

First Week of October

Get Local @ School Product of the Month = Cabbage

What's Growing?



Cabbage is one of the oldest vegetables in the supermarket. It grows well in cooler climates and stores well for long periods of time which makes it a popular vegetable in the mountains of Western North Carolina. In 2010, North Carolina alone harvested 5,000 acres of cabbage.

Cabbage was also one of Abraham Lincoln's favorite vegetables!

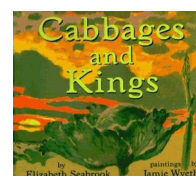
Activities

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

- ◆ **Taste test:** As a class, try samples of different cabbages prepared different ways. Vote on the class favorite and make a graph of the results.
- ◆ **Veggie Math:** According to *The Giant Cabbage* by Cherie B. Stiller, the largest cabbage grown weighed over 100 pounds! How many giant cabbages would it take to balance your entire class on a seesaw?
- ◆ **Use your senses:** Go outside in your garden during the morning and ask students to write down what they notice with each of their five senses. Then, repeat this exercise in the afternoon and encourage them to make comparisons between the different times of day.

Farm to School Book of the Week

Cabbage and Kings
Elizabeth Seabrook



It's the first day of spring and Albert, a young asparagus, notices his new neighbor...a

cabbage named Herman. At first Albert and Herman are nervous because of their differences, but as time goes on they become friends and realize that they have more in common than they originally thought.

Journal Topics

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

- ◆ **Reading Reflection:** Imagine that you are a cabbage and you are meeting your neighbor, a pumpkin, for the first time. What would you say? Draw a sketch of the two of you in your notebook.
- ◆ Herman the cabbage won a prize at the fair. If you were the judge, what vegetable would you pick as the winner? Why?
- ◆ If you were choosing a cabbage to buy, what qualities would you look for? How would you eat it?

Get Local recipe:

Apple Coleslaw

- 1 medium head of cabbage (shredded)
- 2 small apples (grated)
- 1/2 cup low-fat mayonnaise
- 1/2 cup carrots (shredded)
- 2 teaspoons fresh squeezed lemon juice
- Salt and pepper to taste

Steps

1. Mix apples, carrots, and cabbage in a large bowl.
2. Add lemon juice and mayonnaise.
3. Toss all ingredients until thoroughly mixed.

