



Farm to School Goes Home

Second Week of November



LOCAL FOOD RECIPE

Slow Cooker Sweet Potatoes

Home Recipe: 4 servings

4 Local Sweet Potatoes

Butter

Salt

Steps

1. Wash sweet potatoes. Turn slow cooker to low.
2. Put the potatoes in the slow cooker, cook for 6-7 hours, until tender.
3. Serve with butter and salt. Enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Let's Talk About Birds

As winter approaches, go out to the yard or garden with your child go for a bird walk. Look for old nests, feathers, and bird tracks. Listen for birds singing. How many different birds can you hear? Are there any you can identify? Does your local library or preschool have a book about birds you can borrow to read to your child? What is your favorite bird? Once you have your child's interest peaked about birds and their activities, talk with him or her about what you can do to help feed wild birds through colder months as their food supply dwindles. Young children love feeding people, animals, and even stuffed animals! They will love participating in feeding the birds. You can help your child feed the birds by building very inexpensive birdfeeders, such as pine cone or paper towel roll feeders. Just save an empty paper towel roll and cut it into two or three equal sized pieces. Spread peanut butter all over the paper towel roll. Then roll it around in a shallow dish filled with bird seed (get a small bag at nearly any hardware store). Once the roll is covered in seed, thread a string or ribbon through the center and hang it in a near-by tree, outdoor porch, or shrub.



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

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