



THIS WEEK IN THE GARDEN @ PRESCHOOL



Third Week of August

Get Local @ School Product of the Month = Tomatoes

What's Growing?



Summer crops are in full swing. Tomatoes, squash, peppers, eggplant, green beans, and cucumbers all thrive in the heat of August. If you don't have a garden at school, make sure to visit your local tailgate market to enjoy the summer bounty. For more information about markets in your area visit: www.buyappalachian.org.

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

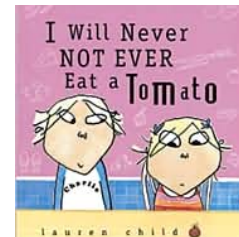
Activities

- ◆ Relate to the book of the week: Have students create their own moonsquitter recipe, or brainstorm ideas to help their families try new vegetables.
- ◆ Create a garden scavenger hunt. Ask students to search for colors, shapes, types of plants, insects or something beautiful, soft, or mysterious.
- ◆ Repurpose an old plastic sled by making it a water play station in the garden. Fill it with several inches of water and provide children with funnels, buckets, cups and watering cans. Can the children fill their empty watering cans and give the plants a drink? Collect several objects from the garden and see what floats and what sinks. Explore those concepts with the children further. Why do some things float?

Farm to School Book of the Week

I Will Never Not Ever Eat a Tomato

By Lauren Child



Lola is a VERY picky eater, and she definitely will not ever eat a tomato. One night her brother Charlie has to make Lola dinner and comes up with creative ways to get her to eat all the things she *thinks* she doesn't like.

Energizers!

Encourage students to get active with these Farm to School energizers!

Make a set of vegetable cards. The set of cards should feature four different vegetables, with one vegetable printed on each card. For example, a set of 20 cards would have 5 carrots, 5 tomatoes, 5 green beans, and 5 lettuce cards. In the garden or the classroom, give each child a card. Tell the students that in this activity, you will call out a vegetable and the people with that vegetable will make a movement. Carrots will twist at the waist, lettuce will march in place, green beans will jump up, and tomatoes will stretch to the sky. Practice the activity several times, demonstrating each movement when you hold up a card. Call out the vegetable names and watch the children move! After a few rounds, ask the children to switch cards and play again!

Get Local recipe:

Caprese Salad

Each student should receive:
1/4 local tomato
2 fresh basil leaves
1 Tbsp of shredded mozzarella
OR 2 small mozzarella cubes

Steps

1. Encourage students to chop tomatoes, basil into smaller pieces.
2. Students should then combine the chopped tomatoes, basil with the mozzarella cheese to complete their caprese salad.

