



# THIS WEEK IN THE GARDEN @ PRESCHOOL



Third Week of October

Get Local @ School Product of the Month = Cabbage

## What's Growing?



Watch for frost in mid-October. While the official average first frost date for WNC is October 15th, gardens in northern counties or higher elevations can experience frost much sooner. To protect plants from frost, lay a sheet or agricultural row cover over your vulnerable veggies, like peppers and eggplant. Cold tolerant vegetables, like cabbage and spinach can survive light frosts and their flavor benefits from the cold. Frost may damage the tops of root veggies like carrots or beets, but their roots are still perfect for eating.

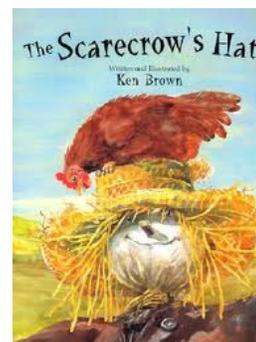
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

## Activities

- ♦ Guide students in making veggie print placemats. Give each child a piece of thick white paper. Put tempura paints in shallow containers and give the children different cut vegetables (cut up broccoli, bell peppers, corn, etc.) to dip into the paint. Guide the children in printing with the veggies on their paper. When they are completely dry, cover each paper with contact paper to create a placemat.
- ♦ Send a letter home to parents: Have students bring in old clothes, buttons, and hats and have the class make a scarecrow together. Then, use this scarecrow as garden or class decoration.

## Farm to School Book of the Week

*The Scarecrow's Hat*  
Ken Brown



The scarecrow has a hat that the chicken admires, and will gladly trade it to her for a walking stick. This begins the

quest to find items to trade among her farm friends that will make them all happy.

## Energizers!

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

### Duck Walk

Have the children squat down low and walk around their areas or outside like a duck.

Tell them to keep their knees bent and have their hands on their hips.

Quacking is optional but encouraged!

## Get Local recipe:

### Sesame Noodles

- 1 (8-ounce) package whole wheat spaghetti or other thin pasta
- 1/4 cup soy sauce
- 1/4 cup water
- 2 tablespoons peanut butter or (almond butter, if allergic)
- 1 tablespoon lemon juice
- 1 tablespoon sesame oil (optional)
- 1 medium sized local cabbage, shredded
- 3-4 medium carrots, shredded
- Salt and pepper to taste

## Steps

1. Bring water to a boil for the pasta. Cook and drain thoroughly.
2. In a small bowl, mix together soy sauce, lemon juice, peanut butter, water, and sesame oil.
3. In a large bowl, add pasta and shredded cabbage and carrots. Drizzle with sauce and mix thoroughly.

