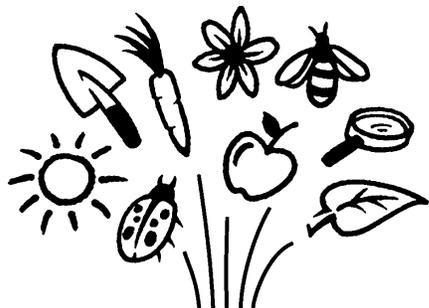


# THE GARDEN TIMES

Summer 2004



**LIFE  
LAB**  
Science  
Program



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

*Life Lab Science Program  
is committed to  
environmental stewardship  
by promoting science and  
garden-based education for  
all learners.*



Monterey Bay Science  
Project/LASERS

The Garden Classroom

Resource Conservation  
Program

## Life Lab Celebrates 25 Years

Has it really been twenty-five years since a group of teachers, children and volunteers converted a dirt parking lot into the first Life Lab garden at Green Acres School in Santa Cruz? For some of us it seems like yesterday, yet much has happened at Life Lab and in the world of garden-based learning since that time. Sometimes we are so busy doing the daily work of moving the organization forward that we don't take the time to reflect on where we've come from. Those early volunteers watched as children became enchanted with learning through the garden. Soon they had organized into a non-profit and were developing curriculum, writing grants and helping other schools create gardens, first locally, then throughout California. Later, Life Lab gained the attention of the National

Diffusion Net-  
in education and  
from Alaska to  
York to San  
the country to  
development  
in urban, rural  
America. Life  
national science  
garden-based  
by the National

(NSF) and again traveled the country to help schools adopt it. Based on the successes of the curriculum development project, Life Lab embarked on another NSF project helping California students gain language skills and science content knowledge through innovative teaching and hands-on science instruction in the garden. Life Lab helped pioneer the "Garden In Every School" movement in California, providing training for schools using the garden as an integrating context for learning about the environment, nutrition and other academic subjects. Our next big vision was the creation of the Garden Classroom, an interactive model school garden and learning center located on the University of California Campus in Santa Cruz. The Garden Classroom now serves thousands of K-12 students, educators and community members each year with a range of experiential education programs in a living laboratory. Our work continues to blossom as we connect with new partners in an effort to make the world a better place to live and grow in.

This summer, stop to celebrate an amazing quarter century of achievement with us. Let us know how Life Lab has touched you and your school. Drop us a line or an email and we'll feature some of your stories in our next newsletter and on our website. See Page 4 for more information on our 25<sup>th</sup> Anniversary Benefit Dinner in the Garden Classroom. We hope to see you there! Here's to the next 25 years of growing together.



work for excellence  
Life Lab staff flew  
Florida, and New  
Diego criss-crossing  
bring professional  
workshops to schools  
and suburban  
Lab took on the  
standards with a  
curriculum supported  
Science Foundation



**INSIDE... CHICKENS IN YOUR GARDEN • THE LANGUAGE OF  
GARDENS • FRUIT LEATHER • EVENTS CALENDAR  
BECOME A FRIEND OF LIFE LAB ONLINE**

## BECOME A FRIEND OF LIFE LAB

By becoming a Friend of the Life Lab Science Program you help support our community events and education programs. Life Lab Science Program is a non-profit organization and your donation is tax deductible.

**\$35 Individual**

biannual newsletter, Life Lab window decal

**\$50 Family**

the above plus a 10% discount on Life Lab merchandise

**\$100 Ladybug**

all of the above plus a Life Lab t-shirt

**\$250 Honey Bee**

all of the above plus Life Lab sweatshirt

**\$500 Hummingbird**

all of the above plus a free field trip during the regular tour season

**\$1,000 Hawk**

all of the above plus two complimentary tickets to the Life Lab Benefit Dinner

For larger donations and naming opportunities in the Garden Classroom, please contact us to arrange a visit.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Mail to: Life Lab Science Program



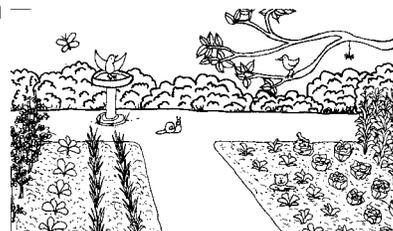
1156 High St  
Santa Cruz, CA 95064

For more information go to:

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

# THE LANGUAGE OF GARDENS

I've noticed lately that many of the children — I know are speaking a new language. When they converse it almost seems like secret code. They are talking about CD's, DVD's, MP3's and DPI's. They are conversant in RAM, JPEG'S and CDRW's. As I struggle to keep up with the new technology and



language that goes with it, I can't help wondering if the children are leaving another language behind. It is the language of songbirds and weather systems, the language of creeks and meadows and stars. Each hour that they spend feeding virtual pets on the internet or playing computer games which take them to screen worlds of giant sow bugs and killer bees, is an hour not spent caring for real pets or exploring real places for snails and bugs. Of course there are many things these children are learning from this new technology, and there are many additional societal reasons children are spending more time engrossed in technology and less time outdoors. However, we have to ask ourselves what our children are losing when they essentially leave the natural world behind.

