

Fourth Week of November

Get Local @ School Product of the Month = Potatoes

What's Growing?



Each Thanksgiving, families and friends gather around the dinner table to enjoy a meal together. Many of the foods we traditionally eat at Thanksgiving are available locally in the fall.

Serving greens, pumpkins, potatoes, winter squash, or broccoli is a great way to incorporate local foods into your Thanksgiving meal. Since kids are familiar with Thanksgiving staple foods, this season is a great time to connect tradition to local food.

Activities

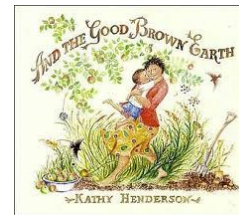
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:
www.growing-minds.org

- ◆ Have students plan a Thanksgiving menu around what they are growing (or have grown) in the garden. Ask them to illustrate the feast or make a Thanksgiving collage.
- ◆ Take students to the garden and ask them to talk about or identify what they appreciate about the garden and to discuss why they are thankful for it.
- ◆ Have students make place cards for each member of their family that they can use on Thanksgiving, each with a picture of a seasonal food.

Farm to School

Book of the Week

And the Good Brown Earth
Kathy Henderson



Joe and Gram plant a garden together, but they each have their own special way of doing things. Together, this

intergenerational pair work in the garden during each of the four seasons, and then wait as the good brown earth takes care of the rest. Children will relate to Joe's creative way of gardening and appreciate what the good brown earth does best.

Journal Topics

Take your students to the garden with their journals and encourage them to write on one of the following topics:

- ◆ What is different about Joe's and Gram's ways of gardening? Why do both ways work?
- ◆ Imagine you are "the good brown earth." What would you do to help Joe's and Gram's plants grow?
- ◆ What are your family's food traditions for the holiday season? Is there a special recipe that only gets made at Thanksgiving?

Get Local recipe:

Spaghetti Squash Boats

1 medium local spaghetti squash
1/2 cup grated parmesan cheese
1/4-1/2 cup butter
Salt and pepper



Steps

1. Cut squash in half and scoop out the seeds with a spoon.
2. Place squash halves, cut side down, in a large pot. Cover with water.
3. Pierce the shell a few times with a large knife to allow steam to escape.
4. Bring to a boil.
5. Cover, reduce heat, and simmer 20-25 minutes or until tender. Drain.
6. Using a fork, scrape out the insides. Save the empty squash half.
7. Mix the squash "noodles" with cheese, butter, salt and pepper.
8. Return mixture to the empty half and serve warm.