

## First Week of January

Get Local @ School Product of the Month = Apples

### What's Growing?



Although winter is in full swing, local foods are still available at grocery stores, local farms, and winter tailgate markets. The new year brings a fresh start in the garden. During these winter months, help students understand what a year means to a gardener by explaining what happens month-by-month in the garden. Making connections between seasonal changes and farm activities helps students understand the cycles of seasons in the garden and in their own lives.

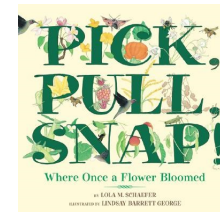
### Activities

Visit [www.growing-minds.org](http://www.growing-minds.org) for more ways connect Farm to School with curriculum:

- ◆ Create a garden timeline with your students. Guide them in imagining what the garden will look like in different months this year. When will leaves start to appear on the trees? When do you plan seeds? When will some of your plants begin to grow? Record their answers in a chart.
- ◆ Have students illustrate monthly garden activities. Use the drawings to create a 2013 calendar. Make sure to include when to turn over soil, plant crops, etc.
- ◆ Read The Year at Maple Hill Farm by Alice and Martin Provensen as a way to emphasize monthly changes on a farm.

### Farm to School Book of the Week

*Pick Pull Snap: Where Once a Flower Bloomed*  
Lola M. Schaefer



Introduce students to new vegetables and fruits and how they grow. Featuring beautiful illustrations and foldout

pages that capture students' attention, this book is a great look at plant biology. A calendar on the last page offers a pictorial calendar and a planting guide describes how to grow all of the plants featured in the book.

### Journal Topics

Encourage students to write on one of the following topics:

- ◆ After reading Pick, Pull, Snap, write a story about one of the pictures on the monthly calendar at the end of the book. For example, write about the people giving and receiving the flowers pictured for August.
- ◆ January marks the start of a new year. Write about your hopes for the garden this year.
- ◆ Write a letter to a local farmer about what products you enjoyed last year and what you hope they plant this year.

### Get Local recipe: Appalachian Apple Chips

- 5 local apples of your choice, sliced into even 1/8-1/4 inch discs
- 2 tablespoons powdered sugar per baking sheet (optional)
- Assorted spices depending on flavor desired (Lime juice-cumin-curry, cinnamon, salted or plain are all delicious.)
- 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 and dust each with powdered sugar (optional).
2. Line sheets with apples. Do not overlap apples or they will stick together.
3. Dust top of apples with spice combination.
4. Place one sheet on top rack, one on bottom. Rotate baking sheets halfway through cooking.
5. Bake for 1.5-2 hours, until apples are golden. Remove apples immediately from sheets onto a cooling rack once out of the oven.