

Second Week of January

Get Local @ School Product of the Month = Apples

What's Growing?



Many root crops can be grown in the fall and left in the garden to harvest in November, December, and January. Carrots, beets, and rutabaga are traditional storage vegetables that will withstand many frosts. Consider sowing these vegetables in your garden in the late summer or early fall for harvesting all winter. Apples, potatoes, and winter squash are also crops that store well. Look for these local foods in grocery stores and restaurants in your community. You can harvest and eat local all winter long!

Activities

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

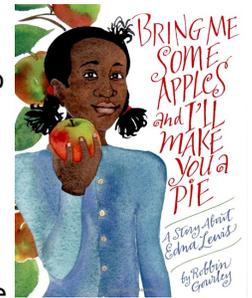
- ◆ In class, sauté 2 cups of chopped root crops and 3 tablespoons of butter or oil over medium heat. Cook for 5-10 minutes, stirring occasionally. Ask students to predict what will happen to the root crops when they are exposed to heat. How will color, texture, smell, and taste change?
- ◆ Guide students in estimating weights for different types of root crops including rutabaga, carrots, beets, turnips. Weigh the vegetables and compare them with the estimates. Give them prices per pound for the vegetables and have them calculate their cost.

Farm to School

Book of the Week

Bring Me Some Apples and I'll Make You a Pie
by Robin Gourley

Join renowned African American chef Edna Lewis as a child as she discovers the tastes and wonders of the farm all year round. A great story to introduce seasonal eating and food preservation. Try one of the recipes in the back of the book!



Journal Topics

Encourage students to write on one of the following topics:

- ◆ After reading Bring Me Some Apples, write a poem using the format of Edna's poem on page 32, replace "apples" with another fruit or veggie and finish the poem accordingly.
- ◆ How many snowflakes do you think have fallen into the garden this winter? Imagine you are a snowflake and write a story about your garden adventure.
- ◆ Does your family have seasonal recipes they make every year? Outline a "how to" book and share how to make it!

Get Local Recipe: Roasted Root Vegetables

2 Medium carrots
2 Rutabaga
2 Sweet potatoes
2 Beets
3 Tablespoons olive oil
Salt and Pepper

} Local when possible!

Steps

1. Preheat oven to 400 degrees.
2. Chop all of the vegetables into small cubes. They should be the same size.

3. Spread all the vegetables onto a large baking dish or cookie sheet. Season well with salt and black pepper, drizzle generously with olive oil, and toss them with your hands to coat them evenly.
4. Bake for 45 minutes, stirring the vegetables occasionally, until they are tender and golden

