

Fourth Week of September

Get Local @ School Product of the Month = Cucumbers

What's Growing?



With the school year now in full swing, it is a good time to get out to the garden. If you have not been involved in the past, connect with teachers that have used the garden as a teaching tool and see how your class can fit in. ASAP coordinates a quarterly garden meeting of teachers in and around Buncombe County. Join the group by contacting : brittany@asapconnections.org

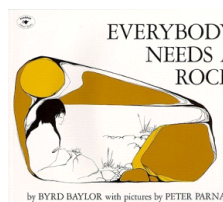
Activities

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

- ◆ Have students compare and contrast rocks or sort them by size/color/ texture. If all of the rocks were mixed up, would the students' description from the reading reflection journal activity be enough to differentiate their rock from another?
- ◆ Have students create art projects such as a collage or mobile that includes images of all the things that plants need to grow: sun, air, water, soil.
- ◆ Create a giant timeline of major events in earth history. When were the first rocks created? What about the first plants? Animals? People? Be sure to illustrate!

Farm to School Book of the Week

Everybody Needs a Rock
Byrd Baylor



Want to be friends with one of the oldest things on earth? Many rocks have existed

for millions of years. Some formed in the ocean, deep underground, or on the surface of the earth as volcanoes cooled! Read this book to learn the ten rules for finding a special rock.

Journal Topics

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

- **Reading reflection:** Walk around the garden and find a rock. Write down everything you can observe: size, shape, texture, weight, color, patterns, smell and anything else!
- Imagine a world without rocks. How would it be different? Why do people need rocks? Why do plants need them?
- Touch some soil from the garden. Look at it with a hand lens. Does it remind you more of rocks or of plants? Why?

Get Local recipe:

Homemade Ranch and Cucumber Moons

- ◆ 1-2 cloves garlic
- ◆ Salt and pepper to taste
- ◆ ¼ cups local parsley
- ◆ 2 Tablespoons local chives or green onion
- ◆ 1 cup mayonnaise
- ◆ ½ cups sour cream
- ◆ Laura Lynn milk (80% of Laura Lynn milk at Ingles comes from WNC dairy farms)

Steps

1. Mince or press garlic.
2. Chop parsley and chives very finely and add to the garlic. Add other fresh herbs as you like.
3. In a bowl combine all ingredients, tasting frequently and adjusting seasonings as needed. Chill for a couple of hours before serving. Thin with milk or buttermilk if desired.
4. Slice local cucumbers into circles (moons) and serve with homemade dip.