



THIS WEEK IN THE GARDEN @ PRESCHOOL



Second Week of October

Get Local @ School Product of the Month = Cabbage

What's Growing?



Need some help with Gardening 101? Your county's Cooperative Extension office is a great resource for gardening help. There are also master gardeners who are able to answer questions and give advice. Visit the Extension website (listed below) to find information about the office in your county. www.ces.ncsu.edu

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

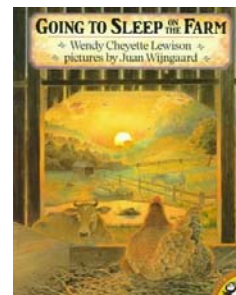
Activities

- ◆ Take students to the garden and put a focus on leaves. Point out different leaves on edible plants, flowers, trees, and weeds. How many different leaves can they find? What do they notice about the leaves? Help them identify each leaf with the name of the plant. As an extension, go inside and as a class sort the leaves into baskets by color, shape or size. Children can then use the leaves to make a collage with paper and glue.
- ◆ Cabbage has a large extended family that includes broccoli, cauliflower, Brussels sprouts and kale. Create a collage with images of all these vegetables and then make a cabbage family tree.

Farm to School Book of the Week

Going to Sleep on the Farm

By Wendy Lewison



This sweet book tells the story of how farm animals tuck in for the night. A lovely rhyming story that is perfect for before a nap or bedtime.

Energizers!

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

Sing Old McDonald and call out various farm animals (pig, cow, chicken, horse, rooster, sheep, dogs).

Prompt the students to mimic the farm animal with sounds and movement when they hear the animal name. (Horses: gallop in place; chickens: strut around; rabbits: jump and hop, etc.)

At the end of each verse call out "Nighttime." Have the children pretend to go to sleep as their animal would.

When you call out the next animal name, the children get up and move again.

Get Local recipe: Steps

Moose's Cabbage Soup

- 12 cups vegetable broth
- 4 tablespoons butter
- 2 large onions, diced
- 1 clove garlic, minced
- 1 lb. potatoes, cubed
- 1 lb. carrots, chopped
- 1 head green cabbage, chopped
- 2 teaspoons each, parsley, oregano, salt, pepper
- 1 1/2 lb red boiling potatoes, chopped

1. Pour broth into a slow cooker.
2. In a frying pan, melt butter and sauté onions until golden. Add to slow cooker.
3. Add remaining ingredients and cover with water or additional broth.
4. Cook on low setting, until the potatoes are tender.

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).

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