

Third Week of March

Get Local @ School Product of the Month = Greens

What's Growing?



It's a great time to go out to the garden and observe what needs to happen before spring planting begins. Lead students in coming up with garden tasks and the tools and supplies they will need. Are there weeds to be pulled? Amendments to be added? Signs to be replaced? Compost to be turned? Work together to clear the beds and prepare the soil using different garden tools. Give students leadership roles and encourage them to take responsibility of the garden.

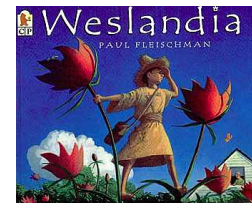
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

Activities

- ◆ Write "edible" and "garden" on a large piece of paper and ask students to brainstorm things they think of when hear the words. Record the students' thoughts next to the words. Identify the ideas or words that can be linked to both "edible" and "garden." Draw lines to connect linking concepts.
- ◆ Take students to the garden. Ask them to collect 10 different things in a brown paper bag. Go back to the classroom and have students sort the objects by color, shape, and size. Which pile is the biggest?

**Farm to School
Book of the Week**

Weslandia
Paul Fleischman



Wesley, an outcast amongst his classmates, takes on an ambitious summer

project of growing his own staple crop and founding a civilization! He tills up a bit of land in his back yard and wind blows seeds into his garden. Tall plants quickly grow and he uses every part of the plant to create clothes, food, and even ink for his own world. Sharing his innovations makes him the most popular kid in school, showing children that being different is cool after all.

Energizers!

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

Garden Yoga

Ask children to sit in a circle. Use these "garden yoga poses" to practice meditation in the garden:

1. Bean Stalk Pose (Tree Pose)
2. Apple Pick Pose (Warrior)
3. Gardener's Stretch (Downward Dog Pose)
4. Tomato Pick Pose (Triangle Pose)
5. Repeat; or make your own!

Get Local recipe:

Local Greens Quesadillas

1/2 pound local spinach, kale, or chard

4 corn or flour tortillas

1/2 cup shredded cheese

Salsa for dipping

Enough for 8 students to sample.

Steps

1. Place a tortilla in a pan. Spread half of the local greens and cheese on tortilla.
2. Turn heat to medium high until the cheese begins to melt. Add 2nd tortilla and press down lightly. Flip to other side and heat until cheese is melted. Repeat with remaining ingredients.
3. Cut into quarters and serve.

