

**Third Week of October**  
**Get Local @ School Product of the Month = Cabbage**

## What's Growing?



Fall harvest is in full bloom: winter squash, onions, broccoli, cauliflower and more! Though we are experiencing an abundance of food, birds are migrating south for warmer temperatures and greater food availability. Birds migrate in flocks, and most follow oceans or mountain ranges to lead them south. The mountains in Western North Carolina are helping guide birds! Have students try to identify the birds they see in the schoolyard.

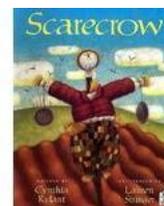
## Activities

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)

- ◆ How many types of squash can students think of? Give them crayons or colored pencils and let them draw the different types, and then ask them to invent their own!
- ◆ Send a letter home to parents: Have students bring in old clothes, buttons, and hats and have the class make a scarecrow together. Then, use this scarecrow as garden or class decoration. If possible, have a scarecrow making contest with several other classes.

## Farm to School Book of the Week

Scarecrow  
Cynthia Rylant



This book examines the life of a scarecrow, taking the reader from its construction to its daily activities like interacting with garden creatures. The scarecrow shows great patience and perseverance, and we see how valuable those traits can be for a gardener. Children will enjoy watching the gardening process through the eyes of the friendly scarecrow.

## Journal Topics

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

- ◆ Reading Reflection: Write your own scarecrow story as if you were the scarecrow. What are you made of? What animals have you met? Do you like being a scarecrow?
- ◆ How many miles do you think a bird can fly in one day when it migrates? Write about what you think birds see as they migrate south for the winter. Have you ever made a long journey like that?

## Get Local recipe:

### Sesame Noodles

- 1 (8-ounce) package whole wheat spaghetti or other thin pasta
- 1/4 cup soy sauce
- 2 tbs. peanut butter or (almond butter, if allergy)
- 1 tbs. lemon juice
- 1 tbs. 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, peanut butter and sesame oil.
3. In a large bowl, add pasta and shredded cabbage and carrots. Drizzle with sauce and mix thoroughly.

