

Fourth Week of April
Get Local @ School Product of the Month = Greens

What's Growing?



Many spring vegetables may be ready to harvest this week. If you planted greens in March you can gather leaves for tender salads and sautés. Pick the plants' biggest leaves one-by-one, leaving smaller leaves to grow into next week's harvest. Greens regenerate over and over and grow best with continuous light harvesting each week. The leaves are so tasty and fresh, you may have to stop students from eating them all before they reach the kitchen!

Activities

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

- Go to the garden and see if there are at least three types of greens to harvest. Go back to the classroom and hold a taste test of the greens. Make a line plot on the board and have each student write an X above their favorite green that they tasted.
- Give each student a piece of paper cut into the shape of a hexagon. Have the students look through books, find an interesting fact about honeybees, and write one on their hexagon. Attach the students' "cells" to the bulletin board, making a class honeybee information comb.

Farm to School Book of the Week

Muncha! Muncha! Muncha!
Candace Flemming



Mr. McGreely's war on bunnies will have everyone laughing as he tries to outsmart the clever "twitch-whiskers". He plants a garden, only to find rabbits munching on his vegetables every night. He builds various structures to keep them out, eventually resorting to an enormous bunny barricade.

Journal Topics

Encourage students to write on one of the following topics:

- What words can you think of that rhyme with "bees"? What about "honey"? Write a poem about springtime using your rhyming words.
- Honeybees do a special dance to talk to other bees. Write a song about spring, flowers and the garden for bees to dance to!

Get Local recipe: Sesame Kale Salad

- 1 bunch local kale
- 2 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. sesame seeds
- 1 clove garlic, minced
- 2 tsp. honey
- 1 tbsp. apple cider vinegar
- Dash of pepper



Enough for
10 kids to
sample.

Steps

- Place sesame seeds over medium heat in a dry pan and stir until lightly browned and fragrant. Set aside.
- Separate kale leaves from stems. Chop up leaves. Steam greens until tender.
- Drain and cool. Squeeze out as much water as possible. Place in serving bowl.
- Mix the remaining ingredients in another bowl. Add to greens. Mix, chill (optional), and serve.