



# Farm to School Goes Home

Third Week of November



## LOCAL FOOD RECIPE

### Orange Sweet Potato Smoothie

*Home Recipe: 2 Servings*

- 1/2 local sweet potato, peeled and chopped
- 2 oranges, peeled and chopped
- 1/2 avocado
- 1 local apple, peeled and chopped
- 1/2 cup water

### Steps

1. Put all ingredients into blender and blend until well combined. Enjoy!



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## GARDENING IDEAS FOR PARENTS AND KIDS

### Dramatic Play in the Garden

Even in November, it's easy to find ways to bring your children's activities outdoors. This week, encourage your child's dramatic play in the yard or garden. What is dramatic play? Dramatic play is all about allowing children to use their imagination to come up with ways to role-play and portray life experiences. To encourage dramatic play, our job as parents is to provide simple props and environments children can use to create scenes, jobs, and storylines. One easy way to encourage dramatic play in the garden or yard includes setting up a play-kitchen outside. Making a pretend kitchen is as easy as putting out a few bowls, baskets, muffin tins and liners, spoons, and containers filled with dirt, sand, rocks, leaves, twigs, acorns, or grass clippings. If you have them, incorporate vegetable scraps, such as carrot peel, apple cores, or broccoli stalks into the pretend kitchen. What's the very best part of dramatic play? Watching your children enjoy the very simple activity you've created for them.



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

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