

**First Week of March**

**Get Local @ School Product of the Month = Greens**

**What's Growing?**



Early spring is an exciting time in the garden. The dormant soil is awakening and insects and organisms are becoming active again. Seeds are germinating and beginning to grow. Spring bulbs are showing their colors. The weather is changing every day, making March a dynamic time to record daily temperatures, cloud cover, rain fall, and wind speed in the garden. With so much changing each week, this is an important time to visit the garden frequently.

Visit the Growing Minds website for more ways to connect Farm to School with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

**Activities**

- ◆ Brainstorm spring garden activities with students. Look over the list and ask students to come up with rules we should follow to keep the garden and kids safe. Are there any rules that are more important than others? Write the list of class' final garden rules.
- ◆ Give students five words that are easy to rhyme with, such as hat or toe. Take students to the garden and ask them to identify things in the garden or actions happening there that rhyme with the words. Students should work in groups to record their rhyming words.

**Farm to School  
Book of the Week**

A Harvest of Color  
*Melanie Eclare*



Sophie and her friends work together to grow a neighborhood vegetable garden. From zucchini to potatoes to carrots, the kids grow it all. Page by page, vegetable by vegetable A Harvest of Color gives great gardening advice in the voice of the children, and offers hints that are helpful to any gardener, old or young. You'll love the book's photographs of Sophie and her friends gardening.

**Energizers!**

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

*Take a Hike!*

Gather the children, and walk through the spring "soon-to-be" garden. Ask them to identify which plants they will grow, what animals they will see, and what types of other plants will grow. Then, have them "practice" planting the garden using their invisible tools. Get creative, and ask them to come up with their own tool to use, then have them demonstrate it to the class.

**Get Local recipe:**

**Green and Orange Harvest Salad**

**Dressing**

- 1/2 cup orange juice
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 teaspoon local honey

**Salad**

- 3/4 lb local spinach
- 2 heads local lettuce
- 3 local carrots, peeled and sliced
- 2 oranges, peeled and sliced

*Serves 6 adults with dinner or 20 children for snack.*

**Steps**

1. Combine the first 4 ingredients in a jar and shake until honey is dissolved.
2. Wash and drain the greens, put them in a salad bowl. Add the carrot and orange slices and toss.
3. Pour on the dressing and toss the salad once more.
4. Enjoy!

