

Third Week of April

Get Local @ School Product of the Month = Greens

What's Growing?



As the days get warmer, weeds sprout and grow quickly. For easy garden maintenance, pick out weeds when they are tiny before their roots are established. Weeding is easy when the plants are small, requiring just a quick brush of a hoe or trowel over the soil, rather than a struggle to remove deep roots. Students love to weed and can get a bed cleaned up in just a few minutes. To be sure students don't pull up prize beets or lettuce, sprinkle baking flour on the weeds and tell students to weed only the plants that are white.

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

**Farm to School
Book of the Week**

The Honey Makers
Gail Gibbons



The Honey Makers is an in-depth look at what is going on for bees inside and outside of the hive.

The book provides detailed descriptions of the bee's life cycle, their process of collecting pollen and making honey, and the fascinating ways they communicate. The book concludes by introducing the beekeeper and detailing the ways they care for the hive.

Activities

- ◆ After reading The Honey Makers, discuss the parts of the bee and talk about what makes a honeybee an insect. Show a diagram of an insect and ask the students to think of other bugs they've seen that are insects (ants, beetles). What bugs are not insects (spiders, caterpillars?) How do they know?
- ◆ Talk about the things that plants need to grow successfully. Water, soil, nutrients, sunshine, pollination. Ask the students what they can do in the garden to help plants grow successfully, and share these thoughts with the class to prepare a class garden to-do list.

Energizers!

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

Butterflies and bees pollinate gardens. Go to the garden and encourage students to pretend that they are butterflies. Butterflies begin life as caterpillars. Students should start this activity by crawling slowly like a caterpillar. Caterpillars make cocoons. Have children sit with legs crossed and arms wrapped around chest to create a cocoon. Encourage students to sit very still before slowly stretching to come out of their cocoons and expanding their new wings (arms) as far out as they can. Once all students have stretched their arms, they can flap their arms and pretend to fly.

Get Local recipe:

Spinach and White Bean Dip

Home Recipe: Serves 4

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 pound local spinach
- 15 oz. can white beans, drained
- 1 tbsp. fresh lemon juice
- 1 tbsp. balsamic vinegar
- 1 tsp. salt
- ¼ tsp. pepper

Steps

1. Heat one tablespoon of oil in a skillet over medium heat. Add garlic and cook until fragrant.
2. Add half of the spinach and cook until wilted. Repeat with the remaining spinach.
3. Blend one tablespoon olive oil, the spinach mixture, white beans, lemon juice, balsamic vinegar, salt, and pepper in a food processor or blender.
4. Transfer to a small serving bowl. Serve with crackers, toasted pita, and/or vegetable spears.

