



GO STARGAZING THIS WINTER

Winter is an ideal time to look at stars because the cooler temperatures make the sky clearer. Follow these steps.

- 1. Make a plan.** The best time to stargaze is on a clear (not cloudy) night during the new Moon phase. In this phase, the Moon isn't visible, making the sky extra dark. Check the calendar at stardate.org for the next new Moon, which happens about once a month.
- 2. Head outside.** Have an adult help you find a spot to stargaze that's away from light pollution, such as streetlights and neon signs. Bring along a telescope or binoculars if you have them.
- 3. Look up.** The brightest objects to look for first are other planets. Venus is especially vibrant and will look like an extra large star in the western sky right after sunset. Next, spot some constellations, such as the seven-star Big Dipper. You can also go to in-the-sky.org to print out a planisphere (map of the stars) to help you find constellations.



WOW!
The largest bowl of soup ever prepared was made in the Netherlands in 2009 and contained more than 7,000 gallons of veggie stew.

WARNING!
Ask an adult before using a knife, oven, stovetop, and blender for this recipe.

Make creamy potato soup

Ingredients

- 2 medium Yukon Gold potatoes, peeled
- 1 small head of cauliflower, trimmed and broken into small florets (about 5 cups)
- 4 cloves garlic, peeled
- 4 tablespoons olive oil, divided
- Salt and freshly ground black pepper
- 1 yellow onion, chopped
- 4 cups vegetable broth
- 2 tablespoons butter
- Green onion, thinly sliced (optional)

Instructions

1. Preheat the oven to 400° F and line a large baking sheet with foil. Cut the potatoes into 1-inch pieces. Toss the potatoes, cauliflower, and garlic cloves with 3 tablespoons of the olive oil on the prepared baking sheet. Season generously with salt and pepper and roast in the oven until golden and tender, about 20 minutes.
2. Meanwhile, in a large pot, heat the remaining 1 tablespoon of olive oil over medium-low. Add the onion and cook, stirring often, until tender and beginning to caramelize. This should take about 20 minutes.
3. Set aside about ½ cup of the roasted cauliflower florets for garnish. Add the remaining roasted vegetables to the pot with the onions and pour in the vegetable broth. Bring mixture to a simmer, then cover and cook for 10 minutes to allow the flavors to meld.
4. Using an immersion blender, standard blender, or food processor, purée the soup and butter together until smooth. Season to taste with salt and pepper.
5. Serve bowls of the soup topped with the reserved roasted cauliflower, thinly sliced green onions (if desired), and more freshly ground pepper. Makes 4 to 6 servings.



ECO TIP OF THE WEEK BUY NOTHING FOR ONE MONTH

Thinking carefully before you buy new items can help the planet. That's because anything people purchase—from clothes to toys to decorations—requires natural resources and causes pollution when they're produced. Extra purchases can also end up discarded in landfills. One way to help is for you and your family to try a "Buy Nothing Month." This means that you challenge yourselves to avoid purchasing new items for a whole month. Groceries and food can be bought as usual. Or try it for a week if a month feels too difficult. Taking on this challenge will not only help the Earth, but it may also help you buy only what you truly need.

Except for food, try to avoid making purchases.

