



THIS WEEK IN THE GARDEN @ PRESCHOOL



Fourth Week of October

Get Local @ School Product of the Month = Cabbage

What's Growing?



Fall is a great time to visit local farms that offer apple and pumpkin picking, hayrides and corn mazes. Children can connect to local farmers through fun activities that highlight the season's best produce. For a wealth of information about fall farm field trips including how to organize one, and curriculum connections, visit the Growing Minds website:

growing-minds.org/farm-field-trips/

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

Activities

- ◆ Conduct a similar experiment to the one in *How Many Seeds in a Pumpkin?* Ask your students to compare their results to the ones Mr. Tiffin's class found.
- ◆ Ask students what else they could count by twos, fives or tens in the garden. The leaves on a plant? The plants in a row?
- ◆ Do pumpkins float? Ask children what their predictions are and chart them. Fill bucket with water and see if each pumpkin floats. Ask children why they think it floats (It floats because it is hollow inside and filled with air like a balloon). You can also test if other fruits or vegetables will float, be sure to ask the class what their predictions are before testing. Some fruits and vegetables to consider testing: apples, peppers, bananas, carrots, zucchini.

Farm to School Book of the Week

How Many Seeds in a Pumpkin?

Margaret McNamara
G. Brian Karas



Mr. Tiffin's class is on a mission to see how many seeds are in three different sized pumpkins. They pull out all the seeds and count by

twos, fives and tens to see which pumpkin has the most, and are surprised by what they discover. This book is a fun way to introduce kids to estimation and predictions; maybe they can guess too!

Energizers!

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

Help children learn to follow a beat by asking them to move along with it. Put on music with a strong beat, such as drumming music or rock and roll. Arrange the children in a circle or ask them to line up. There should be at least 2 feet of space between the children so they have room to move. Ask them to jump up and down along with the beat of the music. If they have room, let children jump around the room in line to the rhythm. You'll need to demonstrate or clap along with the beat at first so children can learn to hear it.

Get Local recipe:

Crunchy Burrito Surprise
Servings: 40 half burritos

- 10 small, soft tortilla shells
- 16 ounces shredded cheese
- 16 ounces black beans
- 1 local cabbage, shredded
- 1 bunch cilantro, chopped
- Half of one small tomato, diced

Steps

1. Heat beans in a saucepan on the stove top or chill for a cold burrito wrap.
 2. Place beans and cheese on the tortilla.
 3. Add cabbage, tomato, and cilantro.
 4. Roll the tortillas around the filling cut the burritos in half, one half for each child.
- Enjoy!



Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).

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