



THIS WEEK IN THE GARDEN @ PRESCHOOL



Fourth Week of June

Get Local @ School Product of the Month = Summer Squash

What's Growing?



It's already time to fast-forward and think about the late fall and early winter harvest. Broccoli, Brussels sprouts, cabbage and cauliflower are all good choices. Start to look for seed varieties with long maturing dates— 80 to 100 days. These do well by growing slowly, maturing after the hottest summer months. Note the planting depth instructions on the seeds—they may be planted deeper to be able to germinate and thrive when the soil's surface temperature is higher.

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

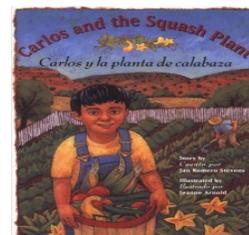
Activities

◆ Make a caterpillar dirt planter. Cut compostable egg cartons into caterpillar shapes with perforated bottoms, leaving 3 egg wells per caterpillar. Let each child plant three seeds in their caterpillar, and tend by watering. When the seeds begin to sprout, designate a special caterpillar spot in the garden and have children transplant their starts.

◆ Use your senses: Investigate different types of dirt with the children. Collect samples of dry, hard-packed dirt, loose soil, gravel, silt, sand and clay. Allow children to inspect and explore the samples for bugs, twigs and other matter: what do they find? How does the dirt feel? How does it smell? Would it be good for planting? What happens when it gets wet?

Farm to School Book of the Week

Carlos and the Squash Plant
Jan Stevens



Find out what happens to Carlos, the young gardener who refuses to wash off the dirt after planting and working on his plot. The story is in two languages—here's a chance to learn a few garden words in Spanish.

Encourage students to get active with these Farm to School energizers!

Energizers!

Veg-O-Lympics:

- 1) Choose a short running course and put together teams. Use zucchini as batons to pass from one relayer to the next.
- 2) Divide up into pairs and spread out along two lines, starting one foot away from your partner. Toss a potato to your partner. With a successful catch, each partner takes one step back and tosses the potato again until one pair tosses the farthest.
- 3) Strawberry spoon balance. Set a course and give each child one strawberry and a spoon. The goal is to walk the course balancing the berry along the whole route!

Get Local recipe:

Spiced Butternut Squash Smoothie

- 1/2 cup roasted/mashed butternut squash
- 1/2 cup 1% low-fat milk
- 1/2 cup orange juice
- 1/2 cup nonfat vanilla yogurt
- 1/4 teaspoon cinnamon
- 1/2 tablespoon peanut butter
- 1/4 teaspoon vanilla extract
- 1 teaspoon honey

Steps

1. Combine all ingredients in a blender and process until smooth. Sprinkle with additional cinnamon before serving, if desired. Makes 16 one-ounce smoothie samples.

