



# THIS WEEK IN THE GARDEN



## FALL

## Taste of Tennessee Product = Sweet Potatoes

### What's Growing?



Potatoes are ASAP's Get Local product of November. Because this veggie is abundant at local farms this month, it's a great time to highlight its nutritious qualities in your classroom! Potatoes have a bad reputation because of their association with fried, unhealthy foods like French fries, but they are a great source of vitamins like vitamin C and potassium. Pairing potatoes with fresh greens like spinach, kale or collards can help you to create a healthy meal that kids will love.

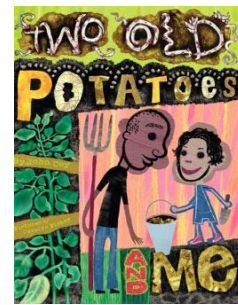
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:  
[www.growing-minds.org](http://www.growing-minds.org)

### Activities

- ◆ How many "potatoes" tall are you? Have students make paper potatoes (using grocery store paper bags). Use the paper potatoes to create a height chart for each person in the class. This is a great nonstandard measurement activity!
- ◆ Cut several potatoes in half. On the flat sides, draw and then carve simple patterns or designs into the potatoes. Put out a tray of washable paints and let your students dip the potatoes into the paint and make prints with them. If there's too much paint on the potato, the stamp will slip. Show the children how to carefully dab excess paint onto a scrap piece of paper before they print.

### Farm to School Book of the Week

*Two Old Potatoes and Me*  
By: John Coy



One day a young girl finds two old potatoes, and with the help of her dad they grow new potatoes out of the old ones. The story includes all the steps for growing potatoes, while also addressing the main character's parents' divorce.

### Energizers!

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

### Get Local recipe:

#### Slow Cooker Sweet Potatoes

Ingredients:

4 local sweet potatoes

1 tablespoon of butter

Dash of cinnamon

Salt



### Steps

1. Wash sweet potatoes. Put them into the slow cooker dripping wet. Turn slow cooker to low.
2. Put the whole potatoes in the slow cooker. Cook for 6-7 hours, until tender.
3. Remove the skin, mash a bit and serve with butter, cinnamon and salt. Enjoy!

Ask the children to make a circle. If your class is large, make two circles (10 children max per circle). Give each group a potato and explain that they'll be playing the game hot potato. The children will gently toss the potato from person to person. When each person catches the potato, they will do a dance, march, or jump up and down and then quickly throw the "hot" potato to someone else. Play until everyone gets a turn, including the teachers! This is also a great game to play with parents.

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

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