



THIS WEEK IN THE GARDEN @ PRESCHOOL



Third Week of September

Get Local @ School Product of the Month = Cucumbers

What's Growing?



September is harvest season! Pumpkins, sweet potatoes, and winter squash are maturing and ready to pick. Take advantage of the bounty to introduce students to new recipes. Are there grandparents, parents, or community volunteers who can help your children cook with their bounty or share favorite recipes? Visit the Growing Minds website to find additional Farm to School cooking resources and materials:

www.growing-minds.org

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

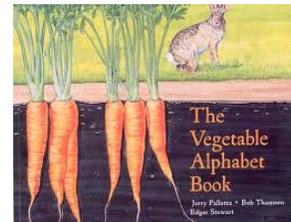
Activities

- ◆ **Plant Parts Project:** Using different vegetables for each plant part (leaf, stem, root, flower, fruit, seed), construct a new edible plant. This new plant can be the inspiration for a creative writing activity or creating plant diagrams.
- ◆ Have each student choose a locally grown vegetable that is in season. If they were a farmer how would they convince people to buy it? Ask each child to make a drawing of their favorite vegetable. Put the pictures on a wall and brainstorm with the children positive words that describe the vegetables. Post those words with the pictures to make a big vegetable wall collage.

Farm to School Book of the Week

The Vegetable Alphabet Book

By Jerry Pallotta



This beautifully illustrated alphabet book includes veggies that every student will know, like green beans and corn, but also unique varieties like daikon radishes and kohlrabi! Children will love the realistic drawings of the vegetables and other garden friends.

Energizers!

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

In September, lots of vegetables in the garden are ready to harvest. Demonstrate several picking motions to the students. Then ask students to practice picking while standing in place. Lead the students in making motions to pick WAY down low, in the middle, up high, and WAY up high. Repeat several times.

Get Local recipe:

Cucumber Salad

3 local cucumbers, sliced

1/3 cup vinegar

2 teaspoons sugar or honey

1 teaspoon salt

2 cups cherry tomatoes, halved

2/3 cup red onion, coarsely chopped (optional)

1/2 cup fresh herbs, chopped (mint, dill, basil, or cilantro)

3 tablespoons olive oil

Steps

1. Toss together the cucumbers, vinegar, sugar and salt together in a large bowl.
2. Cover and let stand unrefrigerated for one hour.
3. When you are ready to serve, add tomatoes, onion, fresh herb, and oil to the cucumber mixture and lightly stir.
4. Serve with a sprig of herbs and enjoy.

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

306 West Haywood Street, Asheville, NC 28801

(828) 236-1282

www.growing-minds.org