

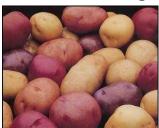
THIS WEEK IN THE GARDEN



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 MO O 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:

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

5. Mash potatoes until they are smooth.

they warm.



- 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.