

Second Week of December

Get Local @ School Product of the Month = Apples

What's Growing?



Don't let the cold weather keep you from enjoying your school garden. Several veggies are cold hardy and will live all winter. Spinach is green and tasty through snowy days and cold temperatures and can be picked little by little every week. You can bring the garden indoors by transplanting herbs into pots. Early winter is the best time for planting blueberry plants, shrubs, and fruit trees. For more information about the best way to care for your plants during the winter, consult your local cooperative extension office's master gardener.

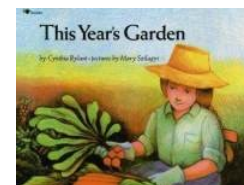
Activities

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

- ◆ Make terrariums by planting small plants inside jars. Place pebbles at the bottom of the jar and then plant your plant in soil on top of the pebbles. Cover the roots of the plant with soil. Cover the jars with plastic wrap. Care for your terrarium by checking the soil's moisture each day. Water it if the soil feels dry to the touch.
- ◆ Make apple cookbooks for holiday gifts. Ask students their favorite apple dish and help them to write the recipe. Copy and compile students' recipes to create a great class cookbook.

Farm to School Book of the Week

This Year's Garden
Cynthia Rylant



As the seasons change, so do the garden tasks for Uncle Dean, Granny, and Uncle Joe. Winter is a time for planning next year's garden, spring is for planting, and summer and fall are for harvesting. Reflecting on a full year of maintaining a family garden, this story emphasizes the enthusiasm the family has during the winter for starting next year's garden.

Journal Topics

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

- ◆ What was your favorite thing to grow in the garden this year? What do you want to plant more of in next year's garden?
- ◆ Imagine you are a plant growing in the garden during the winter. What type of blanket or house would you want to keep you warm until spring?
- ◆ After a visit to the garden, write about the clues you see that things are still growing and living.

Get Local recipe:

Appalachian Apple Chips

- 5 local apples of your choice, sliced into even 1/8-1/4 inch discs
- Assorted spices (cinnamon, cumin, lime juice, or salt)
- Parchment paper



Steps

1. Set oven racks on bottom and top quarter of the oven. Preheat to 225 degrees. Line baking sheets with parchment paper.
2. Line sheets with apples and dust apples with spices.
3. Place one sheet on top rack, one on bottom.
4. Bake for 1.5-2 hours, rotating baking sheets halfway through, until apples are golden. Remove apples immediately from sheets onto a cooling rack once out of the oven.

Find more apple recipes at <http://growing-minds.org/recipesforkids.php>