



THIS WEEK IN THE GARDEN



FALL

Taste of Tennessee Product = Sweet Potatoes

What's Growing?



The root vegetables you planted in late August are most likely now ready to harvest just in time for your Thanksgiving dinner. Carrots, beets, turnips, and rutabaga make sweet and seasonally appropriate additions to the dinner table. To harvest root vegetables, carefully loosen the soil around the root with a trowel or your hands before you pull and tug. Rain also loosens soil and makes digging root vegetables easy work. Roast root vegetables in the oven, create a root veggie soup, or make them into oven fries or chips. Anyway you serve them, your fall root vegetables harvest will be well received by family and friends.

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

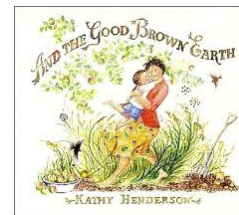
Activities

- ◆ Take the class outside or to the garden area and ask them to collect leaves and grasses. How many different colors can they collect. Explain that you'll be using the collected leaves to make a thanks giving sign. Using glue, write "Give thanks" on paper, with each letter receiving its own piece of paper. Guide the students in placing their leaves over the glue to create the sign above.
- ◆ Many local farmers raise turkeys for Thanksgiving dinners, making November a great time to invite a farmer for a classroom visit with turkeys and other game birds.



Farm to School Book of the Week

And the Good Brown Earth
Kathy Henderson



Joe and Gram plant a garden together, but they each have their own special

way of doing things. Together, this intergenerational pair work in the garden during each of the four seasons, and then wait as the good brown earth takes care of the rest. Children will relate to Joe's creative way of gardening and appreciate what the good brown earth does best.

Energizers!

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

Vegetable Hopscotch Activity: Draw 6-12 connected squares with masking tape on the floor or carpet, or draw it with chalk in a safe parking lot or sidewalk. Print out pictures of vegetables. Demonstrate the activity by putting a vegetable picture in one of the squares. Hop through the squares avoiding the box with the vegetable picture. At the last box, turn around and return to the beginning. To make it more challenging, add a second vegetable picture. In larger classes, draw 2 or 3 diagrams for children to participate simultaneously.

Get Local recipe:

Sweet Potato Applesauce

Ingredients:

- 1/2 local sweet potato, peeled and chopped
- 2 local apples, peeled and chopped
- 1/4 cup old fashioned oats
- 1/4 cup raisins
- 1 tbsp honey
- 1 tsp cinnamon
- 1 cup water ice

Tools: Knife, cutting board, blender

Steps

1. Put all ingredients into the blender and blend until well combined. The consistency should be that of applesauce. Enjoy!

