



# Grow The Garden

Continuing Along the Botanic Garden Path

Grow The Children's Garden is a fundraising committee of the Lakes Park Enrichment Foundation

The Lakes Park Enrichment Foundation is a Non-profit 501(c)(3) Organization

## Lakes Park

Admission to the park is free with paid parking. Parking is \$1.00/hr. or \$5.00/day



Come find out what's beyond the garden wall!

Children's Playground & Water Activities  
Hiking Trails ♦ Fitness Stations  
Botanic Gardens ♦ Community Gardens  
Nature at its Best ♦ Bird Watching  
Open daily from 7:00 AM to dusk  
7330 Gladiolus Dr, Fort Myers, FL 33908  
For information call 239-533-7575 or go to [www.LakesPark.org](http://www.LakesPark.org)

## Mark Your Calendars

Nature Walk with Bird Patrol Guide  
Sat. July 1, 8:00 AM - 11:00 AM

Train rides throughout the summer.  
10 AM-2 PM, M-F  
10 AM-4 PM Sat & Sun  
4th of July 10 AM-4 PM

Wheel Fun Rentals  
10 AM - 2 PM, M-F  
10 AM - 4 PM Sat & Sun  
4th of July 10 AM 5 PM

## Garden Walks Resume

Sat. Sept. 9 at 9 am. Meet at community garden, parking lot #3. Reservations not required. To arrange special tours during the summer contact Wes at [Info@lakespark.org](mailto:Info@lakespark.org).

~ Scarecrows In The Park  
Oct. 13 to 29, 2017

~ Farmers' Market to return in Sept.

Parking at Lakes Park  
\$1.00 per hour \$5.00 per day or \$60.00 per year (which includes parking at most Lee County Parks). Lakes Park volunteers who donate over 40 volunteer hours per year park for free.

## Sue Moore is 2017 Children's Garden Fundraiser Honoree

Sue Moore, AKA Garden Grandma was honored for her relentless pursuit of establishing a Children's Garden at Lakes Park.

Because of Sue's dedication the garden now has an identity. Children can be seen from morning to evening learning about plants, their care, and having fun in play areas.



## What's Next for the Children's Garden?

2017 brought about changes for the Children's Garden Fundraiser. Guests gathered for a picnic style event in the park catered by Denny's Restaurant.

The soon to be created ABC Garden presents an opportunity to build brick pathways around the garden beds, and what better way to support the continued expansion of the Children's Garden than to buy a brick with your name on it. Thank you to all those who have purchased bricks.

The Foundation will continue to sell bricks until the pathways are completed. There is still time to pick your spot. To order your bricks go to [www.lakespark.org](http://www.lakespark.org).



It's Time To Think Scarecrows In The Park

## 2016 People's Choice Winner



Photo Courtesy of Phil LeBoutillier

June is upon us . . . that means plans for the Annual Lakes Park Fall Festival and Scarecrows In The Park are already in progress. This year the Scarecrows event will run from Oct 13 to Oct 29 (includes 3 weekends).

For full event details and information on how to enter your display, turn to page 3.





# Lakes Park Enrichment Foundation Update



*Sandy Johnston*  
Editor/Publisher

## 2016-17 Foundation Officers and Directors

- Barbara Manzo – President
- Wesley E. Higgins Ph.D. – Vice President
- Kathleen Johnson, C.P.A. – Treasurer
- Marsha Asp – Secretary
- Bob Beville – Past President

## Executive Committee Members Directors

Wendi Carroll, Bill Gray, Bettie Zima, Rebecca Antonucci, Tara Molloy, Phil LeBoutillier, Peggy Bruhn.

## Advisory Board

- John Armenia – The Armenia Group
- Susan Moore
- Traci McKee - Henderson, Franklin, Starnes & Holt, P. A.
- Paul Dover
- Sandra Johnston - SJG, LLC
- Michael Beck, CPA – Hagen, Palen & Co.
- Pason Gaddis – Florida Weekly
- Lori Sampson-Wilson – Myers, Brettholtz & Company
- Ray Judah – FL Coastal & Ocean Coalition

## Letter From The President

Summer is here and it is finally raining !!! It's good to know that we can still count on summer rains to nourish our gardens and replenish our aquifer system.



