

Rainbow Smoothie Recipe

Materials:

- Blender
- Cups
- If you plan on using straws, make sure to use a reusable straw. * Remember: it takes 200 years for a plastic straw to decompose! *

Recipe:

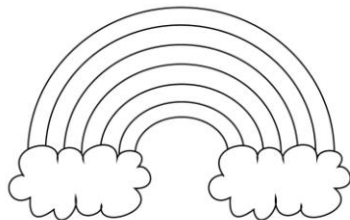
Ingredients:

- ½ cup frozen strawberries
- 1 ½ cups orange juice
- 2-3 bananas (frozen or not)
- 2 cups greens like kale or spinach
- ½ cup frozen blueberries
- ½ cup frozen purple grapes

Instructions:

1. The night before, place fruit in the freezer.
 1. If you skip this step, you can add regular ice.
2. Place all fruit and 1 cup of orange juice into blender.
3. Blend, adding more orange juice until desired consistency.
4. Add greens and blend until smooth, adding more juice as needed.
5. Pour into cups and serve. Enjoy!

Pro-tip: To achieve the true “rainbow” look, blend each fruit/veggie individually with orange juice (starting with grapes). Pour into a glass cup in between each new ingredient.



My Summer Science Journal



Scientist Name: _____

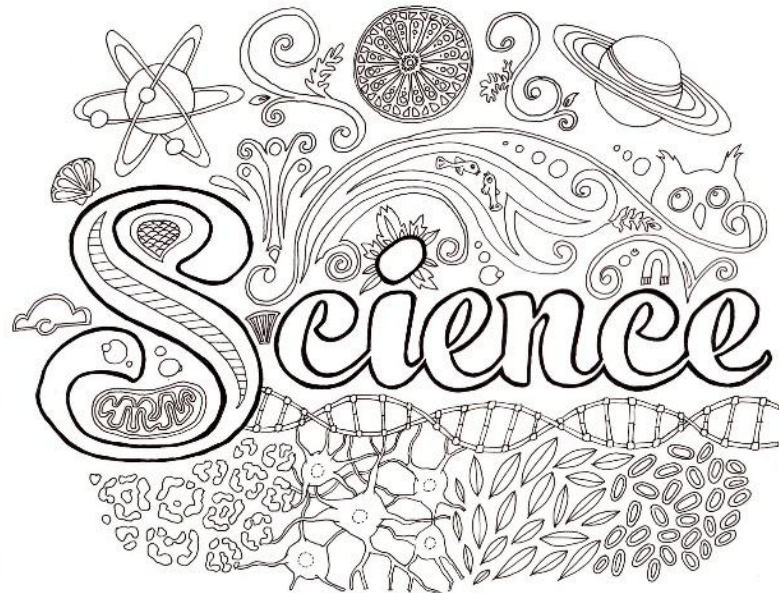
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Need to contact Ms. Bekkah over the summer?

Email at rscharf@educationoutside.org

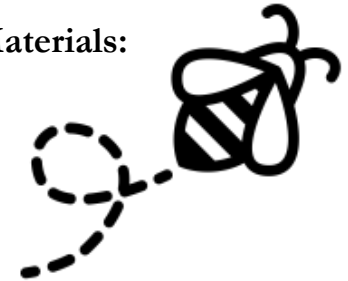


Save the Bees!

Help our San Francisco pollinators by making a “seed bomb.” After seed bombs have dried, throw them into your yard or a neglected space to grow beautiful wildflowers!

Seed Bomb Materials:

- California Wildflower Seeds
- Clay Powder
- Soil
- Water



Seed Bomb Instructions:

- Mix equal amounts of clay and soil in a bowl.
- Slowly add water and knead with hands until the dough can hold together in a ball but is not sticky. If the dough becomes sticky, add more soil.
- Mix 1 pinch of wildflower seeds into your dough.
- Roll into a ball and let dry!
 - You will want your seed bomb to be the shape of a ball with a 1 to 2 inch diameter.

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” – The Lorax

Hiking Scavenger Hunt

As you hike, see how many of the items below you can find!

