

## Second Week of May

## Get Local @ School Product of the Month = Strawberries

### What's Growing?



Now is the time to start thinking about growing pumpkins and gourds in the garden for harvest in the fall. Before students leave for summer break, sow winter squash, pumpkin, and gourd seeds. Squash needs lots of space to grow- they will spread about six feet in all directions- so give them plenty of room. Water them regularly until the plants are well established, and they should be ready for harvest in the fall.

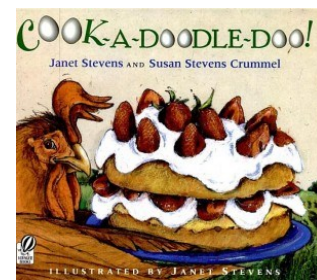
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

### Activities

- ♦ Mud Painting! (outside activity)  
Give each child a large piece of paper and have them finger paint with mud! Can they find multiple colors of mud? Have them make imprints with different leaves!
- ♦ Go on a shapes walk. How many different shapes can you find?
- ♦ Find something edible in the garden. Give each student a piece of the fruit or vegetable. Ask them to examine, taste and chew it slowly. Make a chart with headings of tastes, looks, feels, and smells and fill it in as a class.

### Farm to School Book of the Week

*Cook-a-doodle-do*  
by Janet Stevens



The big, brown rooster wants to make a strawberry shortcake, so he en-

lists the help of his friends, Turtle, Iguana, and Pig. Together they learn to cook and try to make a delicious treat. This book contains lots of cooking tips and information and is a great introduction to cooking for a child.

### Energizers!

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

Crawl like a spider activity:  
Inside or out in the garden, ask the children pretend to be a spider: Show them how to walk on their hands and feet with their legs fully extended. Once they feel comfortable walking in this manner, ask if they can "run". Next, ask if anyone can lift one arm and keep the other feet and hand on the ground? Can they lift one leg?

### Get Local recipe: Spinach Strawberry Salad

#### Ingredients

2 Tbsp. honey  
1/3 cup olive oil  
Dash cinnamon  
3 Tbsp. lemon juice  
1 tsp. Dijon mustard  
1/8 tsp. salt  
8 cups baby spinach leaves  
2 cups sliced strawberries

*Makes about 6 full salads, or enough for a class of 20 students to try.*

#### Steps

1. Combine the first 6 ingredients in a jar and shake until honey is dissolved.
2. Wash and drain the greens, put them in a salad bowl. Add the strawberries and toss gently.
3. Pour on the dressing and toss the salad once more.
4. Enjoy!

