

First Week of November

Get Local @ School Product of the Month = Potatoes

What's Growing?



Potatoes are ASAP's Get Local product of November. Because this veggie is abundant at local farms this month, it's a great time to highlight its nutritious qualities in your classroom! Potatoes have a bad reputation because of their association with fried, unhealthy foods like French fries, but they are a great source of vitamins like vitamin C and potassium. Pairing potatoes with fresh greens like spinach, kale or collards can help you to create a healthy meal that kids will love.

Activities

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

- ◆ Have students compare and contrast two different varieties of potatoes, such as red and fingerling. Record the differences and similarities in a VENN diagram. Make sure that students get a chance to compare flavor, too!
- ◆ How many "potatoes" tall are you? Have students make paper potatoes (using grocery store paper bags). Use the paper potatoes to create a height chart for the class. This is a great nonstandard measurement activity!

Farm to School

Book of the Week

Two Old Potatoes and Me

By John Coy



One potato, two potato, three potato, MORE! Don't throw out those sprouting potatoes, let's plan them in the spring.

Join this father / daughter duo as they grow a brimming bucket of new potatoes from the old. This book contains a recipe for mashed potatoes.

Journal Topics

Take your students to the garden with their journals and encourage them to write on one of the following topics:

- ◆ Challenge students to write creative stories detailing how the potato chip might have been invented, then use references to research the real story.
- ◆ Potatoes have a bad reputation even though they are very healthy. Why do you think this might be? Describe some of the good things about potatoes.
- ◆ After reading *Two Old Potatoes and Me* have students write a "how-to" guide for growing potatoes or making mashed potatoes.

Get Local recipe:

Green Potatoes

4 medium to large local potatoes

2 Cups spinach

2 Tbsp butter

2-3 cloves garlic

Fresh Herbs (Basil, Rosemary, Dill)

Salt and pepper to taste

Steps

1. Boil whole potatoes until soft. Cool.
2. Cut potatoes into small chunks.
3. Chop herbs and garlic.
4. Combine all ingredients in a large pot and heat on medium for 2-3 minutes. Stir several times while they warm.
5. Mash potatoes until they are smooth.



