



THIS WEEK IN THE GARDEN @ PRESCHOOL



Second Week of September Get Local @ School Product of the Month = Cucumbers

What's Growing?



As plants mature they produce seeds. Whether it be lettuce that has bolted and is flowering, or weeds that have gotten very large, plants are “going to seed” throughout the garden. Historically, farmers have saved seeds. Many resources exist to help teachers and children save seeds for the next growing season. Seed Saver’s, an organization dedicated to promoting seed saving, offers many tips and how tos: www.seedsavers.org.

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

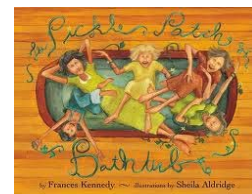
Activities

- ◆ **Taste test:** Do your students prefer cucumbers or pickles? Create a taste test and vote on the students’ favorite. Tally up the votes and make a pictograph illustrating the results.
- ◆ Cut a cucumber into slices and have the children count the number of slices while you are cutting. Give each child a slice and ask them to touch, smell, and look closely at their slice. Examine the seeds and describe what they see and feel. Have each child count how many seeds are in their slice.

Farm to School Book of the Week

The Pickle Patch Bathtub

By Frances Kennedy



Donna tries to bathe in the farmhouse wash-tub and realizes that her legs are too

long. She decides that she will grow pickling cucumbers to sell until she saves up enough money for a new bathtub. How many cucumbers will she have to grow and how long will it take for her to save what she needs?

Energizers!

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

Get Local recipe: Cucumber Short Stacks

Ingredients:
1-2 local cucumbers, chopped
1 local pepper chopped (optional)
1 local carrot, diced (optional)
4-5 slices of wheat bread
2 oz. (4 tablespoons) spreadable cream cheese or hummus

Tools: Cutting boards, sheet trays, cookie cutters, plastic knives, Plates and napkins, choppers

Steps

1. Lay the bread slices on trays.
2. Choose a cookie cutter and make a fun shape out of bread.
3. Spread about a tablespoon of cream cheese on top of the slice of bread.
4. Put pieces of cucumber, pepper, or carrot on top. Enjoy!

Follow the Wiggle!
Tell the students to follow the wiggle. When they see you wiggle a part of your body, they should wiggle that body part too. Wiggle your fingers and the students should wiggle their fingers. Next, wiggle your wrists. Then your arms, then your shoulders then your trunk, then your legs, until the students are wiggling their whole bodies. Then ask students to be the wiggle leader.