

# KIRBY'S HARVEST



FALL 2018

NEWSLETTER

Mama Roo had planted a garden every summer. The garden was full of all of Kirby's favorite vegetables; lettuce, carrots, beets, corn.... You name it and it was in Mama's garden.

This year, Kirby was curious, so he asked, "Mama, why do you plant all the vegetables? Can't we just buy them at the store?"

"Kirby, we could, but they taste so much better fresh out of the garden. It's even better, when you know you grew them yourself. Plus, we get so much more and for a lot less money," replied Mama.

Kirby had been excited by his new knowledge. The next day, he had asked his home science teacher, Mrs. Zebra, if she planted a garden. When she said she did, she gave the same reasons

Mrs. Zebra had said, "Everything just tastes better, Kirby. Plus, it is cheaper to grow as much of our own food as we can." She even asked if he would like some extra seeds she had, "Kirby, I don't have room for these in my garden. Why don't you take them and you can have your own little garden? Then you can tell me all about it next fall"

Kirby had decided he wanted to do his year-end home science project on gardening. While writing his report, he learned that a garden produced about ½ pound per-square-foot of produce per year. That means a 600-square-foot garden should yield 300 pounds of produce. It would be worth about \$600 for a cost of only \$70 to plant and maintain it. Clearly, it was a huge savings.

Kirby had been very excited as he had planted them in the spring. Now, it was nearing fall. His family had been eating his lettuce and carrots for a while already. Today, he had picked the last of his broccoli and his first spaghetti squash.

"Mama, I can't wait to try a spaghetti squash. How are we going to make it?" Kirby asked excitedly.

Mama smiled, "What do you think about stuffing it with lasagna?"

"Oh, Mama, that sounds delicious. Since, it's from my garden, may I help cook?" he asked looking at Mama.

"Of course you may, Kirby. Let's go get started. Papa will be home in an hour." Mama said as she picked up the day's harvest and led Kirby into the house.

Kirby washed the vegetables thoroughly, while Mama cut squash in half and chopped the broccoli, Kirby measured out the cottage cheese and the Romano. They mixed up all of the ingredients and stuffed the squash halves.

It was in the oven, when Mama said, "Kirby let's wash up the last lettuce from your garden and we can have a nice salad with our lasagna."

A few minutes before the timer went off on the oven Papa walked in and said, "Something sure smells delicious tonight."

Kirby gave Papa a big grin as he told him, "Everything tonight is from my garden, Papa. We are trying lasagna stuffed spaghetti squash and having a salad."

A few minutes later, they sat down to dinner. Kirby looked at the feast on his plate and took his first bite. He didn't know if it was the new recipe Mama had tried or if it was just because he grew everything himself. What he did know was that this was the best dinner he ever had.



## Joke!

**Q: HOW DO YOU KEEP A BULL FROM CHARGING?**

**A: TAKE AWAY ITS CREDIT CARD.**

Have you seen my credit card? I think I dropped it. Can you help me find it?

## GAME TIME!

Kirby loves playing with his friends outside. There's nothing better than playing outside on a beautiful fall day. This year he even found a new game he can't wait to try. He picked the pumpkins from his own garden. Read the instructions below to play Pumpkin and Broom race with your friends.

### PUMPKIN & BROOM RACE

(Can be played outdoors or in the gym!)

- This is a simple race. Since pumpkins are not smooth balls and refuse to roll in straight lines, you'll need plenty of room! You need medium pumpkins and sturdy sticks (or brooms). Use one pumpkin and stick/broom for each team. You may also use your hands instead of brooms. Just remember, everyone uses either a broom or their hands.
- The racers line up on the starting line with the pumpkins turned on their sides.
- On the signal, the racers use the stick or hands to roll the pumpkins to the finish line.
- You may race as individuals or teams. If you want to play this as teams, make it a relay race.
- When playing inside use smaller pumpkins.





Did you know Kirby is on your Credit Union's website? Check him out today!



## MONEY FUN FACT

Did you know?

Did you know you can fold a dollar bill approximately 4000 times before it tears? So what do you do if it rips? If it tears in two, simply tape it back together and take it to your credit union. They will exchange it for a new one. What happens if you don't have part of it? As long as you have  $\frac{3}{4}$  of the bill, check with your credit union to see if they can exchange it for a new one.

**Quiz your Parents!**  
See if they know  
the answer

## KIRBY'S FAVORITE LASAGNA-STUFFED SPAGHETTI SQUASH

### INGREDIENTS

- 2 small spaghetti squash
- 1 cup no-salt-added small-curd cottage cheese
- $\frac{1}{4}$  cup grated Romano cheese
- Kosher salt and pepper
- 8 oz. frozen broccoli florets, thawed, drained of excess moisture and chopped
- $\frac{3}{4}$  cup marinara or tomato sauce
- 3 oz. part-skim mozzarella, grated
- Green salad, optional



### DIRECTIONS

1. Using a large knife, cut the spaghetti squash in half lengthwise. Use a spoon to scrape out and discard seeds.
2. Place 4 squash halves, cut side down, on a large piece of parchment paper in the microwave. Cook on high power until just tender, 9 to 11 minutes.
3. Heat broiler and lower the rack to the middle position of the oven. In a bowl, combine the cottage cheese, Romano, salt and pepper; and the broccoli.
4. Season the squash halves with salt and pepper to taste, then use a fork to scrape up most of the squash strands, leaving them in the squash. Divide the cheese mixture among the squash and top with the sauce, then the mozzarella. Broil until the filling is heated through and the top is golden brown, 2 to 3 minutes. Serve with a green salad, optional.

**DON'T FORGET TO ALWAYS WORK WITH ADULT SUPERVISION  
WHEN CUTTING OR WORKING WITH A STOVE.**