

## Fourth Week of October

**Get Local @ School Product of the Month = Cabbage**

### What's Growing?



Fall is a great time to visit local farms that offer apple and pumpkin picking, hayrides and corn mazes. Kids can connect to local farmers through fun activities that highlight the season's best produce. For a wealth of information about fall farm field trips including how to organize one, and curriculum connections, visit the Growing Minds website:

[growing-minds.org/farm-field-trips/](http://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](http://www.growing-minds.org)

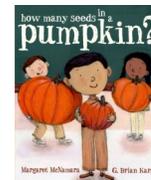
- ◆ Conduct a similar experiment to the one in *How Many Seeds in a Pumpkin?* Ask your students to compare their results to the ones Mr. Tiffin's class found.
- ◆ Ask students what else they could count by twos, fives or tens in the garden. The leaves on a plant? The plants in a row? Can they find patterns?
- ◆ Create a timeline for the life of a pumpkin based on what you learned from the book of the week. When do the pumpkins have the most seeds? When do they have the most lines on the outside? Be sure to illustrate!

### Farm to School Book of the Week

*How Many Seeds in a Pumpkin?*

Margaret McNamara

G. Brian Karas



Mr. Tiffin's class is on a mission to see how many seeds are in three different sized pumpkins. They pull out all the seeds and count by twos, fives and tens to see which pumpkin has the most, and are surprised by what they discover. This book is a fun way to introduce kids to estimation and predictions; maybe they can guess too!

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

### Get Local recipe:

#### Crunchy Burrito Surprise

2 small, soft tortilla shells  
1/2 cup shredded cheese  
3/4 cup black beans  
1/2 cup shredded local cabbage  
1/4 cup chopped cilantro  
1/4 cup diced onion  
Half of one small tomato, diced

#### Steps

1. Flatten out individual tortilla shells and add cheese and beans.
2. Warm burritos in a microwave for about 45 seconds.
3. Add onion, cabbage, tomato, and cilantro.
4. Fold two sides over and roll the tortilla up, tucking in the ends. (Makes 2 small burritos)



### Journal Topics

- ◆ Do you think it is easier to count by twos, fives, or tens? Why do you think it is useful to count by these numbers?
- ◆ The students in Mr. Tiffin's class learned something they did not expect about pumpkins. Write about a time when you learned something that was the opposite of what you thought before.