

Second Week of April

Get Local @ School Product of the Month = Greens

What's Growing?



For delicious juicy strawberries in May, keep an eye on your strawberry plants in April. Take your students to the garden and ask them to look for the plants' small white blossoms. If you spot strawberry flowers, you'll need to start protecting the plants on nights when frost is expected by covering them with a floating row cover, old blankets, or sheets. Uncover the plants in the morning so that bees, butterflies, and wasps can come pollinate the plants.

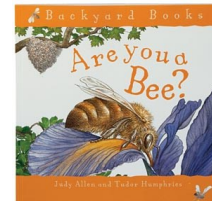
Visit the Growing Minds website for resources including lesson plans, printable recipes to send home and more!: www.growing-minds.org

Activities

- ◆ Make fingerprint bugs! Prime watercolor paints by placing a bead of water on each color. Then stick your thumb in a watercolor pan and make a thumbprint on the paper. When it dries, add lines for legs, wings and antennae.
- ◆ Cut bubble wrap into the shape of beehives (large ovals). Allow students to paint the bubble wrap (bubble side up) with orange and yellow paints. Guide them in pressing the painted bubble wrap onto paper. Next, students should dip their thumbs into yellow paint and create bees swarming the hive. Help students draw stripes and wings to transform their thumb prints into bees.

**Farm to School
Book of the Week**

Are you a bee?
Judy Allen and Tudor Humphries



This book asks children to imagine they are honeybees and takes them through the many stages and activities of a bee's life. The authors tell the story of a honeybee's life in a playful way that keeps children's focus and peeks their interest. Your students will love learning about bees through this fun, factual book.

Energizers!

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

**Get Local recipe:
Scrambled Eggs with
Spinach and Cheese**

Home Recipe: Serves 4

- 1 dozen local eggs
- 1/4 cup milk
- Salt and pepper
- 2 tablespoons butter
- 1 small onion, diced (optional)
- 1/2 pound local spinach, chopped
- 1 cup shredded cheddar

Serve with toast or warmed tortillas and salsa, if desired.

1. In a medium bowl, whisk eggs, milk, salt and pepper.

2. Melt butter in skillet over medium heat. Add onion and cook, stirring, until golden.

3. Add spinach and sauté until it is wilted.

3. Add egg mixture and cook, stirring, about 3 minutes.

4. Sprinkle cheese over eggs and stir. Cook, stirring, for 2 to 4 minutes.



In "Are You a Bee?" children learn that bees dance to tell their sisters where flowers are located. Ask students to make up their very own bee dance and give them time to buzz and dance in place. Then let them dance around the room or in the garden from blossom to blossom. Tell them when you say "buzz" to freeze and dance in place (or unfreeze and dance around the room/garden). Play this bee game for at least 10 minutes.