



Farm to School Goes Home

Third Week of October



LOCAL FOOD RECIPE

Sesame Noodles

Home Recipe: 4-6 servings

1 (8 oz.) package whole wheat spaghetti or other thin pasta

1/4 cup soy sauce

1/4 cup water

2 tbsp peanut or almond butter

1 tbsp lemon juice

1 tbsp sesame oil (optional)

1 medium sized local cabbage, shredded

3-4 medium carrots, shredded

Salt and pepper to taste

Steps

1. Bring water to a boil for the pasta. Cook and drain thoroughly.
2. In a small bowl, mix together soy sauce, lemon juice, water, peanut butter and sesame oil.
3. In a large bowl, add pasta and shredded cabbage and carrots.
4. Drizzle with sauce, mix thoroughly. Enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Frost Walk

This month is a fun time to explore weather and the effects of frost and cooling temperatures on the plants around us. The average first frost date for Western North Carolina is October 15th and frost brings big changes in the yard and garden. Here is a simple definition of frost you can share with your child: Liquid (water) becomes solid (ice) when the temperature reaches freezing point, or 0°C (32°F). When the temperature falls below freezing, the moisture in the air freezes into ice crystals and they settle on grass and plants. This is frost. Frost happens in the very early morning and soon melts and the moisture is dried by the sun. Frost damages plants because the water inside the cells of a plant freezes and breaks the cells' walls. As a result, the frozen parts of the plant die. To explore frost, go on a frost walk with your child first thing in the morning in late October. How many plants can he or she find covered in frost? Is everything covered in frost or only some plants and objects? To continue the exploration of frost, make frost at home.

What you need

A clean and empty tin can with the label peeled off

Crushed ice

Water

Salt

Steps

1. Fill a tin can about half full with ice and add some salt and water.
2. Wait and watch the frost form.



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Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).

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