I am spending summer at my second home on the Island of Sardinia and here we are experiencing a drought of epic proportions !! Wells have dried up and the cities are turning off water to homes for periods of time to alleviate the dire straights they are in. Sardinia has an arid climate and despite the lack of rain, I am sitting here looking at olive trees and grapes with lots of fruit on them. There are numerous scrub plants that thrive despite the drought and dozens of types of cactus, wax plants, bougainvillea and oleander blooming !! Nature is amazing !! The correct plants can survive in their natural environment regardless of the harsh conditions.

Our Foundation at Lakes Park is focusing on providing our community with more opportunities to participate in gardening and for our children to learn about the joys of plants and how they grow. Gardeners come in all shapes and sizes, all ages, races and religions. Gardening has no boundaries. We must plant to eat and plant to feed our souls with beauty and satisfaction. Watching your plants grow, flower and fruit is a thing of joy, but is even better to watch the face of a child who plants a seed and watches it turn into a giant sunflower !! Then that same sunflower produces seeds which we can eat and plant again.

If you haven't yet visited our gardens at Lakes Park, I urge you to do so. Join in our effort as we create the Children's Garden with your support. Watch the progress, volunteer to teach a program and help our young people learn the joys we all share. Thanks to all of you for your help. We look forward to seeing you in our gardens and volunteering with us to make Lakes Park the "go to" garden for children in Lee County!

## Barbara Manzo

President,  
Lakes Park Enrichment  
Foundation

## Happy Summertime from the Lakes Park Children's Garden!



We are pleased to say that we are still on schedule for our first garden area, the ABC Garden, to be unveiled this fall! We have been hard at work getting approval and permits from the county and now have our list for the Alphabet plants that will be planted in this area. An adorable book will help the children learn about the plants, while reinforcing their alphabet and colors.

*Wendi Carroll*  
Children's Garden Chair



Your local Denny's restaurants of Fort Myers and Cape Coral are proud to be a major supporter of the Lakes Park Enrichment Foundation's Children's Discovery Garden.

## Enjoy a REAL Breakfast At Denny's

**Starting at \$4.00 !!!**

- ~ Two eggs (prepared your way)
- ~ Choice of two bacon or sausage
- ~ Two fluffy, golden pancakes

Denny's guests are raving about the new lighter and fluffier buttermilk and egg pancakes.

**Stop by soon and try them for yourself!**

All locations open 24 hours 7 days a week.

Denny's at Gladiolus Summerlin & Gladiolus 239-432-9500	Denny's at Danport Exit 131 at I75 & Daniels Pkwy 239-768-5488	Denny's at Cape Coral 1306 Del Prado Blvd. S. 239-772-9997
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## Newsletter Contributors

- |  |  |
|--|--|
| <b>Barb Manzo</b><br>- Letter From the President     | <b>Marcia York</b><br>- Kid's Corner   |
| <b>Wendi Carroll</b><br>- Children's Garden Update   | <b>Sandy Johnston</b><br>- Cover Story |
| <b>Vince Molnar</b><br>- Ornamental Gardener's Guide | - LPEF Update                          |
| <b>Patricia Myers</b><br>- Master Gardener's Plot    | - Lakes Park Update                    |
|  | - The Cooks Stove                      |
|  | - CG Almanac                           |
|  | - Creative Recycling                   |
|  | - Children's Word Find                 |



## Be A Sponsor at the Annual Scarecrows in Lakes Park Event and REACH THOUSANDS OF VISITORS!

**Show you care about Lakes Park!**

Be part of a growing fall tradition in Southwest Florida at the **Lakes Park Fall & Halloween Festival**.

You can participate with a donation of \$250, or sponsor a local youth group to design and construct your company scarecrow for only \$300 per entry. (\$50 goes toward supplies)

All proceeds go to the Children's Garden at Lakes Park and sponsors receive the following benefits...

