

NC STATE

Eli Valsing <elvalsin@ncsu.edu>

POD Wake Newsletter # 6

Natural Learning Initiative <naturalearning@ncsu.edu>
Reply-To: Natural Learning Initiative <naturalearning@ncsu.edu>
To: Elizabeth <elvalsin@ncsu.edu>

Fri, Jun 6, 2014 at 11:55 AM

POD-Wake Newsletter #6

[View this email in your browser](#)

PHOTO OF THE MONTH: Sweet Potato Planting at Primary Beginnings Child Development Center #1
Photo Credit: Natural Learning Initiative

News from the Field



Children at Beginning and Beyond Child Development Center dig into their new raised bed to plant tomatoes and marigolds.



These lettuce harvesters at Childcare Network #61 know how to keep their skin safe from the sun!



ABC Land children combine gross motor skills with gardening as they gather pine needle mulch for their vegetable gardens.



Children at Primary Beginnings Child Development Center #1 are rightly proud of their dirty hands, which helped to prepare the soil in their raised beds.



More dirty hands to be proud of at A Safe Place
Child Enrichment Center



Tasting sugar snap peas at Raleigh Nursery
School.

Planting potatoes in bags at Johnson Pond
Learning Center, offers the hope of buried
treasure!



Newly planted blueberry bushes at Heather Park
Child Development Center.

Early Childhood Physical Activity Institute (ECPAI)

July 14 - 16 at Marbles Kids Museum in Raleigh

**SPECIAL OFFER TO POD-WAKE PARTICIPANTS:
FREE REGISTRATION FOR OPENING SESSION - JULY 14, 9:00 -
12:00**

Use partner code: WeLovePOD

[Click here to register - Deadline July 14.](#)

[Click here if you are interested in participating in the full, 3-day ECPAI](#)

Save the Date:

We return to the NC Botanical Garden in Chapel Hill again this year October 2-3 and we hope to see you all there! Registration opens July 1.

Resources

Download this [Fruit Kebabs and Patterns lesson plan](#) from the Edible Schoolyard (ESY) at the Greensboro Children Museum. Check out the other resources also available

through [the Edible Schoolyard website](#). Children and staff at A Safe Place enjoyed a field trip on the train to visit the ESY last summer.



Children from A Safe Place Child Enrichment Center pose on the steps of the Greensboro Children's Museum, home of the Edible Schoolyard. The Natural Learning Initiative provided Design Assistance for the ESY in 2008.



All Aboard Amtrak's Piedmont train! A quick and easy ride to downtown Greensboro followed by a short walk to the Children's Museum, was the best way to travel for this adventurous group.

[Interfaith Food Shuttle's Farm Stand](#) is open on the corner of Tryon Road and Dover Farm Road. Supplement your childcare garden with fresh local produce!

[NC Environmental Educators \(NCEE\) funding resources](#). Many grants are listed on this page and one of them might be right for your center. Don't rule out the possibility of partnering with a non-profit organization for the application.

POD-Wake centers have been planting blueberries! Use this ["Guide to Growing Blueberries"](#) from HGTV for tips on what works well.

[This blog post](#) by Naphtali Hoff uses best practices in gardening as a metaphor for child development. It is worth reading for inspiration!

Read the National Gardening Association's [June monthly reminder for the middle south](#) and [see all the newsletter options here](#).

[The Clif Kid Backyard Game of the Year Contest is accepting applicants](#). Maybe you have an alum or a school aged summer camper who would want to enter? They have games listed on the website – so this resource is worthwhile for finding new games to play! Contest Deadline: July 3.

Recipe

Blueberry Oatmeal Muffins

Ingredients

- 1 2/3 cups quick-cooking oats
- 2/3 cup all-purpose flour
- 1/2 cup whole-wheat flour

- 3/4 cup packed light brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 1/2 cups low-fat buttermilk
- 1/4 cup canola oil
- 2 teaspoons grated lemon rind
- 2 large eggs
- 2 cups frozen blueberries
- 2 tablespoons all-purpose flour
- Cooking spray
- 2 tablespoons granulated sugar

Preparation

1. Preheat oven to 400°.
 2. Place oats in a food processor; pulse 5 to 6 times or until oats resemble coarse meal. Place in a large bowl.
 3. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Add flours and next 5 ingredients (through salt) to oats; stir well. Make a well in center of mixture.
 4. Combine buttermilk and next 3 ingredients (through eggs). Add to flour mixture; stir just until moist.
 5. Toss berries with 2 tablespoons flour, and gently fold into batter. Spoon batter into 16 muffin cups coated with cooking spray; sprinkle 2 tablespoons granulated sugar evenly over batter. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately; place on a wire rack.
- This month's recipe is adapted from [Cooking Light Magazine](#).

Project Calendar

JUNE

Installation: Wildlife and perennial Gardens
Activity: Bugs, birds, and worm programming

- JUNE 25 – POD-Wake Childcare OLE Leadership Series: Enhancing Cognitive Development in the OLE

JULY

Installation: Center specific projects for creating new settings
Activity: How to know when to harvest?

AUGUST

Installation: Center specific projects for creating new settings
Activity: Charting, measuring, and tasting the harvest

SEPTEMBER

- SEPTEMBER 30 Childcare OLE Leadership Composting and Vermicomposting: Recycling Food Scraps Creates Healthy Soil for Gardens

OCTOBER

- OCTOBER 2 – 3 Save the Date! 12th Annual Design Institute: Nature Play and Learning

NOVEMBER

- NOVEMBER 2 POD WakeChildcare OLE Leadership Series:Remaining Engaged with Nature During the Winter Months



Copyright © 2014 Natural Learning Initiative, All rights reserved.

Creating environments for healthy human development and a healthy biosphere for generations to come.

Our mailing address is:

Natural Learning Initiative
NC State University
Campus Box 7701
Raleigh, NC 27695

[Add us to your address book](#)

[unsubscribe from this list](#) [update subscription preferences](#)

