



THIS WEEK IN THE GARDEN @ PRESCHOOL



First Week of September

Get Local @ School Product of the Month = Cucumbers

What's Growing?



As the growing season comes to an end, there are more and more insects in the garden. This is a great time of year to have students investigate the insects in the garden, as well as their role in garden habitat. Which insects are pollinators and which are leaf eaters? Learning to tell the difference between pests and beneficial insects is an important skill for both students and teachers.

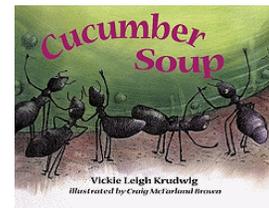
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:
www.growing-minds.org

Activities

- ◆ Go on an ant hunt. Before heading outside to the garden, ask students where they think ants might live. How could they find ants outside? Where will they look? Go outside for an ant hunt. Where do they see the ants? What can they learn about the ants by watching them? Be sure to tell the children not to touch the ants, since some ants bite.
- ◆ Use the garden to teach children letters. Go on a walk through the garden and identify plants or objects with their names. Say the word aloud and identify which letter the word starts with. Bring along cardboard cutouts of letters and place the appropriate letter in the ground next to the plant. For example a "T" would be placed next to a tomato plant.

Farm to School Book of the Week

Cucumber Soup
By Vickie Leigh Krudwig



Ten ants find that a cucumber has fallen and blocked the entrance to their home.

The ants are strong, but the cucumber is too heavy for them to move alone. Find out what other garden critters come to the rescue! Do you see any of these insects in your garden? Don't forget to try the recipe for cucumber soup!

Energizers!

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

Teach the children "The Ants Go Marching" song. Have them stand up and march in place as they sing the song. Sing it a second time and have them play follow the leader around the room like a group of ants would! Show them how to march one-by-one and then two-by-two and then three-by-three.

Get Local recipe:

Cucumber Soup

- 1 medium size local cucumber
- 8 ounces nonfat plain yogurt
- ½ cup milk
- 1 teaspoon fresh dill, finely chopped
- ¼ teaspoon garlic salt
- 2 teaspoons lemon juice
- 1/8 teaspoon black pepper

Steps

1. Wash and peel the cucumber. Cut it in half, reserving one half. Chop the other half of cucumber into small cubes.
2. Mix the yogurt and milk together in a bowl.
3. Add in the dill weed, garlic salt, lemon juice and pepper. Add the small cucumber pieces to the mixture.
4. Refrigerate the cucumber soup for 1-2 hours before serving.
5. Cut remaining half of cucumber into slices to eat with your soup.

Recipe from Cucumber Soup, by Vickie Leigh Krudwig