- Design your own scarecrow(s) or sponsor a space for a youth or nonprofit organization.
- Signage with your company name provided on the 8' X 8' display area.
- Prizes awarded for winning displays.



**SIGN UP NOW!**

Download a form at: [LakesParkEnrichmentFoundation.org](http://LakesParkEnrichmentFoundation.org)  
 Email: [INFO@LakesPark.org](mailto:INFO@LakesPark.org)  
 239-533-1333



### Scarecrows In The Park

The park will come alive with activity on the opening weekend, Oct 13, 14 & 15 and the fun will resume on the following Friday, Oct 20 thru Oct 29. Over 100,000 residents and visitors fill the park to capacity with happy families enjoying one of the favorite seasons of the year.

We are inviting any business, organization, or non-profit group to sponsor a Scarecrow Display. The more Scarecrows in the Park, the happier the crowd is.

To participate in the event, a donation is requested. You are provided:  
 ~ an 8' x 8' display space  
 ~ signage at your display  
 ~ your name published in our news media, social media, press releases and other printed material

Banners are posted at the event to further recognize your participation. Your business/organization display will be viewed by over 100,000 guests who will vote for their favorite entry.

Build your display or have it built by a youth group. The competition is getting fun and the prizes are getting better.

Go to [info@lakespark.org](mailto:info@lakespark.org) if you may be interested.

We are ardently indebted to the following local businesses who have supported this event over the years: Denny's Restaurant, Lowe's, Key West Express, Salty Sam's Waterfront Attractions, Rib City, Lee County Parks and Recreation, Costco, Riva del Lago, Fast Signs, Pure Florida, North American Title, Riverside Realty, Brooks & Freund LLC, Carmen Aulino DDS, Doctors Eyecare, Waste Pro, Kathy Johnson CPA.

*Bettie Zima*

Foundation Board Member

### Giant Step for Children's Garden

Wes Higgins, Ph.D and LPEF resident Botanist, toured and entertained birthday party guests - young and old at the first ever children's birthday party held in the newly created Children's Garden.





# Lakes Park Enrichment Foundation Update

## National Public Gardens Day Offers Education For Young And Old



Pre-schoolers try their hand at planting seeds



Mayer Berg, owner of Riverland Nursery was on hand to talk about choosing Florida friendly ornamental plants.



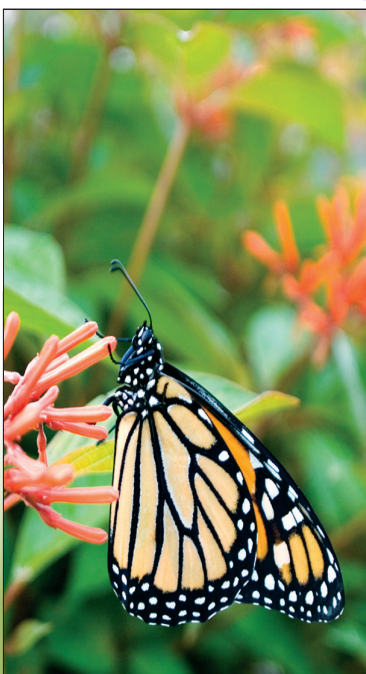
Jason Boeckman, Coordinator Lee County Conservation 20/20 Program



Ben Johnson  
FNPS/Lee County Parks



The community gardeners once again treated us to their herbal teas and home made herbal cookies.

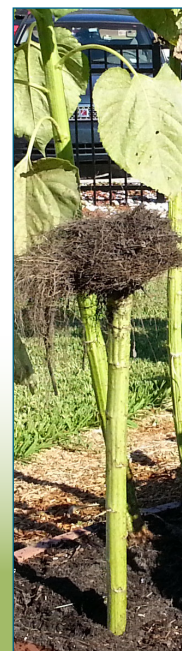


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Employees from Lowe's Home Improvement Center were on hand to offer gardening tips to guests. Lowe's is a Lakes Park supporter.

At first glance this may look like a birds nest. However, if you take a closer look you'll see that it's the root system of the sunflower  
... turned upside down.

