

**Third Week of December**  
**Get Local @ School Product of the Month = Apples**

## What's Growing?



Popcorn has a rich history, is fun to cook, and is available locally in December, which makes it a perfect theme for lessons in all subjects this season. Kids love to estimate how many kernels are on a cob of popcorn, popcorn's background is full of information about Native American culture, and popping popcorn can be a great science experiment. Best of all, popcorn is easy to make and clean up, not to mention tasty.

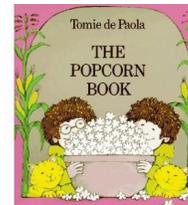
## Activities

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)

- ◆ Fill a jar with popcorn kernels. Ask students to estimate how many kernels are in the jar, and have them write down their estimates. In groups, students can count kernels by twos, fives or tens.
- ◆ Pop some popcorn! First, ask students to estimate how many of the kernels will pop. Then count at the end to see how close their guesses were. Serve and enjoy.
- ◆ A twist on seed collages. Popcorn kernels are actually just seeds. Cut out corn husks from green construction paper and glue kernels on to make a seed collage.

## Farm to School Book of the Week

The Popcorn Book  
*Tomie de Paola*



People have been eating popcorn for thousands of years, and many cultures still enjoy its delicious crunch.

The Popcorn Book is a story of two boys making popcorn for the first time and also includes a history of popcorn itself. Both instructional and fun, it explains how to make popcorn on the stove, and features several myths and stories.

## Journal Topics

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

- ◆ Write a poem about popping popcorn. Include sounds you hear when popcorn is popping. What sound means it is done popping?
- ◆ After reading The Popcorn Book, write down some different ways people used to eat popcorn. What are some new ways you can think of to eat popcorn?
- ◆ After a visit to the garden, plan where you might want to plant popping corn next year. Draw a picture of your plan. How many seeds will you need to

## Get Local recipe: Easy Cheese Popcorn

3 tbsp olive oil  
6 tbsp popcorn kernels  
6 tbsp grated Parmesan cheese



Recipe adapted from Kids Cook 1-2-3 by Rozanne Gold.

## Steps

1. Heat 1 tbsp olive oil in a large pan. Swirl so the bottom of the pan is covered.
2. Add the popcorn and cover. cook over medium heat until the corn begins to pop. Move the pan around over the heat to prevent burning.
3. Cook until it is all popped.
4. Transfer popcorn to a large bowl. Add the rest of the oil, the grated cheese, and salt to taste.