- | | |
|---|---|
| <input type="checkbox"/>  FLOWER | <input type="checkbox"/>  ROCKS |
| <input type="checkbox"/>  WATER | <input type="checkbox"/>  GREEN LEAF |
| <input type="checkbox"/>  TREE | <input type="checkbox"/>  GRASS |
| <input type="checkbox"/>  SPIDERWEB | <input type="checkbox"/>  BIRD |
| <input type="checkbox"/>  SAND OR DIRT | <input type="checkbox"/>  CLOUD |
| <input type="checkbox"/>  BUG | <input type="checkbox"/>  ANT |
| <input type="checkbox"/>  BROWN LEAF | <input type="checkbox"/>  TREE BARK |
| <input type="checkbox"/>  BUTTERFLY | <input type="checkbox"/>  FERN |

Keep an eye out for the endangered Green Hairstreak. This quarter sized butterfly that is green with white-edged wings can sometimes be spotted at The Presidio and Crissy Field!

Summer Bucket List

- Water our Alamo garden
- Hike at Land's End
- Explore Golden Gate Park
- Volunteer at a beach clean-up (every 3rd Saturday). Visit <https://tinyurl.com/q9u7b3x> to register.
- Make a seed bomb
- Make a rainbow smoothie
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

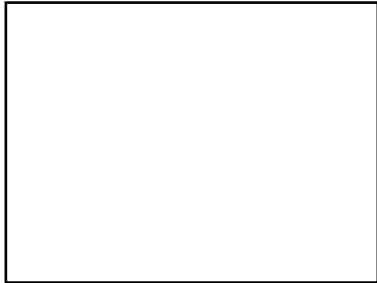
Nature Observations

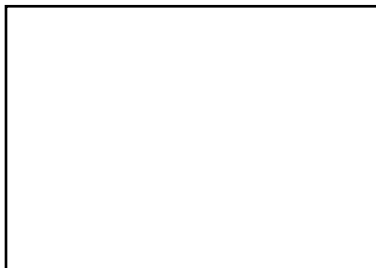
*When you find a new plant or animal
this summer you can record it here!*

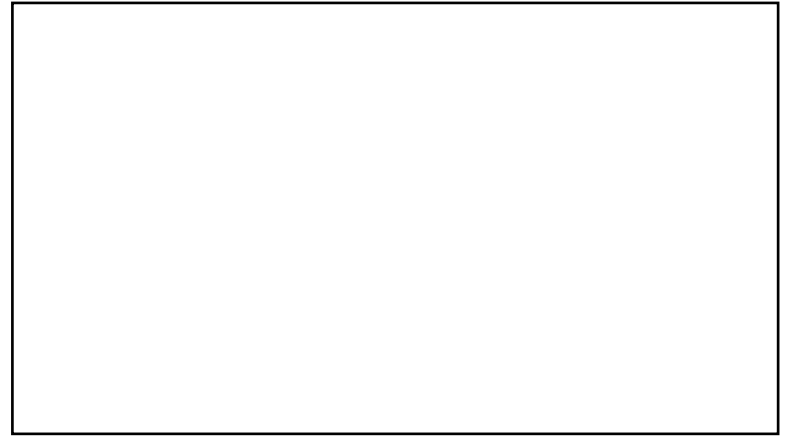
Picture:

Notes:

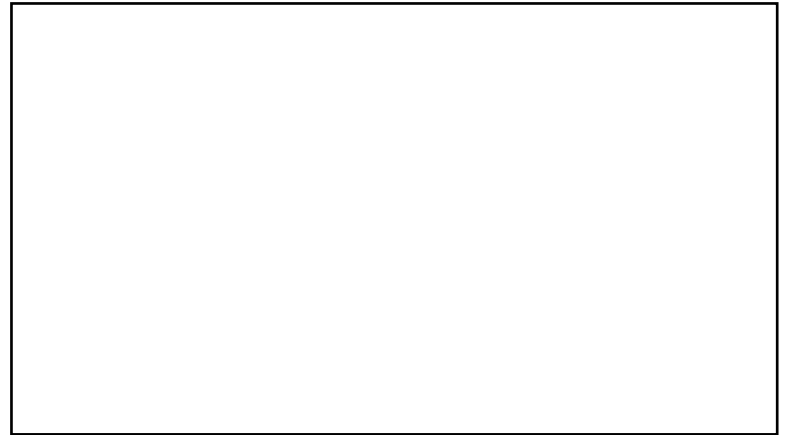








Notes: _____



Notes: _____
