

Fourth Week of April

Get Local @ School Product of the Month = Greens

What's Growing?



Many spring vegetables may be ready to harvest this week. If you planted greens in March you can gather leaves for tender salads and sautés. Pick the plants' biggest leaves one-by-one, leaving smaller leaves to grow into next week's harvest. Greens regenerate over and over and grow best with regular harvesting. The leaves are so tasty and fresh, you may have to stop students from eating them all before they reach the classroom!

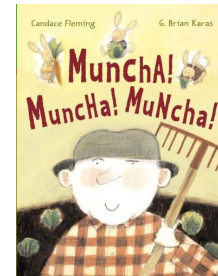
Visit the Growing Minds website for resources including lesson plans, printable recipes to send home and more! www.growing-minds.org

Activities

- ◆ Go to the garden and ask students to go on a leaf hunt. How many different types of leaves can they find? Are all of the leaves edible? Go back to the classroom and hold a taste test of any edible greens (like lettuce, spinach, kale, etc.)
- ◆ Make a garden word wall with your class. Ask students to brainstorm at least three words per letter of the alphabet that have to do with the garden. Read an ABC book related to farming and gardening to generate ideas. Record the children's ideas for each letter and guide them in making pictures or collages to accompany the words.

**Farm to School
Book of the Week**

Muncha! Muncha! Muncha!
Candace Flemming



Mr. McGreely's war on bunnies will have everyone laughing as he tries to outsmart the clever "twitch-whiskers." He plants a garden, only to find rabbits munching on his vegetables every night. He builds various structures to keep them out, eventually resorting to an enormous bunny barricade.

Energizers!

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

Get Local recipe:

Local Greens Salad and Blackberry Vinaigrette

*Classroom Recipe
Serves 20 children*

- 2 heads local lettuce
- 1/2 lb local spinach
- 4-5 grated carrots
- 4 local salad turnips
- Half pint blackberries
- 1/2 cup olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2-3 tablespoons local honey

Steps

1. Wash and cut salad ingredients. Place them into bowls.
2. Give each child a paper bowl. Assist the children in selecting and placing the ingredients for their individual salads in their bowls.
4. Combine blackberries, vinegar, honey, salt and pepper in a blender.
5. Blend until well combined. With the blender running on low, slowly drizzle in olive oil.
6. Complete blending. Give each student a portion of dressing to try on their salad.



Muncha! Muncha! Muncha! is a playful tale about bunnies in a garden. After reading the book, take students to the garden and ask them to imagine they are bunnies hopping about the garden, searching for food. Show children how hop with feet shoulder width apart, bending at the knees slightly and hopping as high as they can. Have children keep their hands up in front of their chest to truly look like a bunny. While hopping like rabbits, play follow the leader. See who can wiggle their nose like a rabbit for extra fun.