



THIS WEEK IN THE GARDEN @ PRESCHOOL



First Week of June

Get Local @ School Product of the Month =

Summer Squash

What's Growing?



With a little care, zucchini can produce a bumper crop from very few plants. They take well to the sunny days in the mountains of Western North Carolina. The bright yellow flowers of the plant are also edible. The longest zucchini ever grown was over 7 feet long, in Ontario, Canada!

Keep an eye on these crops as they can grow very quickly. To harvest, snip them about an inch above the gourd when they are 4-6 inches long and tender.

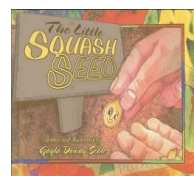
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:
www.growing-minds.org

Activities

- ◆ **Squash stamps:** Slice yellow squash, zucchini and pattypan into fun shapes (pattypan make easy moons and flowers!). Let children dip the shapes in watercolor paint and stamp scenes and designs.
- ◆ In small groups, give children a crookneck squash with cut duck feet cut out of the bottom of another squash to make a duck centerpiece. Have each group make up a story about the duck's name and how it got to the table, and display the duck centerpiece at the next snack or mealtime.
- ◆ **Use your senses:** Has anyone in the class ever eaten a flower? Have each student take a zucchini blossom, smell it, feel it with fingers and tongue, and taste it. What is the texture, smell and taste? Is it like anything else the students have ever tried? What does it remind them of?

Farm to School Book of the Week

The Little Squash Seed
Gayla Scale



How can a little dried seed grow into a beautifully colored, delicious vegetable? Follow the story of growth

with a grandfather and his young grandchildren as they garden and watch their crop change and transform.

Energizers!

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

Farm to Table Zucchini Game

The Little Squash Seed follows a vegetable from seed to vegetable. Near the garden beds, have students pretend they are a growing squash seed. Start in a small ball, very slowly unfurling, crouching, standing. Arms and legs widen as the squash grows bigger, then jump up to be picked! Choose a route around the garden that represents the road the farmer's truck takes to the farmstand. Have children run the route to the farmstand, then choose a different route from the farmstand to home—students run this route too.

Finally, Students arrive at the table and stop.

Get Local Recipe:

Zucchini Ribbons with Pesto Steps

Serves 20 children

Prep Time: 15 minutes

Ingredients

3/4 cup fresh pesto

2 tablespoons lemon juice

1/3 cup olive oil

1 clove garlic, minced

1/4 teaspoon salt

2 pounds medium, narrow zucchini, rinsed and trimmed (about 6 medium local zucchini)



1. Place pesto, lemon juice, olive oil, garlic and salt in a large mixing bowl.
2. Peel the zucchini along its whole length with a vegetable peeler, or slice very thinly with a knife or mandolin, into ribbons.
3. Place the zucchini in the dressing-coated bowl and toss gently with a spoon or gloved hands to coat evenly. Serve at room temperature.