# Lakes Park Update



## Community Volunteers Rally Together For Park Clean Up Day



### The Great American Cleanup

As part of a quarterly Keep Lee County Beautiful program, this amazing team of people showed up early one morning at Lakes Park to pitch in. They spread out and began picking up trash all over the park and the main lakes area and even went out among the weeds in kayaks.

It was no wonder that by the end of the day they had gathered over 175 pounds of trash from the park.

To every member of this team, thank you from the bottom of our hearts.

The next Keep Lee County Beautiful day will be July 5th. To find out more about this program and how to become a volunteer go to [www.klcb.org](http://www.klcb.org).

### Original 1984 Dedication Monument Gets A Facelift



The monument commemorating the establishment of Lakes Park was beginning to show its age. Dan Lott one of the park Supervisors donated his time to give it new life.

There is a crack in the monument. Instead of seeing it as a problem, Dan turned it into a creek by painting it blue. Thank you Dan.

The monument is located across from the nest, on the main road, through the east end of the park. Dan did a great job. Next time you're in the park stop by to see if you can find the creek.

### E-Z Rider Park Tours



Lakes Park is here for everyone to enjoy. Some time ago, the Enrichment Foundation donated the E-Z rider to accommodate the entire community.

When you're planning a trip to the park, make a reservation for a guided riding, tour. You will see parts of the park and animal life you didn't know existed. Volunteers are always on hand to drive you. To make a reservation call 239-533-7575.

### Lakes Park Hours

The park is open from 7:00 AM until dusk, 7 days a week, year round. Water features are open from 9:00 AM to 6:00 PM daily and closed from 12:00 PM to 1:00 PM for maintenance. Park admission is free and parking is \$1.00/hour or \$5.00/day. Park Volunteers park for free after accumulating 40 hours of volunteer services. Pedestrians and bicyclists are free and the park accepts the Lee County Annual Parking Stickers.

For more information call 239-533-7575 or go to [www.lakespark.org](http://www.lakespark.org).



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## Ornamental Gardener's Guide

### Lee County - Four Month Ban On Fertilizer Containing Nitrogen/Phosphorus

It's my pleasure to introduce Vince Molnar, a recent contributor to the Children's Garden newsletter. Vince will be on hand to guide us through issues related to ornamentals.

*"Vince Molnar is a wildlife biologist and General Manager of Riverland Nursery in Ft. Myers. He is passionate about education, and helping customers design low-input, sustainable, Florida-friendly landscapes. For landscape questions, stop by the nursery and see Vince!"*

As we enter the rainy season, we look forward to watching our plants explode with new growth and color. Rain is a welcome gift from nature, especially after the drought we endured recently. While rain does bring new life to our landscapes, it also carries with it the products and chemicals we use to feed our lawn and gardens. In Lee County, June 1 marks the beginning of a four month ban on using fertilizer that contains nitrogen and/or phosphorus. These two elements are directly linked to contributing to harmful algae blooms in our water systems. As gardeners, we all strive to protect the environment and preserve the natural beauty of our ecosystems, but we also want to provide key nutrients to our plants throughout the summer. Here are a couple suggestions on how to feed your plants this summer without using nitrogen- and phosphorus-based fertilizers:

You can apply nitrogen and phosphorus-free fertilizers that only contain potassium and other minor elements. This will provide a base foundation of nutrients, and while it isn't a well balanced meal, it certainly lends to the idea that "something is better than nothing." One product I highly recommend is Peggy Green. Peggy Green is committed to offering products that protect our groundwater and the Gulf.

Another alternative is to use organic products such as compost. You can purchase compost, or you can compost your own household waste. As with granular fertilizer, you should spread compost around the drip line of the tree; in other words, the area defined by the outermost circumference of the canopy where water drips from and onto the ground.

Our primary goal in what we do is education. Equipping our customers with the knowledge to care for and maintain their landscapes is our focus. For more ideas on supplying nutrients to your plants during the fertilizer ban, visit [www.fertilizesmart.com](http://www.fertilizesmart.com), or call Vince at Riverland Nursery at 239-357-5766.

