

Second Week of February

Get Local @ School Product of the Month = Apples

What's Growing?



Worms are a gardener's best friend. They aerate the soil and break down nutrients to help keep it healthy. Some farmers even use worm castings, digested worm material, to provide extra nutrition to their crops. This process is called vermicomposting. For more information on how to incorporate vermicomposting into your gardening strategy, consult your local extension agents or these resources:

www.kidsgardening.org
www.gardeningwithkids.org

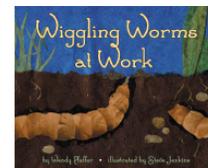
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

Activities

- ◆ Give each student one worm. Ask the students to examine their worms. Can they tell which end is which? How does the worm feel? Ask them to measure the worm's length. Make sure not to squish them!
- ◆ In the garden, ask students to dig for worms. Is the soil cold or warm? Dry or wet? How do worms stay warm in the winter?
- ◆ Make a worm note holder by gluing a magnet to one side of a clothespin and small pom-poms and eyes to the other. For more worm crafts, visit: www.kidactivities.net

Farm to School Book of the Week

Wiggling Worms at Work
Wendy Pfeffer



Worms wiggle all over the garden, tunneling through the dirt, helping plants to grow strong and

healthy. This book is all about the life of a worm, from what it eats to the way it moves to the benefits it has for your garden. Students will be interested to study their slimy playground pals, and will learn that worms are actually very helpful to farmers and gardeners.

Energizer

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

Get Local recipe: Apple Winter Squash Bake

Ingredients

- 1 local winter squash, whole (acorn, butternut, buttercup, delicata)
- 3 or 4 local apples
- 1/2 cup walnuts, chopped
- Maple syrup to taste (a good glug)
- 1/2 teaspoon cinnamon
- 1/2 cup apple cider
- Cranberries, a handful

Steps

Preheat oven to 375 degrees.

Cube squash and apples.

Place squash in baking dish with a good glug of maple syrup, cinnamon, walnuts, a sprinkling of cranberries, and apple cider.

Bake until squash is almost fork tender, add apples. Bake until apples are tender.



Worm Wiggle

Worms move by contracting their bodies. The result is wiggling and riggling movements. Ask your students to wiggle and wriggle like worms on the floor with their arms "glued" to their sides and their legs pressed together. Can they move across the room without using their hands, legs, or feet?