

First Week of January

Get Local @ School Product of the Month = Apples

What's Growing?

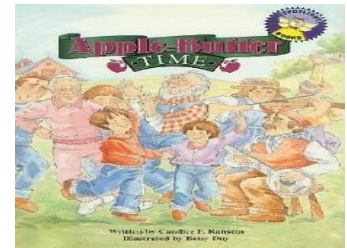


Although winter is in full swing, local foods are still available at grocery stores, local farms, and winter tailgate markets. The new year brings a fresh start in the garden. During these winter months, help students understand what a year means to a gardener by explaining what happens month-by-month in the garden. Making connections between seasonal changes and farm activities helps students understand the cycles of seasons in the garden and in their own lives.

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

Farm to School
Book of the Week

Apple Butter Time
Candice Ransom



Jonathan's grandparents own an apple orchard in the mountains. Every fall the whole family gets together for an old-fashioned apple butter making party, and Jonathan learns about his family traditions.

Activities

- ◆ After reading a book about apples, eat an apple to the core. Then split it in half to show children the star in the center. Ask them where else they might have seen this shape.
- ◆ Compare different colored apples and let children try the different varieties available. Then using their senses, ask students to identify the differences of each color or type of apple.
- ◆ Let children experiment with apples. On one plate leave half an apple exposed to air and on the other plate sprinkle lemon juice. Leave it for 30 minutes and let them go back and see what happened.

Energizers

Pass the Apple

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

Get Local recipe:

Waldorf Salad

- 4 Cups shredded iceberg lettuce, optional
- 2 red apples, diced
- 1 Tablespoon lemon juice
- ¼ Cup grapes, halved
- ½ Cup walnuts, chopped
- 2 stalks celery, sliced
- ½ Cup Plain yogurt, optional



Steps

1. If using lettuce shred and place in bowl. Set aside.
2. Let adults cut apples and cover in lemon juice to prevent enzymatic browning.
3. Add grapes, celery, and walnuts to apples and stir together.
4. Mix in yogurt.
5. Serve as is or mixed with lettuce.
6. Enjoy!

Try a game of pass the apple instead of hot potato. Explain to children that you will turn on the music and they should begin to pass the apple around the circle. But when the music stops whomever holds the apple is out of the game until the next round!