

eat

Green afoot at P.S. 216

BY KRISTEN V. BROWN
Special to amNewYork

Director of Edible Schoolyard
New York.

Students at P.S. 216 in Gravesend, Brooklyn, will add a new dimension to their learning this fall, when Alice Waters' Edible Schoolyard plants its first East Coast roots.

The program will allow prekindergarten to fifth-grade students to explore the connection between what they eat and where it comes from through organic gardening and cooking. Administrators also hope it will help kids learn to eat healthier.

"The garden is a great equalizer — most kids have no experience and no real knowledge of where their food comes from," said Christiane Baker, the executive di-

A great tradition

The original Edible Schoolyard was built 15 years ago at a middle school in Berkeley, Calif., the brainchild of locavore extraordinaire and Chez Panisse restaurant owner Alice Waters.

In addition to being the Northeast's first Edible Schoolyard affiliate, the NYC program will be the largest of six programs in the country and the only one to operate year-round, thanks to a mobile greenhouse that can retract indoors during the winter months. There will also be a classroom kitchen.



Above, on site at the Edible Schoolyard in Berkeley, Calif. Left, a rendering of the garden coming to Brooklyn.

Getting started

This summer, volunteers began tearing up a quarter-acre of the school's asphalt parking lot to plant the garden, with plans to begin construction on a new solar-powered building fitted with a kitchen classroom.

The garden will be fully integrated into the school's science and math curriculum, but other teachers at the school also have pledged to make use of the garden.

"One fun thing is that we're going to be ... planting grains as part of a study of

ancient civilizations," Baker said. "Students will crush wheat, grind flour and actually make bread from it."

The food from the schoolyard also will be used to teach cooking and will provide the school cafeteria and some community events with fresh produce.

"When you do things with your hands it becomes a whole different learning experience," said principal Celia Kaplinsky. "It's really the epitome of the way we want children to learn."

SHOPTALK WITH ALICE WATERS

How is ESNY coming along? There is such an unusual sort of coming together of different kinds of people who would like



to see something happen that this could be a model for other projects.

New York has certainly embraced its own variety of the food movement. I think it's happening all around country — young people are just taking all of this into their own hands. They're planting gardens on the roofs of restaurants and vacant lots; they're feeding themselves real food and embracing the ritual and tradition around food.

It's certainly beginning to happen in New York in a beautiful way.

What food issue should people be most aware of right now? People have to be willing to spend more for real food.

They really have to understand that they're making a donation into the future for their children and their own good health.

DIY LOCAL GARDENS

You don't have to be enrolled in grades K-5 to grow your own produce — NYC happens to have the largest community garden program in the nation. To find a plot in your neighborhood, visit greenthumbnyc.org. Here are a few favorites:

Sixth Street and Avenue B Community Garden

One of the city's largest, lushest community gardens hosts educational events for all ages. Open Sat.-Sun., 1-6 p.m.

Liz Christy Community Garden

The city's first community garden (on Houston btwn Bowery and Second Ave.), was founded in 1973. Open Tues., Thurs., Sat.-Sun.

Red Hook Community Farm

Run by Added Value, this large community garden teaches local teens about urban farming. Volunteer on Fri.-Sat. (KVB)

Looking ahead

Edible Schoolyard New York hopes to plant gardens in at least 25 other schools throughout the city over the next few years and will invite teachers and principals from throughout the city to visit P.S. 216's Edible Academy.

Turn Back The Clock With...

Thermage reduces cellulite, eye bags, melts fat, tightens skin and more... in just 1 treatment

thermage®
50% off with ad

REDUCE STRETCH MARKS and ACNE SCARS...
WITH FRACTIONAL...\$199 intro

Eyes by thermage®

Body by thermage®

Laser Hair Removal Full Leg w/Bikini \$150 • Full Arms \$125
Full Face w/Neck \$150 • Bikini \$99 • Full Body \$399 • Lip, Chin, Sideburns or Underarm \$50
Back or Chest \$150

WE WILL BEAT ALL COMPETITORS PRICE W/ THEIR AD BY 10%

\$50 Specials

- Microdermabrasion-removes brown spots
- Acne Laser-dries up oil glands
- Non Surgical Face Lift-immediate results
- Cellulite Treatment
- 1 Hr Massage, Facial or Professional Teeth Whitening

\$20 RECESSON SPECIALS

- Brazilian Bikini Wax
- Manicure & Pedicure
- Eyelash with Brow Tint incl. Brow Wax
- Ear Candling-removes wax build up
- Back Wax

Randee Elaine
Spa & NY Laser Center For Men & Women
180 7th Avenue South (btwn West 11th & Perry St.)
212.229.0399

www.nylaser.net
OPEN 7 DAYS A WEEK FROM 10AM-10PM
FREE LASER CONSULTATIONS

The Vada Easy Summer!

Buy now use later LASER Specials:

Lip or Chin - \$30
Underarm - \$45
Full Leg/Bikini - \$179
Full Body - \$389
Brazilian or Back - \$99

30 Min Swedish Massage w/Hot Oils
Sweet Cranberry or Luscious Chocolate Body Scrub
Manicure & Pedicure - \$79

Brazil Wax - \$25
Full Body Wax - \$55
Micro w/Mini Facial - \$55
Teeth Whitening - \$50

**We use the best medical grade equipment
Laser specials on all body parts, free consultation!
Free test patch!**

387 6th Avenue
(btwn Waverly Place & Greenwich Ave)
www.vadaspa.com
10am - 9pm, 7 days a week
212-206-1572

vada

SPA-LASER CENTER