

**First Week of February**

**Get Local @ School Product of the Month = Apples**

## What's Growing?



With the spring gardening season right around the corner, now is a great time to start planning your garden and ordering seeds. Then, as a class, explore seed catalogues and decide what you want to plant. Consider taking advantage of ASAP's collection of seeds from Sow True Seeds, a local garden supply company. Contact ASAP for more information about seed availability.

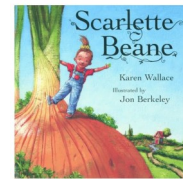
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

## Activities

- ◆ Tell students about plants that grow well in the spring (spinach, lettuce, sugar snap peas, carrots, radishes). Bring in one or two spring vegetables for them to taste.
- ◆ After a visit to the garden, draw a map of what you would like to grow as a class. What seeds will you plant and where? Glue pictures of each veggie on the map where you plan to plant them.
- ◆ Even in the winter, we can find lots of seed pods and different kinds of seeds in the garden. Go on a seed hunt in the garden or school yard. Can you find any seeds that belong to trees?

## Farm to School Book of the Week

Scarlette Beane  
Karen Wallace



On Scarlette Beane's fifth birthday, her grandfather gives her a garden to grow all on her own. Her veggies grow so big it takes the whole town to help harvest them and make soup. Then one night, she plants magic seeds that grow into a vegetable castle! This book is all about the wonderful things children can accomplish and the joys gardening brings to a community.

## Energizers

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

### *One Body Part Dance*

Explain to your students that you'll turn on music and then call out a body part. Direct the children to only wiggle, shake, or "dance" just that one body part. Turn on lively music and start calling out a body parts (hands, head, feet, elbows, back, arms, legs). Let the children move just the one body part for at least 15 seconds. Then have the children dance by moving everything EXCEPT the body part you call out. Finish by dancing with the whole body!

## Get Local recipe:

### Local Apple Parfait

- 4 local green apples, chopped
- 1/4 cup granola
- 1/4 cup dried cranberries
- 1/4 cup chopped dried cherries
- 1 (8 oz) container vanilla yogurt



## Steps

1. Cover the bottom of a clear plastic or glass cup with chopped apples.
2. Sprinkle a small amount of granola, cranberries, and dried cherries on top.
3. Spoon a small amount of yogurt on top.
4. Cover yogurt with chopped apples, then add a layer of granola, dried fruit, and sunflower seeds.
5. Repeat layering until you use all ingredients or fill your cup.
6. Enjoy!