

**TEXAS  
DEPARTMENT  
OF  
AGRICULTURE  
GRANT NEWS**

The Child Nutrition Department's "Expanding 3E's" Grant from the TDA has been extended until May for spending.

Farmer Larry is using the funds to purchase seeds and supplies for the gardens.

Even with this strange school year, we have been able to serve quite a bit of our garden produce in the school cafeterias. We can't use the salad bars, so the cafeteria staff is making individual salads for our learners.



GIANT CABBAGE HARVESTED AT WILSON ELEMENTARY 12-15-2020

# Coppell ISD School Garden Newsletter

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## FARM FRESH FRIDAY

As with most plans in 2020, our original Farm Fresh Calendar went out the window.

However, this fall we received a Farm to School shipment of Texas Pears. They were delicious!

We served the pears in the school cafeterias.

We decided to feature them for our virtual learners for October Farm Fresh Friday.

We sent home whole pears with this modified Farm Fresh Friday card.

**Farm Fresh Fruit  
Baked Pears**



**Ingredients:**

- 1 Tbsp. Butter
- 2 Tbsp. Sugar
- 1 each Pear
- ¼ Cup Heavy Cream

You can substitute 1 Tbsp. melted butter and 3 Tbsp. milk for the cream. Mix well just before using in the recipe.

**Instructions:**

Preheat oven to 375°.

Rub a small baking pan with half the butter and sprinkle with half the sugar.

Cut the pear in half and scoop out the seeds with a spoon.

Rub the pear with the rest of the butter and place face down in the pan.

Sprinkle with the rest of the sugar.

Bake for 10 minutes.

Remove from the oven and pour the cream over the pears.

Bake for 15-20 minutes longer until a toothpick or wooden skewer easily pierces the fruit.

Serve warm or at room temperature.

Great with vanilla ice cream!

**DID YOU KNOW?**

Pear trees live for over 100 years.  
There are about 3000 Pear varieties.  
Pears are related to roses.

Pears have lots of Vitamin C, which can help your body fight off infections.

Pears are fiber-rich. They can make you feel full longer than other snacks.  
So eat a pear for a snack!

**Change Things Up!**  
Do you have a favorite flavor?  
You can play with the recipe. Simply mix in a flavor before baking.

**Chef Helen suggests:**

- Use brown sugar for white sugar or half brown and half white
- Add ¼ Tsp Cinnamon to the sugar
- Mix ¼ Tsp Vanilla with the cream

**Remember: there no mistakes, only new recipes!**



**What you'll need:**

- Cutting board
- Small baking pan
- Measuring cup
- Small sharp knife
- Spoon, small

# Coppell ISD School Garden Newsletter

## WHAT EXACTLY IS ORGANIC ?

We describe our school gardens as “organic”.

What does that mean?

### Definitions:

**Dictionary** - relating to or derived from living matter.

We use words like “whole, unrefined, living, live, or natural” when we mean organic.

**USDA** - the application of a set of cultural, biological, and mechanical practices that support the cycling of on-farm resources, promote ecological balance, and conserve biodiversity.

Generally, organic food must be produced without the use of chemical fertilizers, pesticides, or other artificial agents.

If you want to learn more, follow this link to a short document about organic practices.

<https://www.ams.usda.gov/sites/default/files/media/Organic%20Practices%20Factsheet.pdf>

## WHAT IS IPM ?

From “STAY IN THE KNOW!”

CISD Internal Newsletter

The acronym “IPM” stands for Integrated Pest Management.

IPM is a strategy that provides quality pest control using the least hazardous chemicals and techniques. It is not a particular pest control provider, rather an approach that can be used by a trained and licensed applicator of the State of Texas. Every school district in Texas is required to adopt an IPM Plan.

David Bailey, in the CISD Environmental Services Department, is the IPM Coordinator for Coppell ISD. He is responsible for all pesticide use in the district. Where pest control is required, a trained, licensed person has to make the applications and David has to track it.

So, gardeners, don't bring or apply any pesticide (including over-the-counter bug sprays, traps, glue boards, etc.), to any CISD campus. If you need help, contact the Maintenance Department.

## WINTER IN THE GARDEN

Winter is when we relax.

However, there are still a few tasks to do outside on the warmer days:

- Walk away. Leave the leaves. Leave the stalks. Leave the seed heads. This provides shelter and food for wildlife big and small in the winter.
- Weed and clean paths. Don't let winter weeds creep in.
- Collect leaves for your compost pile from other places.
- Fertilize beds that are empty with organic granular fertilizer. Doing this now, allows time for soil biology to make the nutrients accessible for spring.
- Cover bare soil with a cover crop of Austrian peas or fava beans.
- Schedule work days.

Adapted from “Gardener Dawn” newsletter <dawn.cleaves@risd.org>

Become a Citizen Scientist!  
The Great Backyard  
**Bird Count**

Join the annual bird count February 12-15, 2021



**BECOME A CITIZEN SCIENTIST!**

Go outside and observe birds for at least fifteen minutes.

Identify your birds with Merlin Bird ID app. Add sightings to your list and share!

It's that easy!

You will need a free Cornell Lab account and will need to download the free Merlin app to participate. This account is shared with other projects at the Cornell Lab of Ornithology. Chef Helen has had the Merlin app on her phone for over 5 years.

Submit one or more lists over the four days of counting and you become a contributing citizen scientist!

For more information, click or follow this link

<https://www.birdcount.org/tools/counting-instructions/>

The Great Backyard Bird Count is a joint partnership between the Cornell Lab of Ornithology, National Audubon Society, and Birds Canada.

**COPPELL SUSTAINABLE FOOD ORGANIZATION NEWS**

CSFO is the City of Coppell board that oversees the Community Gardens and the Farmers Market.

**Jodie Deinhammer** is replacing Helen Duran as the CISD Representative on the board. In the past, the CISD representative initiated the process for the schools to get the onion sets and potatoes in the winter and the plants that come from the Community Garden greenhouse.

It was through the CSFO Board that we met with several of the volunteers in our school gardens and that Keep Coppell Beautiful donated a large part of the goodie bag supplies for our training.

Congratulate Jodie on her new position!



**ENJOYING SALAD FROM THE GARDEN AT WILSON ELEMENTARY**



**KALE SMOOTHIES AT AUSTIN ELEMENTARY**