

First Week of May

Get Local @ School Product of the Month = Strawberries

What's Growing?



May 10th, the last frost date for WNC is fast approaching. With this year's warm spring, vegetables are growing rapidly in the garden. Even so, our variable mountain climate could still have a frost in store for us in the next couple of weeks. If there is a frost expected, don't panic. Many vegetables you've planted in the garden, such as lettuce, collards, beets, and carrots are all cold hardy. If you've planted summer crops, such as tomatoes or peppers, be sure to cover them with a sheet or row cover at night and uncover them during the day.

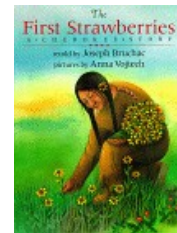
Activities

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

- ◆ In the garden, guide students in measuring plants with rulers. Assign each group of students to one type of plants (lettuce, strawberries, peas, etc) and ask them to come up with an average height of that plant. Do the same one week later and determine how much the plants have grown.
- ◆ Plant a salad for Mothers' Day! Fill terra cotta pots with potting soil. Sprinkle lettuce seeds in the pot, and cover with a thin layer of soil. Water lightly everyday. Personalize the pots by painting them and make special plant markers attached to Popsicle sticks.

Farm to School Book of the Week

The First Strawberries
by Joseph Bruchac



This beautifully illustrated story tells the Cherokee origin legend of strawberries. Page by page, the fable unfolds with a easy to follow storyline and important accompanying moral- that friendship and respect are as sweet as the taste of ripe, red berries.

Journal Topics

Take your class out to the garden and encourage students to write on one of the following topics:

The First Strawberries is a story the Cherokee tell to explain how strawberries came to exist. Write an origin fable for another fruit or vegetable growing in the garden.

Beautiful red berries stopped the woman in her tracks in *The First Strawberries*. Write down all the other foods you can think of that are red. Are any of those vegetables growing in the garden? Make up your own red vegetable and write about what it looks like, how it tastes, and how it grows.

Get Local recipe:

Strawberry Sandwiches with Cream Cheese

Ingredients

Each sandwich:

- 1 tablespoon cream cheese
 - 1/4 teaspoon honey
 - 1 slice whole-wheat bread, toasted
 - 2 local strawberries, sliced
- Serves 1 child.

Steps

1. Combine cream cheese and honey in a bowl.
2. Cut bread in half and spread cheese mixture on one piece.
3. Place sliced strawberries on the other piece of bread, top with the cream cheese bread.

