

First Week of May

What's Growing?

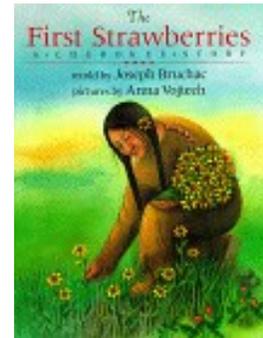


May 10th, the last frost date for WNC is fast approaching. With this year's warm spring, vegetables are growing rapidly in the garden. Even so, our variable mountain climate could still have a frost in store for us in the next couple of weeks. If there is a frost expected, don't panic. Many vegetables you've planted in the garden, such as lettuce, collards, beets, and carrots are all cold hardy. If you've planted summer crops, such as tomatoes or peppers, be sure to cover them with a sheet or row cover at night and uncover them during the day.

Get Local @ School Product of the Month = Strawberries

Visit the Growing Minds website for resources including lesson plans, printable recipes to send home and more! www.growing-minds.org

**Farm to School
Book of the Week**
The First Strawberries



by Joseph Bruchac

This beautifully illustrated story tells the Cherokee origin legend of strawberries. Page by page, the fable unfolds with an easy to follow storyline and important accompanying moral—that friendship and respect are as sweet as the taste of ripe, red berries.

Activities

- In the garden, guide students in measuring different objects with non-standard measuring tools, like their hands. How many hands long is the garden bed? How many hands tall is their lettuce? Can they also measure objects with the width of their fingers?
- ♦ Plant a salad for Mothers' Day! Fill terra cotta pots with potting soil. Sprinkle lettuce seeds in the pot, and cover with a thin layer of soil. Water lightly everyday. Personalize the pots by painting them and make special plant markers attached to Popsicle sticks.

Get Local recipe:

**Strawberry Sandwiches
with Cream Cheese**

Ingredients

Each sandwich:

- 1 tablespoon cream cheese
- 1/4 teaspoon honey
- 1 slice whole-wheat bread, toasted
- 2 local strawberries, sliced

Serves 1 child.

Steps

1. Combine cream cheese and honey in a bowl.
2. Cut bread in half and spread cheese mixture on one piece.
3. Place sliced strawberries on the other piece of bread, top with the cream cheese bread.



Energizers!

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

Shadow Stretches: Take your students out to the garden on a sunny day in the morning or in the afternoon. During these times, shadows are at their longest. Ask students to make their shadows as big as they can be by lifting their arms above their heads and stretching up to the sky. Now ask them to make their shadows as small as they can be by crouching down to the ground. Can they make their shadows hop? Can their shadows fly?