



# LIVE AND LEARN FAMILY NEWS JULY 17, 2017

## Upcoming Field Trips!

(Please make sure you are here half an hour early)

**Tuesday July 18th:**

**Preschool:** Cocheco Children's Festival  
Wayne from Maine (9:45am - 11:45am)

**Wednesday July 19th:**

**Rising Hawk Camp (Younger & Older):** Fisher Cats Game  
Manchester (10:30am - 3:00pm)

**Thursday July 20th:**

**Rising Hawk Camp (Older):** Gardens & Lee's Farmers Market  
Lee, NH (3:00pm - 4:30pm)



**Director/Owner**  
Johanna  
Booth-Miner

**Co-Director**  
Sarah Miner, M.Ed.

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## REMINDERS and NOTES!

- ♥ Our next **Stay-N-Play** will be  
**Tuesday July 18th from 3:30 - 4:45.**

There will be Garden fun, Hay Rides, an Ice Cream Smorgasbord (3:30-4:15) and more!

- ♥ PLEASE check in/NOTIFY a classroom teacher that you are leaving with your child/taking them home. Teachers always count children numerous times throughout the day.
- ♥ The children had a blast going to see Wildlife Encounters at the Madbury Town Hall. Check out the pictures [by clicking here!](#)



# Gerry's Kitchen

## Baked Zucchini Coins

### Ingredients:

- ♥ 1/2 Cup Whole Wheat Panko or Bread Crumbs
- ♥ 1/4 Cup Grated Parmesan Cheese
- ♥ 1/2 tsp. Salt
- ♥ 1/2 tsp. Garlic Powder
- ♥ 1 Large Egg
- ♥ 1/4 Cup All-Purpose Flour
- ♥ 2 Medium Zucchini, cut into 1/4-inch coins
- ♥ Olive or Canola Oil Cooking Spray



### Directions:

1. Preheat the oven to 450.
2. Combine the Panko, Parmesan, Salt, and Garlic Powder in a small bowl. Whisk the egg in a second bowl and place the flour in a third bowl.
3. Make an assembly line with the bowls. Dip the Zucchini coins first into the flour, then the egg, and last into the Panko mixture, coating evenly and repeating with the remaining Zucchini coins.
4. Place the coins on a baking rack set over a baking sheet, coat them with cooking spray, and bake for 20 minutes, or until the Panko is golden.
5. Serve with Tomato Sauce, if desired.

**To Freeze:** After step 3, place the coins on a baking sheet and freeze for 30 minutes. Place them in a zip-top bag, label, and freeze for up to 3 months. When ready to eat, remove them from the freezer and start at step 4, adding at least 3 to 5 minutes to the baking time.