

Fourth Week of January

Get Local @ School Product of the Month = Apples

What's Growing?



Winter is a great time to encourage your students to be garden investigators. What signs of animal or insect life can they see in the garden? Do they spot any tracks? What do they imagine animals are doing in the garden this time of year? Use the winter snow and the cold weather to discuss animal habitat and uncover action happening in the garden during winter months. Come back inside to the warmth of the classroom and engage students in making a big pot of delicious apple sauce.

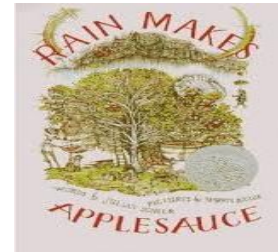
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

Activities

- ♦ Try some Veggie Stamping! Cut an apple in many different ways. Using several different colors of washable paint, let the children make pictures out of the stamped apples.
- ♦ Show students different animal tracks and let them try to match which animals they belong to. Have them draw flip books along the way that they can take home to show their parents. This is a good way to review letters and spelling.
- ♦ Make a garden birdfeeder. There are lots of easy designs online, or simply have students sprinkle seed on a rock where students can observe. Have them make a log of what they see visiting and signs such as tracks,

Farm to School Book of the Week

Rain Makes Applesauce
Julian Scheer



The wind might not blow backwards, but rain really does make applesauce!

This beautifully illustrated book pairs imaginative statements ("silly talk") with the reoccurring statement that rain makes applesauce. Children will love watching the transformation of the apple tree seedling as it becomes applesauce on each page.

Energizers *Copy the Farmer*

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

Farmers get lots of exercise and to prove it have children copy some of the motions that farmers have to do. For instance, have children "stretch" to pick up apples and "crouch" to put them in the bucket. Then again "stretch" picking the apples and "crouch" putting them in the bucket. Then have them pick some carrots by pulling them up up out of the ground.

Get Local recipe:

Crock Pot Chunky Applesauce

6 medium apples
1/3 Cup water
1/2 Cup sugar
3/4 teaspoon cinnamon



Steps

1. Have an adult peel and cut apples in chunks.
2. Place in crock pot.
3. Children can add water, sugar and cinnamon to apples and stir together.
4. Cover and cook on low for 8 hours.
5. Enjoy!