

First Week of April

Get Local @ School Product of the Month = Greens

What's Growing?



The plants and seeds you added to the garden in March are growing quickly. Asparagus has been poking up through the soil for several weeks now. To harvest asparagus, bend one spear at a time until it snaps off, leaving the bottom two to three inches of the plant or cut the spear with a knife one to two inches from the ground. If you want to include asparagus in your garden, purchase and plant the "crowns" now. Try to find 2-year-old crowns if you want to get a head start on harvesting asparagus in future years.

Activities

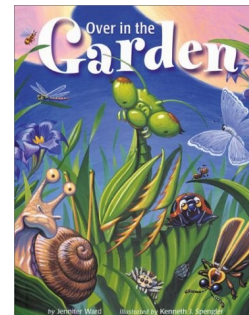
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

- ◆ In Over in the Garden, we learn that the praying mantises pounce and hunt, the ladybugs crawl, and the snails slither and slide. Have students brainstorm actions *they* do in the garden. Then, compile a garden action verb list on the board by having everyone share an item on their list— try for no repeats!
- ◆ After weeding in the garden, have students examine the plants they have collected. Sort the weeds by type, color, or size. Which weeds are the most prominent? Help students identify the weeds using a plant identification book.

Farm to School

Book of the Week

Over in the Garden
Jennifer Ward



This vibrantly illustrated book takes us on a counting and rhyming adventure in the garden. From a bug's eye view, we

learn alliteration and action verbs as we buzz with the bees, slither with the snails, and glow with the fireflies. In the back, there is a section of fun and educational facts about each insect.

Journal Topics

Encourage students to write on one of the following topics:

- Write a list of all the shapes you can think of. See if you can find an object in the garden that matches each shape. Write the name of the object next to the name of the shape.
- Pick an insect from Over in the Garden. Imagine you are that insect exploring the garden. Write a story about what you would see or do on your garden adventure.

Get Local recipe:

Kale and Potato Soup

4 tablespoons olive oil
2 medium onions, chopped
4 cloves garlic, chopped
½ tablespoon red pepper flakes
1 ¼ teaspoons salt
6 medium potatoes, diced
64 ounces vegetable or chicken stock
3 cups chopped local kale leaves
Salt and pepper

6-8 adult servings, or a tasting for 20 students.

Steps

1. Heat oil in a large saucepan. Add onions, garlic, red pepper flakes, and salt and sauté until onions are translucent.
2. Add potatoes and stock. Boil 5 minutes, or until potatoes are half done and still firm.
3. Add kale and cook until potatoes are tender, or about 10 minutes.

