

First Week of February

Get Local @ School Product of the Month = Apples

What's Growing?



With the spring gardening season right around the corner, now is a great time to start planning your garden and ordering seeds. Have students research plants that grow well in the spring or bring in spring vegetables for them to taste. Then, as a class, explore seed catalogues and decide what you want to plant. Consider taking advantage of ASAP's collection of seeds from Sow True Seeds, a local garden supply company. Contact ASAP for more information about seed availability.

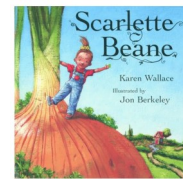
Activities

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

- ◆ Ask students to use seed catalogues to research planting dates and ideal growing conditions of different vegetables. Discuss the similarities and differences your class notices. Which vegetables grow best in the Spring?
- ◆ After a visit to the garden, draw a map of what you would like to grow as a class. What seeds will you plant and where? Glue pictures of each veggie on the map where you plan to plant them.
- ◆ Go on a seed hunt in the garden or school yard.

Farm to School Book of the Week

Scarlette Beane
Karen Wallace



On Scarlette Beane's fifth birthday, her grandfather gives her a garden to grow all on her own. Her veggies grow so big it takes the whole town to help harvest them and make soup. Then one night, she plants magic seeds that grow into a vegetable castle! This book is all about the wonderful things children can accomplish and the joys gardening brings to a community.

Journal Topics

Encourage students to write on one of the following topics:

- ◆ Write a story about the information stored inside a seed. What does the seed already know how to do?
- ◆ Imagine you are a seed in the garden waiting to sprout. What clues do you have that it is time to start sprouting? What do you eat and drink?
- ◆ Where do seeds come from? Give students a seed and ask them to draw a picture of the flower or fruit they imagine it coming from.

Get Local recipe:

Local Apple Parfait

4 local green apples, chopped
1/4 cup granola
1/4 cup dried cranberries
1/4 cup chopped dried cherries
1 (8 oz) container vanilla yogurt



Steps

1. Cover the bottom of a clear plastic or glass cup with chopped apples.
2. Sprinkle a small amount of granola, cranberries, and dried cherries on top.
3. Spoon a small amount of yogurt on top.
4. Cover yogurt with chopped apples, then add a layer of granola, dried fruit, and sunflower seeds.
5. Repeat layering until you use all ingredients or fill your cup.
6. Enjoy!