



### Activity: *Sink or Float*

To appeal to the natural curiosity in your child, conduct an experiment that looks at what items will sink or float. Fill a water table (or large plastic container) with water. Have them collect items from the natural environment they wish to see float or sink. Allow your child to make predictions on whether items will float or sink. Encourage them to test their predictions. Have fun exploring the properties of nature by expanding this activity to incorporate other learning components.

### Plant of the Month: *Spinach, Spinacia oleracea*

Spinach, a cool-season crop, has become increasingly popular in over the years. This is evident in the high consumption of both fresh and processed spinach. Packed with high sources of vitamin A, vitamin C, iron, calcium, and fiber, spinach is a nutritious introduction to your child's diet. In addition, incorporating spinach into gardens and diet is a great way of promoting healthy eating and learning for young children.

### Recipe: *Spinach Quiche*

#### Ingredients-

1 tablespoon olive oil	2 garlic cloves, minced	1 onion, chopped
5 eggs, beaten	10 ounces fresh or frozen spinach	3 cups shredded cheese
1 tablespoon fresh parsley, chopped	Pinch of pepper/ nutmeg (optional)	1/8 teaspoon salt

#### Instructions-

- Spray a 10-inch pie plate with non-stick spray. Set aside.
- Preheat oven to 350F
- Over medium-high heat, heat olive oil in a large skillet.
- Add garlic, stir-fry for 1 minute.
- Add onions and cook for about 5 minutes or until softened.
- Add spinach and cook, stirring occasionally until mixture has lost its moisture.
- Meanwhile, combine eggs, cheese, herbs, and spices.
- Remove spinach mixture from heat, and set aside to cool slightly for a few minutes.
- Combine cheese and spinach mixture.
- Pour mixture in prepared pie plate.
- Bake in oven for approximately 30-40 minutes or until mixture has set.