

Third Week of April

Get Local @ School Product of the Month = Greens

What's Growing?



As the days get warmer, weeds sprout and grow quickly. For easy garden maintenance, pick out weeds when they are teensy tiny before their roots are established. Weeding is easy when the plants are small, requiring just a quick brush of a hoe or trowel over the soil, rather than a struggle to remove deep roots. Students love to weed and can get a bed cleaned up in just a few minutes. To be sure students don't pull up prize beets or lettuce, sprinkle baking flour on the weeds and tell students to weed only the plants that are white. Once they have a pile of weeds, they can sort them based on variety, size, or color.

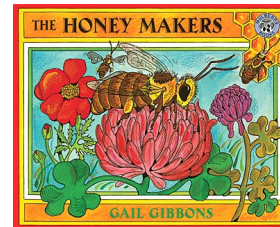
Activities

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

- ◆ Make a garden word wall with your class. Ask students to brainstorm at least three words per letter of the alphabet that have to do with the garden. Read an ABC book related to farming and gardening to generate ideas. How many syllables does each of the words have?
- ◆ Talk about the things that plants need to grow successfully. Water, soil, nutrients, sunshine, pollination. Ask the students what they can do in the garden to help plants grow successfully, and share these

Farm to School Book of the Week

The Honey Makers
Gail Gibbons



The Honey Makers is an in-depth look at what is going on for bees inside and outside of the hive.

The book provides detailed descriptions of the bee's life cycle, their process of collecting pollen and making honey, and the fascinating ways they communicate. The book concludes by introducing the beekeeper and detailing the ways they care for the hive.

Journal Topics

Encourage students to write on one of the following topics:

- ◆ Go out to the garden and write about your favorite meal that contains one food growing in the garden. Who makes you this meal? How is it prepared?
- ◆ Think of another of your favorite foods. Write a list of the vegetables, fruits, or other plants that are involved in making these foods. For example—peanut butter and jelly involves wheat for the bread, peanuts for the peanut butter, and fruit, such as strawberries or raspberries for the jelly.

Get Local recipe:

Spinach and White Bean Dip

2 tablespoons olive oil
2 cloves garlic, minced
1 pound local spinach
15 oz. can white beans, drained
1 tbsp. fresh lemon juice
1 tbsp. balsamic vinegar
1 tsp. salt
¼ tsp. pepper



Steps

1. Heat 1 tablespoon of oil in a skillet over medium heat. Add garlic and cook until fragrant.
2. Add half of the spinach and cook until wilted. Repeat with the remaining spinach.
3. Process 1 tablespoon olive oil, the spinach mixture, white beans, lemon juice, balsamic vinegar, salt, and pepper in a food processor.
4. Transfer to a small serving bowl. Serve with crackers, toasted pita, and/or vegetable spears.

Serves 6 adults as an appetizer, or 20 students to sample.