

Fourth Week of March

Get Local @ School Product of the Month = Greens

What's Growing?



March is a great time to begin planting seeds in the garden! Talk with your students about the many vegetables that grow well in the spring—from root crops like **carrots, radishes, turnips and beets** to leafy greens like **lettuce and spinach** to the sweetest spring vegetable, **sugar snap peas**. Give them tastes of the vegetables and consider cooking with the veggies in the classroom. Guide the students in choosing which vegetables they would like to plant in their garden.

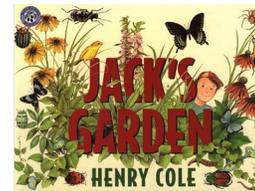
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

Activities

- ♦ Make a dibble (garden measuring tool). Give students a popsicle stick, ruler, and a marker. Ask them to measure one inch up the stick from the bottom and make a mark. Make another mark at two inches and three inches. Students can use the sticks in the garden to plant seeds at the correct depth.
- ♦ Take students out the garden and guide them in planting two rows of seeds. Look at the seed packets to determine spacing for the seeds. Older students can measure the correct spacing. Guide them in sprinkling a bit of baking flour in every spot where a seed needs to be planted.

Farm to School
Book of the Week

Jack's Garden
Henry Cole



Jack starts a garden from scratch in his backyard. We explore

the garden with Jack week by week and discover that it is made up of much more than flowers! Flowers grow out of the nutritious garden soil, which in turn feed nectar-loving insects and birds. This book is a miniature field guide for naturalists of all ages.

Energizers!

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

Ground or Tree?

Make a list of fruits and vegetables that grow from the ground (carrots, cabbage, spinach, etc.) and those that grow on trees (avocados, apples). Line children in a circle, and shout out a fruit or vegetable. If it comes from the ground, have children get on the ground and pick as many of the called fruit or vegetable as possible. If it comes from a tree, have the children jump as high as they can and collect as many of the fruit or vegetable as possible. Speed up the game as it goes on.

Get Local recipe:
Kale and Potato Hash

- 1/2 large bunch local kale, leaves torn
- 1 small onion, minced
- salt
- Pepper
- 2 cups shredded local potatoes (see step 1)
- 3 table-spoons olive oil



Steps

1. Boil potatoes until just tender. Let cool, then shred.
2. Cook kale in skillet with a splash of water until wilted, about 3 minutes. Drain.
3. Mix onion, pepper, salt, kale & potatoes in a bowl.
4. Heat oil in skillet over medium heat. Add kale mixture, and cook in an even layer, stirring occasionally, until potatoes are golden-brown, 12-15 minutes.