



Dear Parents,

WELCOME TO TAMAQUES!

We are so excited to see that our Tamaques Garden is growing beautifully!

During the year your class will visit the garden on a regular basis to explore, plant, harvest and of course learn to love gardening! In addition to visiting the garden, your child may also participate in several tastings from what we've harvested. We keep our recipes simple and we use basic ingredients to compliment the delicious flavors in the fruits and vegetables. **All recipes will be nut free.** Typical ingredients that we would use **may include (but are not limited to) the following:**

- Fruits, vegetables and herbs from the garden
- Seasonings
- Homemade dressing with olive oil, balsamic vinegar, garlic and mustard
- Vegetable broth
- Whole wheat pasta, brown rice, quinoa, bread or cornmeal
- Beans
- Cheese, milk or cream
- Canola Oil
- Tortilla or corn chips
- Pita Chips

Obviously, we are able to omit any ingredients that may not be appropriate for your child.

We would love to have your child participate in our tastings; children really love to try things that they have had a hand in growing. We have found that they tend to eat things they grow and often try things that they would never eat any other time! Of course if your child chooses not to participate in the tastings that's fine, too.

To make the garden more accessible to the children it is helpful for us to have a yearly permission slip that allows the children to participate in the gardening experience. This permission slip will enable us to visit the garden on a moment's notice and taste things as they ripen, without having to ask you for permission for your child to participate in the tasting each time.

To have your child participate, we will need your consent and you will need to provide a list of your child's food allergies for ingredients to be excluded from tastings and in-garden samplings.

Please fill out the accompanying page and return it to your classroom teacher on Back to School Night. Classroom teachers will keep copies for their files and submit this form to the Nurse's Office.



Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Food Allergies:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please read carefully and respond to both:

	Yes/No (Circle one)
1. My daughter/son has my permission to participate in <b>planting</b> and <b>harvesting</b> in the Tamaques Garden program for the 2017-2018 school year.	Yes/No
2. My daughter/son has my permission to participate in tastings from the Tamaques Garden for the 2017-2018 school year, given 48 hours notice via email. Please know that these tastings will be prepared both in and out of the classroom setting by the garden class parents. These tastings can use any ingredients <b><i>except for:</i></b> _____ _____ _____ _____	Yes/No

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_