

First Week of May

Get Local @ School Product of the Month = Strawberries

What's Growing?



May 10th, the last frost date for WNC is fast approaching. With this year's warm spring, vegetables are growing rapidly in the garden. Even so, our variable mountain climate could still have a frost in store for us in the next couple of weeks. If there is a frost expected, don't panic. Many vegetables you've planted in the garden, such as lettuce, collards, beets, and carrots are all cold hardy. If you've planted summer crops, such as tomatoes or peppers, be sure to cover them with a sheet or row cover at night and uncover them during the day.

Activities

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

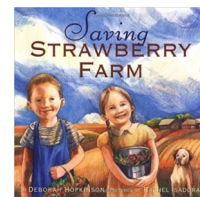
- ♦ In the garden, guide students in measuring plants with rulers. Assign each group of students to one type of plants (lettuce, strawberries, peas, etc) and ask them to come up with an average height of that plant. Do the same one week later and determine how much the plants have grown.
- ♦ Plant a salad for Mothers' Day! Fill terra cotta pots with potting soil. Sprinkle lettuce seeds in the pot, and cover with a thin layer of soil. Water lightly everyday. Personalize the pots by painting them and make special plant markers attached to Popsicle sticks.

Farm to School

Book of the Week

Saving Strawberry Farm

by Deborah
Hopkinson



In the hot summer of 1933, a young boy helps to rally his town to save the local strawberry farm

from a bank auction. Set in the Depression, the book focuses on simple pleasures like homemade lemonade and the importance of community. It also features a description of the Depression era in the back of the book.

Take your class out to the garden and encourage students to write on one of the following topics:

Journal Topics

In the back of *Saving Strawberry Farm* there is a description of Mr. Russell's store. What else do you think a neighborhood store might sell? Do you have a store in your neighborhood? If so, what does it sell and what you wish it sold?

In the book *Saving Strawberry Farm*, Davey describes what it is like to pick and eat the, "fattest, reddest strawberries" on Miss Elsie's farm. Write down all the other foods you can think of that are red. Are any of those fruits or vegetables growing in the garden? Make up your own red vegetable and write about what it looks like, how it tastes, and how it grows.

Get Local recipe:

Strawberry Sandwiches with Cream Cheese

Ingredients

Each sandwich:

- 1 tablespoon cream cheese
 - 1/4 teaspoon honey
 - 1 slice whole-wheat bread, toasted
 - 2 local strawberries, sliced
- Serves 1 child.*

Steps

1. Combine cream cheese and honey in a bowl.
2. Cut bread in half and spread cheese mixture on one piece.
3. Place sliced strawberries on the other piece of bread, top with the cream cheese bread.

