

Third Week of November

Get Local @ School Product of the Month = Potatoes

What's Growing?



A farmer is the best resource for showing kids what goes on behind the scenes of growing food. Consider inviting a farmer into the classroom during the winter months or plan a spring farm field trip. For more information about farmers in your area who host class field trips, consult the Growing Minds website or our *Hayride* publication:

growing-minds.org/farm-field-trips/

Activities

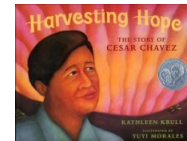
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:
www.growing-minds.org

- ◆ Graph how the weather changed this month. Use a thermometer to measure the temperature in the garden several days a week throughout November.
- ◆ Have students write letters to a local farmer thanking them for their hard work and describing what they enjoyed about eating their produce. Find a farm near you in ASAP's Local Food Guide: www.buyappalachian.org
- ◆ As a class, draw a map of Cesar Chavez's journey on his march for migrant farmers' rights. Find out how far he walked and compare that to the distance from your school to your house.

Farm to School

Book of the Week

Harvesting Hope: The Story of Cesar Chavez
Kathleen Krull



Did you know that Cesar Chavez organized the first movement for the rights of migrant farmworkers in America? This story details his efforts, from his childhood on a ranch in Arizona to his founding of the National Farm Workers Association. It is an inspiring tale of how hard work and nonviolent communication can be tools for achieving great things.

Journal Topics

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

- ◆ If you had a farm, what would it look like? Describe your farm and explain what you would grow, the types of animals you would have, and what your tasks would be.
- ◆ What happened in the garden this fall? Describe what changed and what stay the same.
- ◆ What do you think the issues are for farm workers in NC? How are they similar or different from those in the book?

Get Local recipe:

Sweet Potato Salad

Serves 4-6

2 medium local sweet potatoes, peeled and cut into ½-inch chunks
Juice and zest of 2 limes
1 teaspoon honey
2 tablespoons canola oil
2 scallions, finely chopped
½ cup corn
1 can black beans, rinsed
¼ cup cilantro, finely chopped
Salt and pepper to taste

Steps

1. Place potatoes into a medium saucepan and cover with cold water.
2. Bring to a boil, cook 6 minutes.
3. Drain and allow to cool.
4. In a large bowl, whisk together lime juice, zest, salt, pepper, honey, and canola oil.
5. Add cooled potatoes, scallions, beans, and cilantro.

