



SCHOOL-AGE NEWSLETTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 	7
8 Daylight Saving Time Begins 	9	10	11	12 Juanita turns 7! 	13	14
15 Alexia turns 12! 	16 	17 All rooms making green pancakes!	18 	19 First Day Of Spring! 	20 TRIP DAY!! 	21
22 World Water Day	23 Savanah turns 9! National Puppy Day!	24	25 	26	27	28
29 	30	31				

Please refer to our March Break Program for more details!

Posted on our website www.harmonychildcarecentre.ca or ask your Child's teacher for a copy.

*No current classroom updates this month, just a reminder to keep extra clothing in your child's cubby and please label everything.

Monthly Recipe: Nettle Spanakopita



Ingredients:

150g nettle leaves

100g butter, 25g solid, 75g melted

200g feta crumbled

50g parmesan, finely grated

1 lemon, zested and juiced

1 egg beaten

Grated nutmeg

7 sheets filo pastry

1 tbsp. sesame seeds

Green salad to serve

Method:

1. For the filling, wash the nettles well but don't drain them too thoroughly. Heat the solid butter in a large frying pan. When it's sizzling and has turned a nutty brown, add the nettles and cook for about 6 mins until wilted. Leave to cool.
 2. Using a tea towel, squeeze as much liquid out of the nettles as you can, then roughly chop and tip into a bowl. Mix in the feta, parmesan, lemon zest and juice, about two-thirds of the egg and some nutmeg, and season generously. The filling should be loose but not sloppy.
 3. Heat oven to 200C/180C fan/gas 6. To assemble the spanakopita, lay three sheets of filo end-to-end on your work surface, overlapping by about 5cm. Brush each piece with melted butter and top with three more sheets, then brush with more butter and add the final sheet to the middle for extra support. Spoon the nettle mix along the edge, about 2cm wide, and tuck over the short ends to stop any filling from coming out. Roll the pastry into a long sausage shape. Starting with one end, roll up the sausage into a spiral shape about 20cm wide. Put the spanakopita in a shallow round pan, like an ovenproof frying pan, if it fits. If not, slide it onto a buttered baking tray.
 4. Brush the pie liberally with the remaining egg and scatter with the sesame seeds. Bake for 40-45 mins or until golden brown. Leave to cool until just warm, then serve in slices with a peppery salad.
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