



# THIS WEEK IN THE GARDEN



## FALL

## Taste of Tennessee Product = Sweet Potatoes

### What's Growing?



Bulb-based plants use their bulbs to store food reserves when water and nutrients are less available. There are many different types of bulbs, including several common vegetables and flowers.

Early November is a great time to plant bulbs, like garlic, onions, and shallots in the garden. These hearty crops will grow through the winter and provide tasty additions to your meals next spring and summer.

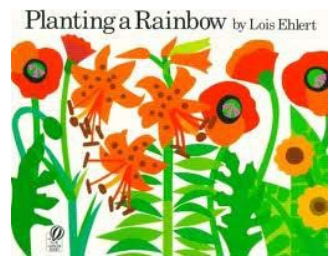
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

### Activities

- ◆ Start bulbs indoors: Collect clear cups or glass containers. Fill the cup about 3/4 full of rocks or marbles. Place the bulb on the surface, gently pressing them into the rocks. Fill the cup with water until it barely covers the bottom of the bulb. Place the bulbs in a sunny window. Continue observing the bulbs each day and watch what happens. Be sure to add water to the container as the water level begins to go down. Gardeners divide their bulbs frequently and often have extra bulbs to give away. Ask area parents and churches to do a bulb drive for this classroom project. Be sure to communicate how many you need so you don't end up with a truck full!

### Farm to School Book of the Week

Planting a Rainbow  
By Lois Ehlert



This book takes readers through a journey of planting bulbs, seeds, and plants in a garden. The result is a rainbow of red, orange, yellow, green, blue, and purple blossoms that mom and child can pick for a bouquet.

### Energizer!

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

### Get Local recipe:

#### Green Potatoes

- 4 medium to large local potatoes
- 2 cups spinach
- 2 tablespoons butter
- 2-3 cloves garlic (optional)
- Fresh herbs such as basil, rosemary, or dill (optional)
- Salt and pepper to taste

#### Steps

1. Cut and boil the whole potatoes until soft.
2. Steam the spinach.
3. Chop herbs and garlic.
4. Mash potatoes until they are smooth. (Children love helping with this step).
5. Add the spinach, butter, herbs and garlic.
6. Stir and enjoy!



Play the song "Inch by Inch, Row by Row." Make up simple movements that go with each line of the song. For example, during the line "All it takes is a rake and a hoe," have the children act out raking or hoeing a piece of ground. For lines without specific movements, have students sway back and forth or gently walk to the beat of the song.

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