

Third Week of May

Get Local @ School Product of the Month = Strawberries

What's Growing?



During the summer, your garden will need someone to check on it once a week to see if it needs water, weeding, and harvesting. Ask parents to sign up to take kids to the garden to see what's growing and what needs to be done. Tomato, summer squash, bean and okra plants produce a ton of veggies overnight and can be labor intensive to keep up with. Winter squash, eggplants, and peppers are all great to plant before students leave for summer vacation and should be ready to harvest in August.

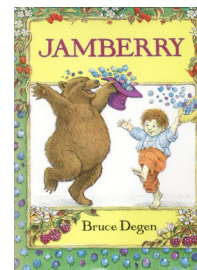
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

Activities

- ◆ Leaf rubbings: Have children find unique textures in the garden and make a rubbing using the side of a crayon. How many different leaves from different trees and plants can they find? What differences do they see?
- ◆ Vegetable mystery bag: Put vegetables in a brown paper bag and have the students feel the vegetables and make guesses as to what they are. Show them what they are afterwards and do a taste test of some of them! Ideas for different textured vegetables include cucumber, lettuce, radishes, broccoli, and potatoes.

Farm to School Book of the Week

Jamberry
by Bruce Degen



Take your students on a rollicking ramble through the berry brambles! A ton of fun to read aloud, *Jamberry* features a boy and a friendly bear joyously romping through a fantastic berry world and introduces a wide variety of berries that grow in our region. Read this books before a snack of local berries.

Energizers!

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

Stride Like a Giant activity:

Take steps like the giants in the Jack and the Beanstalk fairy tale!

Also known as walking lunges, a popular exercise for adults, this activity really works the hamstrings and gluts. Position your hands on your hips and bend your knees as you take a giant step forward. For each step, bring the next foot forward with the knees bent.

Have children play tag, but instead of running, players lunge as they try not to get caught (No running allowed - only lunging!)

Berry Good Summer Smoothie

1 banana
1 cup local strawberries (or any berries you have)
½ cup milk (or soymilk)
½ cup yogurt
1 cup of spinach (or kale or swiss chard)



Steps

1. Peel the banana.
2. Wash and cut off the tops of the strawberries.
3. Wash the spinach.
4. Put fruit and spinach into the blender with milk and yogurt. Whirl away until smooth.
5. Pour into tall glass and sip in the sunshine.