



farm to school an asap program





Go for a walk!

Which trees are budding? What colors are the flowers?

Read a book

about spring. Ex. And then it's Spring by Julie Fogliano.

Watch bees visit flowers,

then learn 5 facts about pollinators.

Visit a farm

to pick strawberries or see baby animals.

Sow fruit or veggie seeds

in your garden, or in pots to transplant later.

Mix compost

into garden beds to add nutrients to the soil.

Listen closely

to the sound of rain falling or birds singing for 5 minutes.

Measure the temperature of

the soil daily for 1 week. Graph the results.

Make a spring decoration

using natural materials.

Have a picnic

in your yard, schoolyard, or in the park.

Decorate eggs.

Try using onion skins, cabbage, or beets to make natural dyes.

Pull weeds

to help get a garden bed ready for spring planting.

Free space! Choose your

own spring activity.

Hang up a bird house

for birds to build a nest in.

Go outside in the early morning.

Do you see any signs of frost?

Make a smoothie

that includes at least 1 seasonal fruit or veggie.

Eat a seasonal fruit or veggie.

Try asparagus, spinach, peas, carrots, or radish.

Make garden markers

to label the plants in your garden.

Regrow your kitchen scraps.

Try celery, lettuce, or scallion bottoms, or tops of root veggies.

Write a poem

to celebrate **National** Poetry Month (April).

Plant

a tree, shrub, or flowers in your yard or schoolyard.

Finger paint with mud!

Use soil (try different types), water, and paper.

Visit a farmers market

and buy a food you've never tried.

Dig for earthworms

in the garden. How many can you find?

Scavenger hunt! How

many types of flowers can you find and name?