*Vince Molnar*

Riverland Nursery General Manager

*HotPoppy Art*

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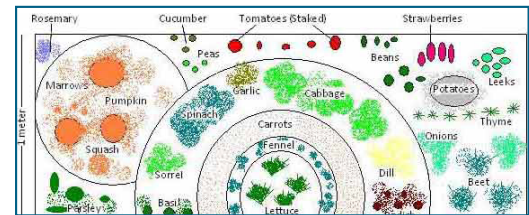
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*Hot Poppy owner Sandra "Sandy" Johnston*

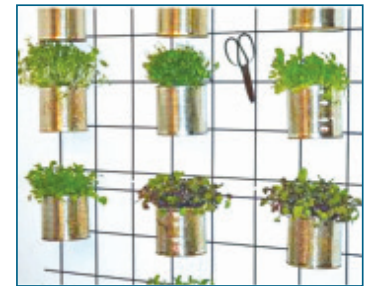


## Master Gardener's Plot

### A Windowsill Herb Garden



*Don't have a garden? Or live in a condo? You can still have fresh homegrown herbs all year! Some herbs need more light and warmth than a windowsill provides. But some will do very well indoors in a sunny window. Begin with established plants for best results. Chives, Oregano, Rosemary, Thyme and Parsley are the easiest to grow indoors.*



*Create a decorative kitchen garden*

**CHIVES** ~ Once the plant is 6" tall, cut the leaves leaving two inches of growth above the soil. Water twice a week. If the plant is too dry, the leaves will turn yellow. Chives need 4-6 hours of sun.

**OREGANO** ~ Use a cactus soil mix for best results. Provide 6-8 hours of sun. Water when the soil feels dry. Don't over water to prevent root rot. When the plants are 6" tall, cut the stems, but leave two sets of leaves. Frequent cutting will give you a bushy, healthy plant.

**ROSEMARY** ~ Grow in a well-drained, sandy soil mix and provide at least 6 hours of sun. It likes to stay on the dry side so let the soil dry out between watering. When the plant is 6" tall, cut as needed. New growth will form on the stem. Don't cut more than 1/3 of the plant at a time.

**THYME** ~ Use a sandy soil mix or a cactus potting mix. It needs at least 6 hours of sun. Let one inch of the soil dry out, then water thoroughly. Cut as needed and leave at least 3 inches to continue growing.

**PARSLEY** ~ It grows in an all-purpose potting mix and needs at least 6 hours of sun. Water twice a week when soil feels dry. Cut stems, but leave at least 2 inches to continue growing.

You can propagate herbs from cuttings to get new plants. Cut a 5-inch stem, take off the bottom leaves, put in water to root. After the roots develop, plant in pots and water often.

Fertilize your indoor herbs with liquid seaweed for good results. If you don't have a south facing window, use a grow light or fluorescent light to add more light.

**ROSEMARY FROM CUTTINGS** ~ Choose fresh green stems. Avoid old brown woody stems. Cut stems about 6 inches from a fresh growing stem. Take off the lower two inches of needles. Place the cuttings in a warm place, but not in direct sunlight. Change the water every two days. This prevents the cuttings from rotting. It may take 4 to 8 weeks for the cuttings to survive. Once roots develop, plant in a sandy or cactus soil mix with indirect sunlight. When roots are established, move to direct sunlight. Don't over water! Water when the soil feels dry, because rosemary likes to stay on the dry side. Allow new plants to grow to 6 inches before cutting. Re-pot when the roots fill the container. The more you trim rosemary, the bushier it grows. Prune in June or July to keep it compact.

Then give all your new plants to your friends! The more you use your indoor herb garden, the more delicious your meals will be!

*Patricia Myers*

Lee County Master Gardener

## The Cook's Stove

### Cooking With Herbs

Those who attended National Public Gardens Day and sampled the herb teas and cookies made by the community gardeners know that the right herb and the right amount can give flavor a whole new meaning.

We all can follow recipes from our cook-books and add the correct herbs & spices, however it's not quite so simple when creating your own recipes using herbs.

