

Third Week of September

Get Local @ School Product of the Month = Cucumbers

What's Growing?



September is harvest season!

Take advantage of the bounty to introduce students to new recipes. Are there grandparents, parents or community volunteers that may be able to help with cooking in your classroom? Visit the Growing Minds website to find Farm to School cooking resources and materials:

www.growing-minds.org

Activities

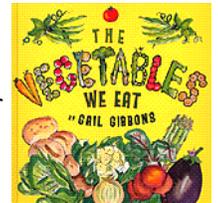
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:
www.growing-minds.org

- ◆ **Plant Parts Project:** Using different vegetables for each plant part (leaf, stem, root, flower, fruit, seed), construct a new edible plant. This new plant can be inspiration for a creative writing activity or creating plant diagrams.
- ◆ **Veggie Marketing:** Have each student choose a locally grown vegetable that is in season. If they were a farmer how would they market and promote it? Students can create posters that include pictures or drawings, history, what part of the plant it is, when it is in season, what you can make with it and why people should buy it.

Farm to School Book of the Week

The Vegetables We Eat

Gail Gibbons



Did you know that broccoli is actually a flower bud? Explore other parts of plants and how we eat them. This book also explains how vegetables are grown and why they are healthy. Before reading, make a list of all the vegetables you can think of that are actually the fruit of the plant! (Hint: they all have seeds.)

Journal Topics

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

- **Reading Reflection:** Would you rather grow food in your backyard, buy it from a local farmers market, or buy it at a grocery store? Why?
- Imagine that you are one of the many vegetables grown and harvested in California. Write a journal entry about your trip to North Carolina.
- Make a list of all the roots that you have eaten. Which one is your favorite? Why?

Get Local recipe:

Cucumber Salad

- 3 local cucumbers, sliced
- 1/3 cup vinegar
- 2 teaspoons sugar
- 1 teaspoon salt
- 2 cups cherry tomatoes, halved
- 2/3 cup coarsely chopped red onion (optional)
- 1/2 cup chopped fresh herbs (mint, dill, basil, or cilantro)
- 3 tablespoons olive oil

Steps

1. Toss together the cucumbers, vinegar, sugar and salt together in a large bowl.
2. Cover and let stand unrefrigerated for one hour.
3. When you are ready to serve, add tomatoes, onion, fresh herb, and oil to the cucumber mixture and lightly stir.
4. Serve with a sprig of herbs and enjoy.