What is lost when a child has never discovered his reflection in a pond or felt a handful of sun-warmed earth? What will children not understand when they have never found a grasshopper or followed a lizard? What will they miss from not tasting a fresh strawberry, plucked from a plant? Ever?

Fortunately we have the power to give children back a slice of the natural world when we give them outdoor spaces such as school gardens and habitats to learn and play in. For many children these are their only opportunities to feel a fuzzy leaf or taste something they planted from seed. Aren't these the kind of experiences we want our future decision-makers to have? Let's give them back the language of gardens before they miss too much. Who knows? Maybe they will help us reconfigure our RAM...

—Erika Perloff Education Director,LLSP

## STUDENT PROJECT: Fruit Leather

It's that time of year again. Take advantage of the abundance of fresh summer fruits and preserve some for a nutritious snack. Most any type of ripe fruit will work (apricots, apples, grapes, berries, pear, peaches, plums or combinations). For fruits that tend to darken, add 1 tablespoon lemon or lime juice per quart of fruit. Additional sugar or honey for other fruits is optional.

Prepare fruit; removing stones, pits, seeds and peel as desired. Cut fruit in chunks and puree in blender, mill or processor.

Here a few ways to dry your puree:

- 1) Dry in electric or hanging food dehydrator according to instructions or,
- 2) Line cookie sheet or drying tray with waxed paper (pan must have edges).

Pour puree 1/4-inch deep onto sheet. Distribute evenly by tilting pan. Do not use spatula or knife. When all spaces are covered, the right amount of puree has been applied. Set oven at lowest setting (140°F). Position pan in oven and crack door 2 to 6-inches. Fruit will dry in 4 to 6 hours. Properly dried fruit leather will be barely sticky to the touch (test the center) and will peel easily from wax paper. You can roll the fruit leather in plastic wrap and cut into individual pieces. It can be stored for 30 days at room temperature, months in the refrigerator or years in the freezer. Enjoy!

## Chickens in the Garden

One of the most popular attractions in the Garden Classroom is our chicken coop and its personable residents. Every day, visitors young and old sit on straw bales and watch the chickens scratch at their feet and gently take tidbits from their hands. We are often asked why we have chickens in the Garden Classroom. Aside from the pure joy of having living creatures to touch and observe, sharing eggs with children is a great way to make the connection from farm to fork. Additionally, chickens turn our garden weeds and kitchen scraps into manure that we add to our compost.

Raising chickens at your home or garden is easier than you might think. Shelter is essential for protecting birds from wind and rain and especially from predators. The Garden Classroom chicken coop is designed to keep out weather and predators with a closed house, buried wire, and a wire roof. To keep smaller pests off of our chickens, we provide lots of soft, dry soil for them to take "dust baths." Fresh water and kitchen scraps keep our chickens healthy and happy. At the Garden Classroom we have an auto watering dish (~\$30) which can be connected to a garden hose or plumbed with PVC pipes. Nutritionally complete diets are available at most local feed stores and come in a variety of sizes including; mash, crumbles and pellets, to fit the needs of your chickens. Come to the Garden Classroom and visit our chickens. They are always happy to share your sandwich or leave you a warm egg!

Your local feed store is the place to get baby chicks and they will also be able to provide you with everything you need to make your chickens feel at home.

There are also numerous resources on the internet, here are just a few good ones to browse:

[www.motherearthnews.com](http://www.motherearthnews.com) has some great archived articles from building mini-coops to steps for the new chicken owner. Enter "raising chickens" in the search field

[www.backyardchickens.com](http://www.backyardchickens.com) is a great user based website with more than you'll ever need to know about raising chickens at your home.

[www.geocities.com/thecitychicken/chickens.html](http://www.geocities.com/thecitychicken/chickens.html) another great resource for the home chicken owner.

[www.mcmurrayhatchery.com](http://www.mcmurrayhatchery.com) an online catalogue of poultry supplies, great place to mail order exotic chicken breeds (minimum order 25 chicks).