Lourdes Ryder loves to grow herbs in her community garden bed. I asked her for her favorite recipe, so that I could print it in this column and she said - "oh, it's so simple". "I just add about a tablespoon of chopped mint leaves to my favorite chocolate chip recipe and I have a whole new cookie".

Lourdes warned that "herbs can have a very intense flavor so it's best to start with small amounts and gradually add more until you're satisfied with the taste".



*Some things to keep in mind when cooking with fresh herbs:*

~ Flavors will vary. Taste your herbs before you add them to your cooking.

~ Freshly picked herbs will start losing their flavor if stored for days.

~ Tender herb leaves, like basil, chives, coriander, dill, fennel and parsley should be chopped just before use and added at the end of cooking, to retain their flavor.

~ Thicker and woodier herbs, like bay, oregano, sage, thyme and rosemary can be added during the cooking process to allow them time to meld with the other flavors.

## The CG's Almanac

### Old Wive's Tales Fact or Fiction

*At one time or another we've all heard these "Old Wive's Tales" and chalked them up to comfort foods.*

1. A bowl of hot chicken soup will cure your sniffles.
2. Hot tea with lemon and honey cures a cough.
3. A teaspoon of sugar will cure the hiccups.
4. The crust is the most nutritious part of the bread.

It's been rumored that scientists now believe that these remedies are more than just "Old Wives Tales" that they do contain properties that aid in our recovery.

I personally am beginning to believe there is some medicinal value in hot chicken soup. More than once when I was down with a cold, friends have brought me a pot of hot chicken soup. Was it the friendship or the soup that helped me feel better faster - perhaps a little of both.

And, as for hot tea with lemon and honey to cure a cough, I find that adding a little brandy works even better.

Next time you're feeling a little under the weather, give some of these remedies a try. It couldn't hurt and you may even begin to feel better a whole lot quicker.

*Sandy Johnston*

Almanac Reporter

## Creative Recycling

### What Do Old Ties and Blue Jeans Have In Common . . .



*They may not have 9 lives but they have more than one.*



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## How To Make Your Garden Grow

### University of Florida IFAS Extension

For those thinking of taking up gardening, or snowbirds wondering why they can't make anything grow here in SW Florida, look no further. Help is nearby. Ft. Myers is a gardening kind of town with an abundance of classes and garden centers.

The University of Florida Lee County extension office at 3410 Palm Beach Blvd is open M-F from 9:00 AM-12:00 PM and 1:00 PM-4:00 PM. You can email [EServicesGardener@leegov.com](mailto:EServicesGardener@leegov.com) or call 239-533-7505 to speak directly with a volunteer Master Gardener or Horticulture Specialist.

### Services include:

- Plant disease problem diagnosis
- Plant identification
- Insect problems
- Free soil and water testing
- Garden Tours
- Citrus Home Advisors Program

For Publications go to <http://edis.ifas.ufl.edu>

**Riverland Nursery** FREE classes are regularly offered in a spacious, air-conditioned classroom. Visit [RiverlandNursery.com](http://RiverlandNursery.com) to see what's coming. Riverland is located at 13005 Palm Beach Blvd which is 3 1/2 miles east of I-75 on the south side, and we're **OPEN 7 DAYS A WEEK!** Register online to receive our e-newsletters about upcoming classes and plant information. We can be reached at 239-693-5555 or at [www.info@RiverlandNursery.com](mailto:www.info@RiverlandNursery.com).

## Area Merchants & Supporters

Buck Plumbing, Denny's Restaurant, Jelly Bean Travel, Riverland Nursery, Sandra Johnston Graphics, LLC and Wheel Fun Rentals

To place your ad in the Grow The Garden newsletter contact Sandy Johnston at [smrflw7@centurylink.net](mailto:smrflw7@centurylink.net)

Remember,  
Kids eat free at  
Denny's restaurants  
on Tuesdays from  
4:00 pm -10:00 pm



### Children's Garden Word Find

This word find has a secret message about Asparagus. When you find all the words rearrange them into a sentence.

The answer is at the bottom of this page.

Asparagus is a green spear shaped vegetable.



## Asparagus Pop and Grow

It was the first warm and sunny day in spring and Doby Duck decided to go for a walk. He had not gone far when he spotted Buzzy Bunny on his knees in Farmer Hopper's field.

