

## Second Week of October

Get Local @ School Product of the Month = Cabbage

### What's Growing?



Need some help with Gardening 101?

Your county's Cooperative Extension office is a great resource for gardening help. There are master gardeners who are able to answer questions and give advice. Visit the Extension website (listed below) to find information about the office in your county.

[www.ces.ncsu.edu](http://www.ces.ncsu.edu)

### Activities

Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

◆ Notice the changing leaves: take students outside in the garden and have each find four different leaves. Have students share with the class about what makes their four leaves different, and have students find classmates who have similar leaves.

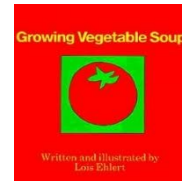
◆ Brassica Art: Cabbage has a large extended family that includes broccoli, cauliflower, Brussels sprouts and kale. Create a collage with images of all these vegetables and then make your own cabbage family tree.

### Farm to School

#### Book of the Week

*Growing Vegetable Soup*

By Lois Ehlert



How do you grow vegetable soup? In this simple but delightful story we learn the process,

from seed to soup pot. Bold, bright illustrations enhance the excitement of the gardening cycle, and display beautifully each step of the journey.

### 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 have a giant pot of vegetable soup from your garden. What would you add to make it delicious? Who would you share it with? Can you think of a time someone shared something with you?

◆ Think about the layers of leaves on a cabbage. What else can you think of that has layers? How are the layers different from those on a cabbage?

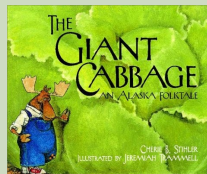
### Get Local recipe:

#### Moose's Cabbage Soup

- 4 tbs. butter
- 2 large onions, diced
- 1 clove garlic, minced
- 1 lb. potatoes, cubed
- 1 lb. carrots, chopped
- 3 qt. vegetable broth
- 1 head green cabbage, chopped
- 2 tsp. each, parsley, oregano, salt, pepper
- 1 1/2 lb red boiling potatoes, chopped

#### Steps

1. In a pot, bring broth to a boil.
2. In a frying pan, melt butter and sauté onions until golden. Add to soup pot.
3. Add remaining ingredients and cover with water or additional broth.
4. Simmer over low heat until the carrots and potatoes are cooked.



This recipe was adapted from *The Giant Cabbage* by Cherie B. Stihler. Moose grows a giant cabbage to take to the fair, but finds it is too big to move!

With the help of his friends, he finally succeeds, and makes a giant pot of this delicious soup to share.