



THIS WEEK IN THE GARDEN @ PRESCHOOL



Third Week of June

Get Local @ School Product of the Month = Summer Squash

What's Growing?



Carrots, broccoli, turnips and cauliflower are coming in now. As the weather grows hotter, it's important to make sure the garden is watered consistently. Cauliflower leaves can be secured around the crowns with rubber bands or loose twine to protect the heads. Continue to thin out carrots and radish to encourage maximum production of these crops and reduce crowding and competition for soil resources.

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

Activities

◆ The garden is a rainbow! Show children a large rainbow image and have them identify each color along its spectrum. If there is a garden at the facility, wander through it and have kids identify fruits or vegetables that make up each color of the rainbow. If indoors, or if not all colors are represented, with real produce, have children offer ideas for fruits and veggies to fill in all of the colors of the rainbow.

◆ Write a poem to honor fruits and vegetables! Have children choose their favorite crop and make an acrostic poem to share with the group, for example:

- ◆ Summery
- ◆ Quietly grows very big!
- ◆ Underground roots take hold
- ◆ Above ground vines spread out
- ◆ Soup and salad food
- ◆ Hot, roasted, delicious

Farm to School Book of the Week

I Heard it from Alice Zucchini
by Juanita Havill



A poem about the garden for every season. Follow the poetic life of edible plants from spring sprouts to quiet underground potatoes lingering through the winter.

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

Energizers!

Lead your children in singing the following song:

*Squash are growing,
squash are growing,
On a vine, on a vine.
Pick them up and eat them, pick them up and eat them,
One, two, three; one, two, three.
(Sung to: Are You Sleeping?)*

As they sing, lead the children in making motions of squash growing on a vine. During the line "pick them up and eat them", lead students in a motion of picking up squash on the ground and putting them in an imaginary basket.

Get Local recipe:

Chilled Carrot and Summer Squash Soup

- 2 cups sliced local carrots
- 4 cups reduced sodium chicken broth
- 1/4 cup chopped red onion
- 1 clove garlic
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon black pepper
- 2 large yellow summer squashes, rinsed and chopped
- 3/4 cup low-fat plain yogurt

Steps

1. In a large saucepan, combine carrots and broth. Cover and bring to a boil. Lower heat to medium and simmer until carrots begin to soften, about 7 minutes.
2. Add onion, garlic, cumin, salt, coriander, pepper, and all but 4 tablespoons of squash. Cover, raise heat to high and bring to boil. Reduce heat to low and simmer, covered, until veggies are tender, 15-20 minutes.
3. In a food processor, puree soup until smooth. Cover and chill for one hour. Stir in yogurt. Makes 20 small servings.

