and garden with kids at your school*