

Second Week of March

Get Local @ School Product of the Month = Greens

What's Growing?



Pick up a handful of spring soil from your garden, and you'll find that it's moist and cool. Add amendments like compost or Nature's Helper and the garden soil will be ready for planting. In raised beds, you can gently mix amendments into the soil by turning it with a shovel or pitch fork. Consider using a tiller to work amendments into rows or new ground. Involve students in preparing the soil for planting and include lessons on plant needs and soil composition.

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

Activities

- ◆ Take students to the garden and fill several jars halfway with soil. Add water nearly to the top of the jars. Put the lids on tightly. Shake the jars vigorously for a half a minute. Let the jars stand until the dirt and water settle. Observe the layers in the jars. How many layers are there? Which layer is made of the biggest particles? Which is made of the smallest? Can the students guess why?
- ◆ Using a thermometer, record the temperature of the soil in the garden. Measure the temperature at 1 inch deep, 2 inches deep, and 6 inches deep. What difference do the students note? Why do they think the temperature changes with depth?

Farm to School
Book of the Week

A Handful of Dirt
Raymond Bial



Soil is everywhere, and everything comes from soil! A Handful of Dirt gives

students an in-depth look at how soil is formed, what it's made of, and why it is important to all life—from microorganisms to worms to rabbits. Learn about the different jobs of microscopic creatures in the soil and discover hidden activity that's always happening just below our feet.

Energizers!

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

Get Local recipe:
Spinach Orzo Salad

- 1 16 oz package uncooked orzo pasta (or other pasta)
- 1 lb local spinach, chopped or torn
- 1/2 lb crumbled feta cheese or Parmesan cheese
- 1 small red onion, chopped
- 1/2 teaspoon fresh or dried basil
- 1/4 teaspoon pepper
- 1/2 cup olive oil
- 1/2 cup balsamic vinegar

Steps

1. Bring a large pot of lightly salted water to a boil. Add orzo and cook for 8-10 min. Drain and rinse with cold water.
2. Transfer to a bowl and stir in spinach, feta, onion, basil and pepper.
3. Toss with olive oil and balsamic vinegar. Serve cold. *Enough for 20 students to taste.*



A Bug's Life

If you were a bug in the garden soil what would you look like? How would you move? Ask the children these questions before playing the game. Ask everyone to come up with a garden bug. Then, have everyone play in the pretend garden! Ask them: What would you eat? What other bugs would you run into?