

Fourth Week of February

Get Local @ School Product of the Month = Apples

What's Growing?



The weather is too cold to plant a lot outside yet, but don't let that stop you from getting a head start. Use plans you made as a class and the seeds you ordered to begin the growing process. Start spring veggies like beets and kale in small containers to transfer to the garden in March. Check on the seedlings daily and water them when they feel dry. The warmth of your classroom will help the seeds germinate. During warm days, put the plants outside for several hours to give them extra light and get them ready to live outdoors.

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

Activities

- ◆ Show students several different seeds and ask them to draw pictures of the plant they think will grow from each. As the plants begin to grow, students can compare their illustrations to the real thing.
- ◆ Gather lots of different types and sizes of seeds, from avocado to peach to pea, to orange to sunflower seeds. Give your students the opportunity to touch and look at the seeds. Prompt them to guess and dream about the plants that grow from each of the seeds.

**Farm to School
Book of the Week**

The Tiny Seed
Eric Carle



In autumn, the wind blows a tiny seed off of a flower, and the seed embarks on a long journey. Avoiding the hot sun and deep ocean, the tiny seed lands on the ground

and grows into an enormous flower. Eventually, it sends its own seeds away. Eric Carle's magnificent collages and inspiring message of perseverance teach a valuable lesson about the life of a seed.

Energizer

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

**Get Local recipe:
Crockpot Applesauce**

10 local apples, peeled, cored & cut into small chunks
3/4 cup water
1 tsp cinnamon
1 tbsp local honey



Steps

1. Peel, core, and cut apples into small chunks.
2. Put apples, water, and cinnamon into the crockpot, which should be about 3/4 full.
3. Cover and cook on high for about 3 to 4 hours.
4. Add honey and stir.
5. Cool and enjoy!

Talk to your students about the ways seeds get from one place to another. Tell the children to imagine they are a seed sitting still. Play the sound of the wind (or make the sound) and prompt them to gently fly through the room as if they were being carried by a breeze. Increase the volume and have them fly faster, decrease and then stop the volume and ask them to return to the floor in sitting position when the wind sound stops.