



# THIS WEEK IN THE GARDEN @ PRESCHOOL



Fourth Week of September

Get Local @ School Product of the Month = Cucumbers

## What's Growing?



With the school year now in full swing, it is a good time to get out in the garden. If you have not been involved in the past, connect with teachers who have used the garden as a teaching tool and see how your class can fit in. You can also find many helpful gardening resources online, including ASAP's Growing Minds website:

[www.growing-minds.org](http://www.growing-minds.org)

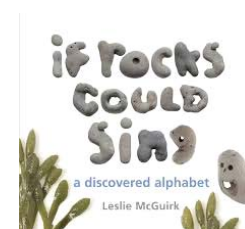
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

## Activities

- ◆ Take students to the garden or on a nature walk and ask them to each collect one or two rocks. Help students explore the rocks. Have the children wash them, dry them, measure them. Compare and contrast rocks or sort them by size/color/texture.
- ◆ Create a rock sensory bin in your classroom. Include different sizes, textures and shapes. Poke different sized holes in a few disposable plastic containers and have the children fit the rocks in the appropriate holes.
- ◆ Decorate rocks for the garden! Have each child paint a rock to place in the garden as row markers or dividers.

## Farm to School Book of the Week

*If Rocks Could Sing: A Discovered Alphabet*  
Leslie McGuirk



Living near a stretch of beach, Leslie McGuirk has built up an impressive collection of

rocks shaped as letters and objects. Using these unique rocks she takes readers through an imaginative alphabet book full of ghosts, noses, and so much more! (Great for ages 3-7!)

## Energizers!

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

## Get Local recipe:

Homemade Ranch and Cucumber Moons

- ◆ 1-2 cloves garlic
- ◆ ¼ cups local parsley, finely chopped
- ◆ 2 tablespoons local chives or green onion, finely chopped
- ◆ 1 cup mayonnaise
- ◆ ½ cup sour cream
- ◆ Laura Lynn milk (80% of Laura Lynn milk at Ingles comes from WNC dairy farms)
- ◆ Salt and pepper to taste

## Steps

1. Mince or press the garlic.
2. Add parsley and chives. Add other fresh herbs as you like.
3. In a bowl combine garlic mixture with sour cream and mayonnaise, tasting frequently and adjusting seasonings as needed.
4. Chill for a couple of hours before serving. Thin with milk if needed.
5. Slice local cucumbers into circles (moons) and serve with home-made dip.

## Make a Rock Path

Create a line through the garden or classroom with rocks, placed about a foot apart. Ask students to follow the rock path by hopping from rock to rock. After the students have completed the first path, make another with the rocks either further apart or closer together.