

Keeping up with First Presbyterian CDC



Your Weekly News & Updates

Oh goodness you must come by to visit our Bears! The children and parents did an outstanding job and the bears are displayed on all the walls. Our next theme will be Apples and Pumpkins, so your child will be coming home from school with all sorts of information about these fall fruits.

We know that apple is a fruit, but **pumpkin** is not a **vegetable**; it's a **fruit!** In fact, it's a berry. **Pumpkins** belong to the family Cucurbitaceae, which includes cucumbers, melons, squash, and gourds. Within this family is the genus Cucurbita which includes gourds, winter and summer squash, and all varieties of **pumpkin**.

What's the glop inside pumpkins called?

Well, I've always called it glop, too. But I checked with my scientist friends and they told me the technical term is 'endosperm.' Endosperm is the flesh around fruit seeds.

What does that mean? It means that a pumpkin is a fruit. Yep! Specifically, it's a type of fruit called a pepo ('pee-poe'). Pepoes are fleshy with a hard rind and many seeds, which, if you add 'orange,' describe a pumpkin to a T.

The part of the rind that you cut through when carving a jack o' lantern is the mesocarp. The inner part of the rind is the endocarp. The endocarp is where the seeds and the endosperm are produced. Juice is made here, too. The juice makes things slimy. The slime makes things gloppy. The result is sticky fingers.

What does endosperm actually do? It might protect and nourish the seeds, an important job. And it might make the fruit more attractive to animals, who, in eating the fruit, help spread the seeds around.

Not all pumpkins are gloppy inside. Ripe ones are pretty dry. And some varieties are gloppier than others. How do you know which is which, since all of them are orange? Cut one open and reach inside. If the sound you hear is 'splort' you'll know!

Don't forget to roast your Pumpkin seeds!

The challenge is, how to get the salt inside the shells to the seeds? It's easy enough to salt the outside of the shells, but if you want the salt to permeate to the seeds the one method does the trick. Boil the seeds first in salted water, then toast them in the oven. This way the salt gets inside too. And you can control the amount of salt by how much you add to the water and how long you boil the seeds.

Measure the pumpkin seeds in a cup measure. Place the seeds in a medium saucepan. Add 2 cups of water and 1 tablespoon of salt to the pan for every half cup of pumpkin seeds. Add more salt if you would like your seeds to be saltier. Bring the salted water and pumpkin seeds to a boil. Let simmer for 10 minutes. Remove from heat and drain. Preheat the oven to 400°F. Coat the bottom of a roasting pan or thick baking sheet with olive oil, about a teaspoon or so. Spread the seeds out over the roasting pan in a single layer, and toss them a bit to coat them with the oil on the pan. Bake on the top rack until the seeds begin to brown, 5-20 minutes, depending on the size of the seeds. Small pumpkin seeds may toast in around 5 minutes or so, large pumpkin seeds may take up to 20 minutes. Keep an eye on the pumpkin seeds so they don't get over toasted. When lightly browned, remove the pan from the oven and let cool on a rack. Let the pumpkin seeds cool all the way down before eating.

Proud to be from Georgia!

Susan and I went to a professional training last week through Georgia Child Association. One thing that really resonated with me

throughout the training is the commitment that the State of Georgia has made to the healthy development of the first five years of a child's life.

The first five years have so much to do with how the next 80 turns out. Bill Gates

GREAT TRUTHS ABOUT LIFE THAT LITTLE CHILDREN HAVE LEARNED

Author Unknown

- * No matter how hard you try, you can't baptize cats.
- * When your mom is mad at your dad, don't let her brush your hair.
- * If your sister hits you, don't hit her back; they always catch the second person.
- * Never ask your 3-year old brother to hold a tomato.
- * You can't trust dogs to watch your food.
- * Reading what people write on desks can teach you a lot.
- * Don't sneeze when someone is cutting your hair.
- * Puppies still have bad breath even after eating a tic tac.
- * Never hold a dust buster and a cat at the same time.
- * School lunches stick to the wall.
- * You can't hide a piece of broccoli in a glass of milk.
- * Don't wear polka-dot underwear under white shorts.
- * The best place to be when you are sad is in Grandma's lap.

Please note!

Annual registration fees are due!

We will be charging out the fee's in the coming weeks.

Single Child \$75.00
Family \$100.00

You should see your charge reflected on the statement you receive on or before 10/5/2015. This fee is charged once a year, so if you have already been charged a fee for 2015 you should not have an additional charge.

If you have questions, please contact me at 770-532-8188 or rjulian@fpcga.org

Rachel Julian
Accounting

Please remember the hours at First Presbyterian Child Development Center are: open 6:30 AM and close at 6:00, If you refer back to your parent handbook you will notice that the late pickup fee is \$20 for the first 15 minutes (6:00-6:15) and then an additional \$20 for each 10 minutes after that. If you have an emergency and see that you are going to be late please call, we can work something out. The habitual late pickup is a problem and fees will be charged.

Service Spotlight

This week's service spotlight is on Ms. Tasha Wright. Tasha has served the FPCDC for 16 years. She is a graduate of Lanier Technical College with a diploma in Early Childhood Care and Education. Tasha is all about family, she is a mother, grandmother and wife. She is a loving, nurturing person that truly loves her job and your children.

Ms. Tasha is an individual who exemplifies customer service at FPCDC.

She treats all employees and all children who need her assistance with a cheerfulness that is warm and engaging. She attends to detail and goes the second mile to ensure that her work is complete. She demonstrates a work ethic that is highly desirable, in that she anticipates what is needed and jumps to provide that information or help prior to being asked for it. If you have any questions about your child's needs or daily involvement, then Tasha can certainly help you.

Congratulations Ms. Tasha and thank you.



- Pre-K field trips to Fire Station

September 24
September 25

- Trike-a-Thon

September 28

Call for more information.

First Presbyterian Child Development Center | 770-532-8188 | preed@fpcga.org | fpcchildcare.com

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