Deaver Farm Explorers
Lesson 4: *Seasonality & Sustainability*

We are back at the farm this week with a lesson all about growing seasons, and what it means to use sustainable growing practices. Lots of our vegetable plants are growing fast this time of year, and some of our late spring crops are ready to harvest and eat. At the end of this lesson we will get to make a healthy seasonal recipe together!

**Helpful Links**
- Learn more about Greener Partners and the Deaver Wellness Farm at Lankenau Medical Center by visiting us at [greenerpartners.org](http://greenerpartners.org)
- Check out this [Planting Guide](http://www.plantingguide.com) based on our growing zone and frost dates
- Here is a short [video](http://www.youtube.com/watch?v=dQw4w9WgXcQ) explaining more about sustainability

### This Week’s Farming Phrases

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tr>
<td>Legume</td>
<td>Plant family including peas and beans - these plants contribute necessary nitrogen to the soil and have provided nutrition for humans and animals all over the world for thousands of years</td>
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<tr>
<td>Solaraceous</td>
<td>Plant family including tomatoes, eggplants, potatoes and peppers - also called “nightshades”, most often seen growing on the farm in the summer months</td>
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<td>Brassica</td>
<td>Plant family including kale, collards, cabbage, and arugula - also called “cruciferous” vegetables, these crops are full of nutrients and most grow year-round on the farm</td>
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<td>Remay</td>
<td>A heavy row cover used to protect plants on the farm from cold temperatures and frost</td>
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<td>Sustainability</td>
<td>the process of people maintaining balance and care for the environment in a way that ensures land, plants, animals, and humans can coexist and thrive for generations to come</td>
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<td>Conservation</td>
<td>Preventing the wasteful use of natural resources like water or energy</td>
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<td>Runoff</td>
<td>Water that runs along the surface of land from rainfall or snow melt - when the extra water cannot be absorbed into the soil, it travels away from the land, often causing erosion and the transfer of harmful chemicals from conventional farms to water sources</td>
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Growing and Cooking Together

This week’s hands-on activity is Making a Healthy Snack! Follow along with our Lesson 4 video for a step-by-step demonstration of how to make and enjoy this recipe in your own kitchen.

Yogurt Dip with Fresh Herbs

**Ingredients:**
- 1 cup plain yogurt, low or full-fat (Greek-style or any)
- ½ lemon
- ¼ teaspoon kosher salt (use less if regular table salt)
- Fresh mint and/or other herbs to taste
- Fresh vegetables for dipping

**Directions:**
1. Put yogurt in a bowl and squeeze lemon into it. (If you like lemon a lot, you can also use some of the skin, or zest of the lemon. Use a grater or small knife to chop it very fine.)
2. Sprinkle in salt.
3. Chop or tear up mint or any other fresh herbs. You can use as much or as little as you like.
4. Taste. Add more lemon, salt, or herbs.
5. Dip your vegetables!

Many countries and cultures use a yogurt-based sauce to provide cooling, contrasting flavor, including Greek Tzatziki, Lebanese Labne/Lebni, or Indian Raita.

You can use a mix of fresh herbs. Or if you don’t have fresh, use dried ones; just remember to use a lot less, about ¼ of fresh.

*Like most recipes, you can make some changes based on what ingredients you have and what you like.

Show us your Recipe!

Send pictures and/or your reviews of this recipe to deirdre.sheehy@greenerpartners.org!