



# This Month in the Garden: Nourishing Connection



## Summer

### What's Growing?



While many plants thrive in the heat of August (eggplant, basil, peppers) others may begin to decline. August is time to plant cool season vegetables for the fall. Pull out dying or over-mature summer plants and weeds to begin preparing space for students to plant beets, carrots, radishes, lettuce, greens and cilantro.

*Pictured above: Basil*  
Basil is a great summer herb. There are many varieties from cinnamon basil to chocolate basil. Basil loves the heat of the summer.

## Taste of Tennessee Products of the Month= Tomatoes and Beef

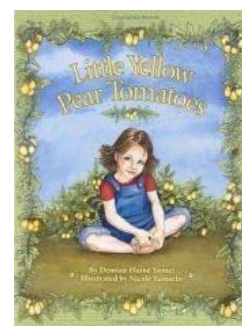
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

### Activities

- ◆ Parts of a plant: Work with students to create a list of all the parts of a plant that can be eaten and think of an examples of each! (e.g. stem: celery, leaf: lettuce) Highlight one plant part each day and ask the children to find as many examples as they can in the garden.
- ◆ Organize the children into pairs and give each pair a blindfold. Ask one person in each group to wear the blindfold. Their partner should carefully guide them through the garden. What new smells, sounds, textures, and tastes can they find? How does it change the experience of walk through the garden being blindfolded? After 5 minutes, swap roles.

### Farm to School Book of the Week

*Little Yellow Pear Tomatoes*  
By Demian Elaine Yumei



Everything we eat comes with a story. This book shares the stories, memories and feelings that live within each yellow pear

tomato that grows in a young girls garden. What stories grow within the food in your school garden?

### Energizers!

Encourage students to get active with these farm to school energizers!

### Get Local recipe:

#### Fresh Salsa

##### Ingredients:

- 1 green pepper
- 2 pounds ripe local tomatoes
- 1 medium onion
- 1 bunch cilantro
- 1 clove garlic (optional)
- salt and pepper to taste 1 teaspoon pepper

#### Steps

1. Remove seeds from green peppers.
2. Chop the green pepper and onion and place in a large bowl.
3. Dice the tomatoes, removing the stem and hard center and add to green pepper mixture.
4. Finely chop cilantro and garlic.
5. Mix all ingredients in your large bowl.
6. Add salt and pepper to taste.

Go out to the garden or playground and have the children to visually locate a tree. Ask them to hold the picture of the tree in their minds and close their eyes and imagine they've just become that tree. Prompt them to move like trees swaying in the wind, bending and shaking during a thunderstorm/hurricane, being weighted down with snow, or growing up from the ground (have children slowly rise from the squatting/tucked position low to the ground). Give them at least 15 seconds for each movement.

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).  
[www.growing-minds.org](http://www.growing-minds.org)

Nourishing Connection is a program of the Northwest Tennessee Local Food Network,  
[www.nwtlnfn.org](http://www.nwtlnfn.org) Facebook: @NWTNLFN