



# The Buzz

APRIL 2024

## FARM TO TABLE

When children participate in growing their produce, they are more inclined to consume it! If establishing a backyard garden isn't feasible, explore options such as subscribing to regular produce box deliveries from a local gardener or taking your children on weekly outings to farmers' markets. Engaging in farm-to-preschool initiatives provides an excellent opportunity to involve your kids in gardening and promote healthy eating habits.

### Container Gardening

For those lacking space for a large garden, container gardening offers a viable alternative. Various items such as tires, buckets, large pots, or tubs can be repurposed as containers. Hanging baskets are suitable for growing fruits like strawberries, cherry tomatoes, and herbs. Plastic containers are preferable for moisture retention over clay or wood ones. Fill containers with gardening soil, regularly monitor watering needs, and provide support for tall plants with trellises and stakes.

Plant ideas for container gardens:

- Beans
- Broccoli
- Carrots
- Cucumbers
- Eggplants
- Lettuce
- Onions
- Peppers
- Radishes
- Tomatoes



### Community Gardens in Solano County

Dixon: Gracious Garden and Dixon Veterans Home

Fairfield: Parkway Plaza Garden, Challenge Academy, Laurel Gardens Apartment complex, Matt Garcia Career and Collge Academy

Vacaville: Truthville Garden

Vallejo: First Christian Church of Vallejo, Emmanuel Temple Apostolic Church

[www.cacfp.org](http://www.cacfp.org)

Gardens in Solano County

## THE BEE ZONE



### Strawberry Yogurt Parfait

- 2 cups strawberry Greek yogurt
- 4 cups mixed berries
- 1/2 cup granola (optional)



1. Let each child build their parfait.
2. Starting with the yogurt, layer 1/8 cup yogurt and then 1/4 fruit. Repeat this to create layers for each parfait.
3. Add a tablespoon of granola on top for a little crunch, if desired.

[www.pbhfoundation.org](http://www.pbhfoundation.org)

## CRAFT CORNER: ALPHABET HANDPRINTS

- The letter "F" is for Flower printable
- green paint
- yellow paint
- paint for the flower petals (purple, blue, pink, or red, etc)
- paint brush
- wipes to clean hands



Let's embark on a creative journey by crafting a vibrant scene! Begin by crafting green handprints to form the sturdy stems. Coat the entire palm and fingers with green paint, ensuring thorough coverage. Firmly press the hand onto the paper's center, spreading the fingers and thumb to accommodate the forthcoming flowers. Once the stems are set, cleanse the hands with water or a damp cloth. Now, it's time to add a sunny touch! Dip your pointer finger into bright yellow paint and give each fingertip a little boop right in the center of your handprint. These dots will be the cheery hearts of our blossoms! Grab your favorite flower-colored paint and let's get dabbing. Using that trusty pointer finger again, gently dot around each yellow center to create the petals. Keep going until your garden is bursting with a riot of colors and shapes! Voilà! The masterpiece is complete, a testament to creativity and learning, all centered around the letter F.