



THIS WEEK IN THE GARDEN



FALL

Taste of Tennessee Product= Sweet Potatoes

What's Growing?



The growth of vegetables and weeds in your garden will slow down as temperatures drop. This means you'll be weeding and harvesting less frequently in November, but don't stop tending your garden altogether. Many exciting things will continue taking place. The flavor of spinach and many cold hardy greens changes weekly in late fall, becoming sweeter with each frost. Observing seasonal changes in the garden helps you hone your skills as a grower, and helps your students to use their senses to explore the world around them.

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

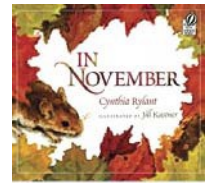
Activities

- ◆ Tell students about several local farmers and talk about why farmers are important people in the community. Ask students to draw, paint, or collage a thank-you picture for the farmers. Send or take the pictures to the farmer.
- ◆ Raw sweet potato sticks are delicious. Peel and cut a small sweet potato into thin sticks. Show the sticks to the children and have them guess what they are. Guide them in tasting the sweet potato sticks all together at once. Praise them for trying the sweet potato sticks.

Farm to School Book of the Week

In November
By Cynthia Rylant

In November the air turns crisp and cold. Families, animals, and insects all gather together for warmth. This is a great book to share with students to celebrate the month of November.



Energizers!

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

Hide apples in various places around the room. Prompt children walk, hop, skip, lurch, or crawl around the room looking for the hidden apples. Call out the movement and model it, encouraging them to move around the room searching for the apples. As children find the apples, ask them to place them in a bucket or basket. Don't have apples? It's potato month, substitute potatoes! (Just don't forget where you've hidden them!)

Get Local recipe:

Ingredients

- 1 local sweet potato, peeled and chopped
- 4 oranges, peeled and chopped
- 1 avocado, peel removed
- 2 local apples, peeled and chopped
- 1 cup water

Tools: Knife, cutting board, blender

Steps

1. Put all ingredients into the blender and blend until well combined.
2. Enjoy!



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