

## Third Week of January

Get Local @ School Product of the Month = Apples

### What's Growing?



Farms don't just grow fruits and veggies, they grow animals too! Many farms in WNC raise pigs, chickens, goats, cattle, and even bison. Introduce your students to the variety of animals that live on farms in Western North Carolina, using [buyappalachian.org](http://buyappalachian.org) to research area farmers. Help them understand the commitments involved in raising farm animals and make connections to the responsibilities they may be familiar with that come along with owning a pet.

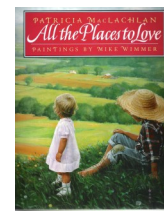
### Activities

Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

- ◆ Divide your class into groups and have each group research a farm animal. Put on a farm animal talent show with each group presenting a poem, song, or play about their animal.
- ◆ For younger students, read Big Red Barn by Margaret Wise Brown. The book introduces common farm animals and includes pictures and corresponding animal noises.
- ◆ Compare and contrast basic needs of farm animals and people.

### Farm to School Book of the Week

All the Places to Love  
*Patricia MacLachlan*



Each of Eli's family members has a favorite place on their farm. His mother loves to visit a blueberry patch on the hill, and his grandfather feels most at home in the cool, peaceful barn. As he grows from infant to toddler to boy, Eli discovers that he loves the marsh where ducklings follow their mother. This book offers a child's unique view on farm life and includes beautiful illustrations of farm animals and landscapes.

### Journal Topics

Encourage your students to write on one of the following topics:

- ◆ After reading All the Places to Love, write about one of the animals you saw in the illustrations. Write about a day on the farm from the point of view one of the animals. What do the animals eat and do throughout the day? What do they see, smell, and hear?
- ◆ Visit the garden and write about the animals you think may have also visited. Are there any clues that an animal has been there?

### Get Local recipe:

#### Apple Pancakes

1-1/4 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon ground cinnamon  
1/4 teaspoon salt  
1 egg, lightly beaten  
1/3 cup local honey  
1 cup milk  
1 cup local apple, finely chopped  
1 tsp vanilla



#### Steps

1. Measure and combine the flour, pecans, baking powder, cinnamon, and salt in a large bowl.
2. Crack the egg into another bowl and add the honey, milk, apples, and vanilla. Mix well.
3. Pour the wet ingredients over the dry ones and mix until a batter forms.
4. Heat a griddle to medium. Pour batter, 1/8-1/4 cup at a time, onto the griddle to form the pancakes. Flip after 3 minutes. Serve when both sides are golden brown.

Find more kid's recipes at [growing-minds.org/recipes](http://growing-minds.org/recipes)