



# THIS WEEK IN THE GARDEN @ PRESCHOOL

get Local @school

Second Week of December

Get Local @ School Product of the Month = Apples

## What's Growing?



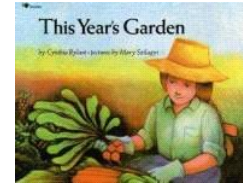
Don't let the cold weather keep you from enjoying your school garden. Several veggies are cold hardy and will live all winter. Spinach is tasty even through snowy days and cold temperatures and can be picked little by little every week. Early winter is also a good time for planting blueberry plants, shrubs, and fruit trees. For more information about the best way to care for your plants during the winter, consult your local cooperative extension office's master gardener.

Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

## Activities

- ◆ Make some old-fashioned pine cone tree ornaments! While exploring outside gather various sized pine cones. Then roll the pine cone in liquid glue. Then fill a shallow container with glitter, confetti and or beads. Roll the pine cone in beads. When it dries, tie a string around the top of the cone and display on a try outside or even inside on your home Christmas tree.

## Farm to School Book of the Week



As the seasons change, so do the garden tasks for Uncle Dean, Granny, and Uncle Joe. Winter is a time

for planning next year's garden, spring is for planting, and summer and fall are for harvesting. Reflecting on a full year of maintaining a family garden, this story emphasizes the enthusiasm the family has during the winter for starting next year's garden.

## Energizer!

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

Lead children in the following song, and motions:

Climbing up the apple tree,  
(*climb in place*)  
Swinging on a limb  
(*pretend to swing with arms above head*)  
If I hear a robin, I may  
(*cup hand over ear*)  
Sing along with him! (*whistle*)  
'And Robin, if you fly away, (*waving*)  
Here's what I think I'll do  
(*Point with one finger*)  
I'll wish a pair of sparrow wings  
(*flap arms*)  
And fly away with you  
(*pretend to fly*)

## Steps

### Get Local recipe: Warm Apple Punch

Ingredients:

- 1 gallon (4qt) Apple Cider
- Orange slices
- 2-4 cinnamon sticks



1. Place all ingredients in large saucepan
2. Cook on low heat 20 minutes or until heated through, stirring occasionally (Do NOT boil)
3. Remove cinnamon sticks and serve warm
4. Enjoy!