

## Third Week of August

Get Local @ School Product of the Month = Tomatoes

### What's Growing?



Summer crops are coming in full swing in August. Tomatoes, squash, peppers, beans, cucumbers, herbs and more! If you don't have a garden at school, make sure to visit your local tailgate market to enjoy the summer bounty. For more information about markets in your area visit: [www.buyappalachian.org](http://www.buyappalachian.org).

### Activities

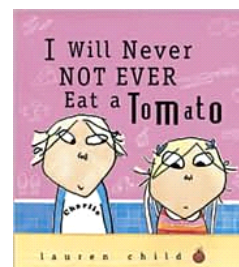
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

- ◆ Relate to the Book of the Week: Have students create their own moonsquirt-er recipe, or brainstorm ideas to help their families try new vegetables.
- ◆ Garden Scavenger Hunt: Create a garden scavenger hunt, having students search for colors, shapes, types of plants, insects or just something beautiful.
- ◆ Students sing garden songs or create a garden dance.
- ◆ Math in the garden: Have students calculate the area and perimeter of the garden. What could be planted given a particular spacing?

### Farm to School Book of the Week

*I Will Never Not Ever Eat a Tomato*

By Lauren Child



Lola is a VERY picky eater, and she definitely will not ever eat a tomato. One night her brother

Charlie has to make Lola dinner and comes up with creative ways to get her to eat all the things she *thinks* she doesn't like.

### Journal Topics

Take your students to the garden with their journals and encourage them to write on one of the following topics:

- What do you remember about the garden from last spring? What has changed over the summer?
- Create a recipe or meal featuring the things that are growing in the garden.
- Write a summer garden poem.
- Tell the story of "what I did this summer" from the perspective of a plant.

### Get Local recipe:

#### Caprese Salad

2 medium local red tomatoes\*  
2 medium local yellow tomatoes\*  
3/4 cup diced mozzarella cheese  
1/4 cup chopped fresh parsley  
2 tablespoons chopped fresh basil  
1/4 teaspoon salt  
Freshly ground pepper, to taste

\* There are many wonderful varieties of heirloom tomatoes available right now. Consider using Mr. Strip-eyes, Cherokee Purples, or other heirloom tomatoes for a more colorful salad!

#### Steps

1. Cut tomatoes into wedges
2. Combine tomatoes and mozzarella
3. Toss the tomatoes and mozzarella with the parsley, basil, salt and pepper.



Recipe adapted from EatingWell.com