

THIS WEEK IN THE GARDEN

THIRD WEEK OF AUGUST



Harvest of the Month

Tomatoes

What's Growing?

Summer crops are coming in full swing in August. Tomatoes, squash, peppers, beans, cucumbers, herbs and more! If you don't have a garden at school, make sure to visit your local farmer's market to enjoy the summer bounty. For more information about markets in our area visit: www.localharvest.org/lawrence-ks/farmers-markets



Gardening 101

Learn the best time to pick tomatoes by viewing this video from the K-State Extension office! <http://kansashealthyyards.org/all-videos/video/when-to-pick-tomatoes>

Activities

Visit the LPS website for more ways to include Farm 2 School in with your curriculum:
www.usd497.org/farm2school

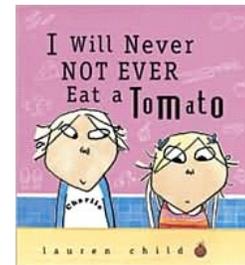
- ◆ Relate to the Book of the Week: Have students create their own moonsquitter recipe, or brainstorm ideas to help their families try new vegetables.
- ◆ Garden Scavenger Hunt: Create a garden scavenger hunt, having students search for colors, shapes, types of plants, insects or just something beautiful.
- ◆ Students sing garden songs or create a garden dance.
- ◆ Math in the garden: Have students calculate the area and perimeter of the garden. What could be planted given a particular spacing?

Farm 2 School

Book of the Week

I Will Never Not Ever Eat a Tomato

By Lauren Child



Lola is a VERY picky eater, and she definitely will not ever eat a tomato. One night her

brother Charlie has to make Lola dinner and comes up with creative ways to get her to eat all the things she *thinks* she doesn't like.

Journal Topics

Take your students to the garden with their journals and encourage them to write on one of the following topics:

- What do you remember about the garden from last spring? What has changed over the summer?
- Create a recipe or meal featuring the things that are growing in the garden.
- Write a summer garden poem.
- Tell the story of "what I did this summer" from the perspective of a plant.

Eat Local

Caprese Salad

2 medium local red tomatoes*
2 medium local yellow tomatoes*
3/4 cup diced mozzarella cheese
1/4 cup chopped fresh parsley
2 tablespoons chopped fresh basil
1/4 teaspoon salt
Freshly ground pepper, to taste

* There are many wonderful varieties of heirloom tomatoes available right now. Consider using Mr. Strip-eyes, Cherokee Purples, or other heirloom tomatoes for a more colorful salad!

Steps

1. Cut tomatoes into wedges
2. Combine tomatoes and mozzarella
3. Toss the tomatoes and mozzarella with the parsley, basil, salt and pepper.



Recipe adapted from EatingWell.com