

Third Week of May

Get Local @ School Product of the Month = Strawberries

What's Growing?



During the summer, your garden will need someone to check on it once a week to see if it needs water, weeding, and harvesting. Ask parents to sign up to take kids to the garden to see what's growing and what needs to be done. Tomato, summer squash, bean and okra plants produce a ton of veggies overnight and can be labor intensive to keep up with. Winter squash, eggplants, and peppers are all great to plant before students leave for summer vacation and should be ready to harvest in August.

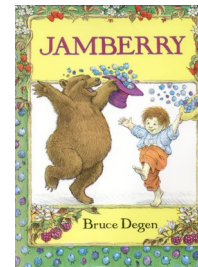
Activities

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

- ◆ Find a unique texture in the garden and make a rubbing using the side of a crayon.
- ◆ Research how much vegetables cost per pound at the grocery store. Weigh vegetables that you harvest from the garden. How much would they cost?
- ◆ Have students partner up to interview each other about food. As a class develop a set of questions to ask, such as: What is your favorite vegetable? What do you eat for breakfast? What foods do you help prepare? Compile the answers on a chart. What do the answers tell us about the class?

Farm to School Book of the Week

Jamberry
by Bruce Degen



Take your students on a rollicking ramble through the berry brambles! A ton of fun to read aloud, *Jamberry* features a boy and a friendly bear joyously romping through a fantastic berry world and introduces a wide variety of berries that grow in our region. Read this book before a snack of local berries.

Journal Topics

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

In the garden, go on a color hunt. What is the most common color there? Write a journal entry about the color. How does it make you feel? What does it remind you of?

Imagine you are a tour guide, showing the garden to groups of visitors. Write a script of what you would tell the group on the tour.

What would a strawberry say if it could talk? Write a poem from the perspective of a strawberry.

Get Local recipe:

Strawberry Smoothie

2 bananas, peeled and frozen
1 pint local strawberries, washed and hulled
2 carrots
1 cup milk



Steps

1. Peel the bananas. Place them in a plastic bag and freeze for 24 hours.
2. Chop the carrots into small pieces.
3. Put the frozen bananas and fresh strawberries in the blender with milk and carrots. Blend until smooth.
4. Enjoy!

Makes 2 servings or tastes for 10 children.