

First Week of April

Get Local @ School Product of the Month = Greens

What's Growing?



The plants and seeds you added to the garden in March are growing quickly. Asparagus has been poking up through the soil for several weeks now. To harvest asparagus, bend one spear at a time until it snaps off, leaving the bottom two to three inches of the plant or cut the spear with a knife one to two inches from the ground. If you want to include asparagus in your garden, purchase and plant the "crowns" now. Try to find 2-year-old crowns if you want to get a head start on harvesting asparagus in future years.

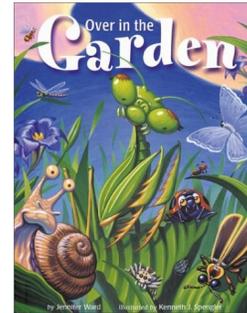
Visit the Growing Minds website for resources including lesson plans, printable recipes to send home and more! www.growing-minds.org

Activities

- ◆ In Over in the Garden, we learn that the praying mantises pounce and hunt, the ladybugs crawl, and the snails slither and slide. Have children brainstorm actions *they* do in the garden. As the students call out words, compile a garden action list on the board and have them act out that motion in place.
- ◆ Help children weed the garden and prompt them to collect the weeds. Examine the plants together and sort the weeds by type, color, or size. Which weeds do you see the most of? Help students identify the weeds using a plant identification book.

Farm to School Book of the Week

Over in the Garden
Jennifer Ward



This vibrantly illustrated book takes us on a counting and rhyming adventure in the garden. From a bug's eye view, we

learn alliteration and action verbs as we buzz with the bees, slither with the snails, and glow with the fireflies. In the back, there is a section of fun and educational facts about each insect.

Energizers!

Encourage students to get active with these farm to school energizers!

Get Local recipe:

Salad Wraps

Classroom Recipe
Serves 20 children

- 2 heads local green lettuce
- 1 head broccoli
- 4 local carrots (grated)
- 2 cucumbers
- 1 bunch celery
- 5 apples
- 8 oz. cheddar or Monterey jack cheese (cut into slices)
- 10 tortillas

Optional: Salad dressing such as a ranch or vinaigrette.

Steps

1. Wash the vegetables. Cut them into chunks. Give them to the students.
2. Prompt the children to cut the vegetables into small pieces or slices using plastic knives.
3. Allow the children to choose the vegetables for their wrap.
4. Prompt them to place the cut vegetables and cheese on top of the tortilla. Roll the tortilla around the vegetables like a burrito.
5. Allow them to dip the wrap into different salad dressings and enjoy!



Over in the Garden features many different insects found in the garden. One of the insects is a dragonfly. Go to the garden and have students pretend they are dragonflies exploring the garden slowly flapping their arms. Now switch insects and ask them to pretend they are a praying mantis. Let students practice pouncing like a praying mantis. Finally, encourage the students to pretend they are ants. Ants tend to move quickly! Have students jog in place to move quickly like an ant.