

Second Week of January

Get Local @ School Product of the Month = Apples

What's Growing?



Many root crops can be grown in the fall and left in the garden to harvest in November, December, and January. Carrots, beets, and rutabaga are traditional storage vegetables that will withstand many frosts. Consider sowing these vegetables in your garden in the late summer or early fall for harvesting all winter. Apples, potatoes, and winter squash are also crops that store well. Look for these local foods in grocery stores and restaurants in your community. You can harvest and eat local all winter long!

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

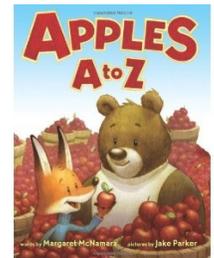
Activities

- ♦ Take a field trip to an apple orchard! Children love seeing where their food comes from. If you know of an orchard or even a neighbor with an apple tree try an visit during apple season.
- ♦ Root veggie collage! Cut out shapes of carrots, beets, squash, apples and even potatoes and let children create pictures out of the shape. This is a great way to learn veggie names and even better way to learn colors!

Farm to School Book of the Week

Apples A to Z
Margaret McNamara

Packed with loads of information about apples and how they grow, this book takes readers on an alphabetical journey through the apple orchard to the kitchen and includes a recipe for homemade applesauce!



Energizers

Apple, Apple, Squash

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

Get Local recipe:

Apple Smiles

- 1 bag apples
- 1 cut lemon juice
- 1 container Peanut Butter, almond butter or Cream Cheese
- 1 container yogurt covered almonds



Steps

1. Cut apples into slices and sprinkle with lemon juice. Set aside. (These are the lips)
2. Have child spread peanut butter or cream cheese on their apple slices.
3. Place almonds or mini marshmallows on top of the peanut butter (these are the teeth) and top with another apple slice.
4. Enjoy!

Play a round of apple, apple, squash! A version of duck duck goose but with non-starchy vegetables instead of protein. Children will sit in a circle except for the person who is the squash. The child who is it will go around the circle patting heads and saying "apple" until a new child is designated as the "squash." The new squash then has to try to tag the child who is it before returning to the open spot in the circle. This is a great way to bring up body heat temperatures when trying to get outside on a cold winter day.