

Fourth Week of May

Get Local @ School Product of the Month = Strawberries

What's Growing?



To harvest sweet potatoes when school resumes in August, plant sweet potato slips in late May before students leave. Slips are sweet potato sprouts that are planted in the ground and grow new sweet potato plants. If you order them from a seed catalogue by mail, they may arrive wilted, and possibly pale green from shipping. This is fine. If unable to plant right away, place slips upright in a container, and keep the roots damp with wet newspaper. They will perk up and be fine in a few days. Plant 3-4" deep 12-18" apart.

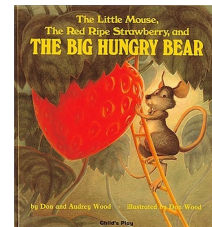
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

Activities

- ◆ Bean Shakers: Take two small, sturdy paper plates. (The stronger the better) Place dried beans (of many shapes and sizes!) on one of the plates and place the other plate on top of the first so that both eating surface areas are facing each other. Use masking tape to seal the plates together. Have the kids decorate with markers, glitter, construction paper, or ribbons. When dry, shake. Shake to music, shake it each time you take a step. Shake, Shake Shake!!
- ◆ Added bonus: explain to students that dried beans are also the seeds of the bean plants. Strawberries are the only fruit with seeds on the outside.

Farm to School
Book of the Week

The Big Hungry Bear
by Don Wood



In this book, the narrator follows a mouse's every move as he picks a strawberry and tries to keep it from the ominous Big Hungry Bear. After disguising

the strawberry, hiding it, and putting it under lock and key, the narrator suggests the *best* way to make sure the bear doesn't get it: "cut it in half, give me the other half, and eat it!" Told from an interesting point of view, the reader feels like part of the story.

Energizers!

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

Get Local recipe:
Strawberry Salsa

Ingredients:

- 1 quart local strawberries
- juice of 1 lime
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro
- 1/2 teaspoon kosher salt



Steps

1. Wash the strawberries, green onions, and cilantro
2. Remove the tops and slice the strawberries. Place in a medium bowl.
3. Chop the green onions and cilantro, toss with the strawberries.
4. Cut the lime and squeeze the juice into the strawberry mixture.
5. Add salt and stir.
6. Serve with tortilla chips.

Sunflower stretches: Identify east and west. If possible put up a sign in the classroom or garden to mark the directions. Explain that the sun rises in the east and sets in the west. Many plants, like sunflowers stretch and turn with the sun each day. Guide your students in stretching up to the sky like a sunflower. Can they stretch and turn all the way to the east and then all the way to the west? Move to another spot in the room and do the same. Repeat several times.