### ***A National Initiative on Plant-Based learning***

In April Life Lab participated in a national Congress on Plant-Based Learning in Washington D.C. The Congress brought together representatives from national organizations focused on experiential learning using gardens and other natural habitats. The purpose of the Congress was to discuss how our organizations can work together to promote the use of plants and gardens as a vehicle for standards-based learning across the curriculum. The partnership's first project was a white paper, "Uses of Active Plant-Based Learning (APBL) in K-12 Educational Settings." This paper focused on how APBL is being used effectively in formal and informal settings. The paper will be available soon to interested educators. Another paper shared at the conference was "Revisiting Garden Based Learning in Basic Education" by Daniel Desmond, James Grieshop and Aarti Subramaniam. This paper is available online at: [www.fao.org/sd/2003/KN0504\\_en.htm](http://www.fao.org/sd/2003/KN0504_en.htm) Many great ideas were generated at the Congress for how to promote APBL in schools and in communities. Stay tuned for more news on this important venture.

### **Purchase Online at [www.lifelab.org](http://www.lifelab.org)**

- ✓ K-5 Garden-Based Science Curricula
- ✓ Garden Based Activity Guides, CD's, and Calendars
- ✓ School and Classroom Resource Conservation Materials
- ✓ Payment for Tours, Camp and Community Events
- ✓ Life Lab T-Shirts and Caps

LIFE LAB SCIENCE PROGRAM IS A NOT-FOR-PROFIT 501(c)3 ORGANIZATION.

### **THANK YOU CURRENT SUPPORTERS!**

The David and Lucile Packard Foundation • The Richard and Rhoda Goldman Fund • UCSC Center for Agroecology and Sustainable Food Systems • Cisco Systems • Santa Cruz County Board of Supervisors • Walter S. Johnson Foundation • The Clarence E. Heller Charitable Foundation • The S. H. Cowell Foundation • California Science Project The CPEC Eisenhower Professional Development State Grant Program • California Professional Development Institutes Program • True North Foundation • New Leaf Community Markets • Chez Panisse Foundation • Roberta Jaffe and Dr. Steve Gliessman Reggie Knox • Nancy Cooper, CPA • Kaiser Permanente • Stocker Family Foundation • Central Coast Wilds • Greater Bay Bancorp Foundation • Jaffe Family • West Marine • Jonathan Wittwer • and our growing membership.

## 2004 EVENTS

**Wildlands & Watering Cans Summer Day Camp** June 21-25; June 28 - July 2; July 12- 16; July 19-23, 9:00-3:00, 7-10 year olds

**Millipedes and Microscopes Science Exploration Day Camp** July 26-30, 9:00-3:00, 11-14 year olds

**Benefit Dinner in the Garden Classroom** July 31, Chef Lynn Sheehan from Sand Rock Farm will be preparing a seasonal farm feast benefiting Garden Classroom Programs.

**Honey and Bees** August 10, Children and their families are invited to come and see our beehives, make a beeswax craft, and sample various types of honey. 10 - 12:30 \$20/\$15

**Bringing Learning to the Garden** August 20, Teachers and garden educators will learn to connect the garden to school curricula, design effective learning gardens and receive strategies for garden instruction in a one day workshop. 9 - 3, \$75.

**Fall Field Trips Begin** September 7 - November 12, Children will learn and taste the six plant parts, sample apple varieties, press apple juice, visit chickens, and make their own corn tortillas and butter. Tues - Fri., 10 -1,

**Flowers in the Garden** September 11, Children and their families are invited to learn about flowers and use them in art. 10 -12:30, \$20/\$15

**After-School Garden Days** Sept. 14, 21, 28, Oct. 5, 12 (Tuesdays), Children 7-11, 3:30 - 5:30, \$20 per class or \$75/\$85 per series.

**Harvest Festival** October 9, Great music, food, apple tasting, an apple pie bake-off, hay rides, garden talks, kids' events, tours, displays by local farmers, and an all around good time. 11- 5pm, \$5, 12 and under free.

**Pumpkins in the Garden** October 23, Come to our pumpkin patch, find the perfect pumpkin to carve and make and eat a pumpkin treat! Children and their families are invited, 1 - 3:30pm \$20/\$15

**R.S.V.P. for all workshops and classes by calling (831) 459-2001 or at [www.lifelab.org](http://www.lifelab.org)**

**Supporting Life Lab never tasted  
this good...**

### **Life Lab Benefit Dinner & Silent Auction July 31 ~ 4:30 - 8 p.m.**

**Come enjoy an exquisite meal served in the  
Garden Classroom overlooking the  
Monterey Bay. Prepared by Chef Lynn  
Sheehan of Sandrock Farm. RSVP @  
831.459.2001**

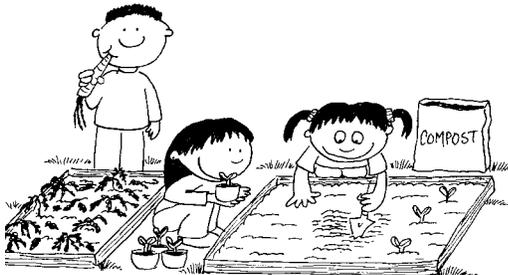
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**WATCH LEARNING  
COME TO LIFE  
IN THE GARDEN!**