

Fourth Week of February

Get Local @ School Product of the Month = Apples

What's Growing?



The weather is too cold to plant a lot outside yet, but don't let that stop you from getting a head start. Use plans you made as a class and the seeds you ordered to begin the growing process. Start spring veggies like beets and kale in small containers to transfer to the garden in March. Check on the seedlings daily and water them when they feel dry. The warmth of your classroom will help the seeds germinate. During warm days, put the plants outside for several hours to give them extra light and get them ready to live outdoors.

Activities

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

- ◆ Show students several different seeds and ask them to draw pictures of the plant they think will grow from each. As the plants begin to grow, students can compare their illustrations to the real thing.
- ◆ In the garden, measure the length of each row you plan to plant. Using spacing recommendations from a seed catalog or seed packets, help students determine how many of each type of plant they can plant in each row.

Farm to School Book of the Week

The Tiny Seed
Eric Carle



In autumn, the wind blows a tiny seed off of a flower, and the seed embarks on a long journey. Avoiding the hot sun and deep ocean, the tiny seed lands on the ground and grows into an enormous flower. Eventually, it sends its own seeds away. Eric Carle's magnificent collages and inspiring message of perseverance teach a valuable lesson about the life of a seed.

Journal Topics

Encourage students to write on one of the following topics:

- ◆ After reading The Tiny Seed write about a journey you have been on. What are some of the challenges you faced along the way? Who/what helped you?
- ◆ In the garden, write about what excites you most about the coming growing season. Which gardening job are you looking forward to the most?
- ◆ Draw an outline of a big seed the size of a piece of paper. Inside, write a story about a magic seed and the plant into which it grows. What happens to the people who eat it?

Get Local recipe: Crockpot Applesauce

10 local apples, peeled, cored & cut into small chunks
3/4 cup water
1 tsp cinnamon
1 tbsp local honey



Steps

1. Peel, core, and cut apples into small chunks.
2. Put apples, water, and cinnamon into the crockpot, which should be about 3/4 full.
3. Cover and cook on high for about 3 to 4 hours.
4. Add honey and stir.
5. Cool and enjoy!