"Hey, Buzz," he shouted, "what are you doing?" He asked and ran quickly to the field and stood by Buzzy Bunny.

"I'm measuring the asparagus spears. Asparagus spears start to pop up as soon as the ground defrosts and they grow fast, about 10 inches every day."

"Wow!" Exclaimed Doby as he bent over to examine the little pencil sized sprouts sticking up through the soil.

"This will be the third year that Farmer Hopper has had asparagus planted.

This year he will harvest. Asparagus is only one of three North American vegetable plants that are perennial. That means it keeps coming back in this field or gardens year after year without being replanted. Rhubarb and artichokes are the other two.

"That's so cool," said Doby, "and interesting."

"Yes," said Buzz, "and this field of asparagus will keep Farmer Hopper busy all summer cutting the shoots which are called 'spears'. If he doesn't cut them, then they will grow into great big bushy ferns that cannot be eaten. Every year, asparagus will come back again and again for about fifteen years."

"Can't he just cover them up with soil and forget them?" Asked Doby.

"Well, he could. That's more work though," Buzz explained, "because when they are covered, asparagus becomes white, or albino, because of the lack of sunlight. Then they must be dug up by hand and put into a dark box right away so they won't turn pink in the sun. White asparagus is very special and a lot of work."

"Asparagus is good for you to eat," Buzz continued. "It helps your body fight cancer and inflammation, and it helps control blood sugar and a whole lot of things."

"Where did it come from?" Doby was very interested in the green spears.

"Originally, it was grown in the Mediterranean in the salty soil there. In fact, Rome's Emperor Caesar Augustus loved asparagus so much that he created the Asparagus Fleet and commanded it to search his empire for asparagus. When there was too much asparagus collected, Caesar sent his fastest runners to take some to the high mountains in the Alps where it could be frozen and eaten later."

"So, how did he eat asparagus, Buzz?" Asked Doby.

"You can cook it so many ways. You can boil, steam, grill and bake it, but you have to remember that when you take it off the heat, it will continue to cook, so many cooks put it into a pan or bowl with ice water to cool it.

"That's funny," laughed Doby. "I'm hungry. Let's go cook some now!"

Buzz clipped some asparagus spears and put them in a basket. On the way home, he and Doby picked some big red tomatoes to add to their dinner dish."

*Marcia York*

Denny's Restaurant Corporate Sponsor

### Asparagus Word Find

K	*	Y	L	I	\$	A	+	J	Z	Q	\$
Q	#	\$	*	Z	#	\$	*	Z	I	K	#
*	A	S	P	A	R	A	G	U	S	*	\$
K	#	J	*	Z	&	\$	Q	%	Z	*	V
G	K	J	D	\$	Z	K	#	Z	\$	K	E
R	*	\$	E	#	E	*	I	B	*	E	G
E	Z	Z	P	Q	J	K	N	R	Z	Q	E
E	#	T	A	\$	K	X	A	#	X	\$	T
N	\$	N	H	*	\$	E	Z	X	*	#	A
Q	*	?	S	X	P	Z	K	Q	#	Q	B
K	\$	L	#	S	J	#	Q	#	K	*	L
X	K	P	Z	*	Q	K	\$	X	Q	K	E

green \_\_\_  
a \_\_\_  
shaped \_\_\_  
is \_\_\_  
vegetable \_\_\_  
asparagus \_\_\_  
spear \_\_\_

### Asparagus and Tomatoes

Prep 5 min. Cook 7 min.

Place the asparagus in a large skillet and fill with about 1 inch of water. Cover the pan and set over high heat. When the water comes to a boil, cook for 2 minutes or until the asparagus is bright green and almost tender. Transfer asparagus to cool in pan or bowl of iced water.

In a separate skillet, heat the oil over medium heat. Add the garlic; cook and stir for 1 minute. Add the tomato to the skillet and cook for about 1 minute or until heated through. Season with salt and pepper. Drain the cold asparagus and then add it to the pan and cook for about 2 minutes, until hot.