

Second Week of May

Get Local @ School Product of the Month = Strawberries

What's Growing?



Now is the time to start thinking about growing pumpkins and gourds in the garden for harvest in the fall. Before students leave for summer break, sow winter squash, pumpkin, and gourd seeds. Squash needs lots of space to grow- they will spread about six feet in all directions- so give them plenty of room. Water them regularly until the plants are well established, and they should be ready for harvest in the fall.

Activities

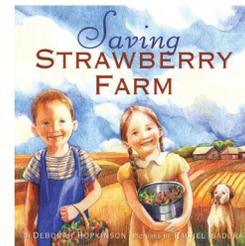
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

- ◆ Choose a fruit or veggie from the garden and research it in the library. Where did it originate? What vitamins does it contain?
- ◆ Go on a shapes walk. How many different shapes can you find?
- ◆ Find something edible in the garden. Give each student a piece of the fruit or vegetable. Ask them to examine, taste and chew it slowly. Make a chart with headings of tastes, looks, feels, and smells and fill it in as a class.

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.

Journal Topics

Encourage students to write on one of the following topics:

Imagine that you live on Miss Elsie's strawberry farm. What would you do every day? What would you eat? Who would you see? Write a story about your daily life on the farm.

Imagine you are a flower in the garden. Write a story about what would you see or experience in a day.

Write a letter to a grandparent or family member describing your school garden.

Get Local recipe:

Spinach Strawberry Salad

Ingredients
2 Tbsp. honey
1/3 cup olive oil
Dash cinnamon
3 Tbsp. lemon juice
1 tsp. Dijon mustard
1/8 tsp. salt
8 cups baby spinach leaves
2 cups sliced strawberries

Makes about 6 full salads, or enough for a class of 20 students to try.

Steps

1. Combine the first 6 ingredients in a jar and shake until honey is dissolved.
2. Wash and drain the greens, put them in a salad bowl. Add the strawberries and toss gently.
3. Pour on the dressing and toss the salad once more.
4. Enjoy!

