

**Third Week of February**

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

## What's Growing?



Worms are exceptionally helpful to gardeners, but they can also be valuable to teachers. Easy to keep in the classroom and observe, worms can be perfect subjects for habitat and life cycle studies, as well as extended gardening projects. Students love learning worm facts like how they breathe (through their skin!), what they eat (dried leaves and soil!), and how they hear (with their whole bodies—they don't have ears!). Studying worms is a great way to get your students excited about learning.

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

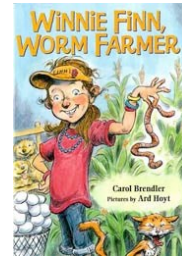
## Activities

- ◆ As a class, make your own worm habitats. Layer soil and sand in a 2:1 ratio in large jars or gallon jugs. Add a layer of dead leaves on top, moisten the mixture with a small amount of water, and add 5 or 6 worms. Cover with a perforated lid and place the jar in a cool, shady spot. Monitor the worms' activity over the next several days as they till the soil.
- ◆ Make a class word wall about worms based on class research and observations.
- ◆ Make a class word-web about worms and all of the ways they benefit the garden.

## Farm to School Book of the Week

Winnie Finn, Worm Farmer  
*Carol Brendler*

Winnie Finn loves worms so much she wants to win a prize for them at the state fair. Sadly, there is no trophy for worms. Winnie gets clever and, using her worms, helps three friends win first prize at the fair instead. This story describes the variety of ways worms can be helpful to gardeners and shows the benefits of solving problems creatively.



## Engerizer

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

### *Dig, dig, dig!*

Lead your students in singing the song below while dancing and making digging motions.

"Dig, dig, dig in the dirt. I like to dig, dig, dig in the dirt. When the sun is in the sky and the bees go buzzin' by -- I like to dig, dig, dig in the dirt. I like to dig, dig, dig in the dirt."

## Get Local recipe: Apple Salad Dressing

2 sweet apples  
4 Tbsp. apple cider  
1 Tbsp apple cider vinegar  
1 tsp lemon juice  
1 tsp. Dijon mustard  
1/4 tsp. garlic powder (optional)  
1/3 cup olive oil



## Steps

1. Cut apples into small chunks.
2. Place 1 cup apple chunks and all other ingredients in blender and puree until smooth.
3. Pour over chopped salad greens like spinach and toss to coat with dressing.
4. Add the rest of the apple chunks and enjoy!

Find more kids' recipes at <http://growing-minds.org/recipesforkids.php>