



This Month in the Garden: Nourishing Connection



Summer

Taste of Tennessee Products of the Month= Tomatoes and Beef

What's Growing?



Summer crops are coming in full swing in August. Tomatoes, squash, peppers, beans, cucumbers, herbs and more! If you don't have a garden at school, make sure to visit your local tailgate market to enjoy the summer bounty. For more information about markets in your area visit: www.buyappalachian.org.

Activities

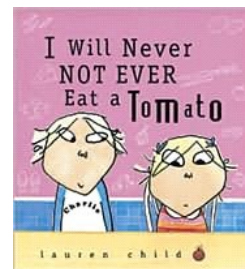
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum: www.growing-minds.org

- ◆ Relate to the Book of the Week: Have students create their own moonquitter recipe, or brainstorm ideas to help their families try new vegetables.
- ◆ Garden Scavenger Hunt: Create a garden scavenger hunt, having students search for colors, shapes, types of plants, insects or just something beautiful.
- ◆ Students sing garden songs or create a garden dance.
- ◆ Math in the garden: Have students calculate the area and perimeter of the garden. What could be planted given a particular spacing?

Farm to School Book of the Week

I Will Never Not Ever Eat a Tomato

By Lauren Child



Lola is a VERY picky eater, and she definitely will not ever eat a tomato. One night her brother

Charlie has to make Lola dinner and comes up with creative ways to get her to eat all the things she *thinks* she doesn't like.

Journal Topics

Take your students to the garden with their journals and encourage them to write on one of the following topics:

- What do you remember about the garden from last spring? What has changed over the summer?
- Create a recipe or meal featuring the things that are growing in the garden.
- Write a summer garden poem.
- Tell the story of "what I did this summer" from the perspective of a plant.

Get Local recipe:

Caprese Salad

- 2 medium local red tomatoes*
- 2 medium local yellow tomatoes*
- 3/4 cup diced mozzarella cheese
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh basil
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

* There are many wonderful varieties of heirloom tomatoes available right now. Consider using Mr. Stripes, Cherokee Purples, or other heirloom tomatoes for a more colorful salad!

Steps

1. Cut tomatoes into wedges
2. Combine tomatoes and mozzarella
3. Toss the tomatoes and mozzarella with the parsley, basil, salt and pepper.



Recipe adapted from EatingWell.com

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project). www.growing-minds.org

Nourishing Connection is a program of the Northwest Tennessee Local Food Network, www.nwtlnfn.org Facebook: @NWTNLFN