



**APPLE SEEDS, INC.**  
"PLANTING THE SEEDS OF HEALTH IN NW ARKANSAS"

# Apple Seeds Newsletter

March 2011



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**Save the Date!**

## **"Healthy Dinner on a Budget" Family Cooking Class**

**WHEN:** March 29th from 6:00-7:30 pm

**WHERE:** Leverett Elementary Cafeteria,  
1124 West Cleveland Street, Fayetteville, AR

For more information, contact Beth Ashbaugh, 479-957-0700, [beth@appleseedsinc.org](mailto:beth@appleseedsinc.org)

## Healthy Cooking Class Schedule

- March 29th: Leverett Elementary
- April 4th: Root Elementary
- April 19th: Asbell Elementary
- May 17th: Root Elementary
- May 31st: Leverett Elementary

## Thank You!

- Principals **LaTayna Green** of Asbell Elementary and **Kristen Champion** of Owl Creek and their staff members for hosting our first cooking classes.
- Chef **Tuesday Eastlack** for creating demonstrating and preparing a healthy, delicious meal.
- **Adam Simmons** and NWACC Culinary students for preparing cooking class meals.
- **Kelly McKnight** and the staff of the Wellness & Education Clinic for helping make the March 14<sup>th</sup> cooking class a great success.
- Razorback Swimmers **Gina Bargiachi**, **Katie Whitbeck** and **Lisa Lunkenheimer** for your exercise presentations.
- All cooking class attendees for your support and participation.

## We need your support!

As a non-profit organization run by volunteers, Apple Seeds, Inc. relies on grants and community contributions to continue our work. If you believe in our work, please support us with a donation. Please visit [appleseedsinc.org/donate](http://appleseedsinc.org/donate) to make a contribution.

## High Turnouts and Positive Feedback for Apple Seeds Healthy Cooking Classes

**Roasted Butternut Squash. Jack Chicken. Fresh Winter Fruit Salad.** These are just a few of the healthy and delicious menu items offered at Apple Seeds' first two Healthy Cooking Classes. In collaboration with Fayetteville Public Schools and the Northwest Arkansas Community College Culinary Arts Program, Apple Seeds hosted our first class at Asbell Elementary on February 28th and another at Owl Creek School on March 14th. With menus created by Chefs Adam Simmons and Tuesday Eastlack, each class featured a cooking demonstration, exercise activity and delicious samples prepared by NWACC Culinary students. Ninety people attended the first class, and the numbers climbed to 130 for the second. Participants received recipes, nutritional information, resources, and tips for cooking healthy on a budget. We hope you can join us for our next cooking class at Leverett Elementary on March 29<sup>th</sup>. To view media coverage of the events by *KUAF* radio, *KNWA* and *KFSM* TV, and *The Northwest Arkansas Times* newspaper, please check out the "Apple Seeds In the News" tab on our website, [appleseedsinc.org](http://appleseedsinc.org).

## Gardening Clubs Underway

Spring has sprung for Apple Seeds' after-school Gardening Clubs at Leverett Elementary and Butterfield Trail. Students at Leverett, led by Gardening Club Leaders Sam Kincannon and Katie Sozansky, are learning the importance of healthy eating with wholesome, homemade after-school snacks and are participating in lessons focused on composting, garden maintenance, ecosystems and soil science. It's going to be busy at Butterfield's Gardening club—this semester, students will participate in a field trip, rain barrel decorating activity, water conservation presentation and salad making/cooking demonstration.

## Upcoming Community Events

The month of April will be quite a busy one for Apple Seeds. We will be participating in several community events as well as continuing our Gardening Clubs and Cooking Classes. Continue on for more information about our upcoming events.

**April 26th**, time TBA: *Field Day at the Botanical Gardens of the Ozarks* -Shaw Elementary School will host a field day for elementary students. As a community partner, Apple Seeds will create a fun, gardening themed activity for 1st grade students.

**April 28th**, 4-5pm: *After-school program at Fayetteville Public Library*— Apple Seeds will host a garden-themed class for students in grades K-5.

We are planting the seeds of health in Northwest Arkansas. Watch for Apple Seeds, Inc. at a community event near you!