



# THIS WEEK IN THE GARDEN @ PRESCHOOL



First Week of October

Get Local @ School Product of the Month = Cabbage

## What's Growing?



Cabbage grows well in cooler climates and in cool times of the year (fall and spring). It stores well for long periods, which historically made it a popular vegetable to grow and eat in the mountains of Western North Carolina. Cabbage was also one of Abraham Lincoln's favorite vegetables. In 2010, North Carolina alone grew 5,000 acres of cabbage.

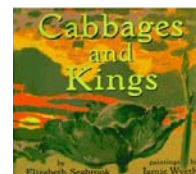
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

## Activities

- ◆ Give students samples of different cabbages (red, green, napa) to taste, explore, and vote on the class favorite and make a graph of the results.
- ◆ According to *The Giant Cabbage* by Cherie B. Stiller, the largest cabbage grown weighed over 100 pounds! That's a lot of cabbage leaves! Bring in several different sized cabbages. Pass the around and ask your students to guess their weight. Weigh the cabbages and see how close the students came to the correct weight. Let the children take apart the cabbages and "cook" with them at their play kitchen station.
- ◆ Use your senses: Go outside in your garden during the morning and ask students to tell you what they notice with each of their five senses. Then, repeat this exercise in the afternoon and encourage them to make comparisons between the different times of day.

## Farm to School Book of the Week

*Cabbages and Kings*  
Elizabeth Seabrook



It's the first day of spring and Albert, a young asparagus, notices his new neighbor...a

cabbage named Herman. At first Albert and Herman are nervous because of their differences, but as time goes on they become friends and realize that they have more in common than they originally thought.

## Energizers!

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

### As If Activity

For this activity, the teacher reads a sentence to class and asks them to act out each sentence for 20-30 sec.

1. Stretch up as if you were a flower reaching for the sun.
2. Hop forward as if were a rabbit stuck in the mud.
3. March as if your were an ant carrying heavy food back to your colony.
4. Fly as if you were a bee searching for nectar.
5. Bend and sway as if you were a plant in the wind.

## Get Local recipe:

### Apple Coleslaw

- 1 medium head of cabbage, shredded
- 2 small apples, grated
- 1/2 cup low-fat mayonnaise or plain yogurt
- 1/2 cup carrots, shredded
- 2 teaspoons fresh squeezed lemon juice
- Salt and pepper to taste

### Steps

1. Mix apples, carrots, and cabbage in a large bowl.
2. Add lemon juice and mayonnaise or yogurt.
3. Toss all ingredients until thoroughly mixed.

