

# THIS WEEK IN THE GARDEN

## THIRD WEEK OF NOVEMBER



### Harvest of the Month: Apples

#### Gardening 101



Last week we learned about cold frames and hotbeds. This week, we're talking low tunnels! Low tunnels can be a cheaper, quicker investment than other alternatives. Low tunnels go by many names including Quick Hoops, Caterpillar Tunnels and Mini-Hoops. Check out this video from K-state Extension to learn about Low Tunnels! <http://kansashealthyyards.org/all-videos/video/low-tunnels-extend-the-growing-season>

#### Activities

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

- ◆ Graph how the weather changed this month. Use a thermometer to measure the temperature in the garden several days a week throughout November.
- ◆ Have students write letters to a local farmer thanking them for their hard work and describing what they enjoyed about eating their produce. Contact Jennie Lazarus at [jlazarus@usd497.org](mailto:jlazarus@usd497.org) for a list of local farmers.
- ◆ As a class, draw a map of Cesar Chavez's journey on his march for migrant farmers' rights. Find out how far he walked and compare that to the distance from your school to your house.

#### Farm 2 School

#### Book of the Week

*Harvesting Hope: The Story of Cesar Chavez*

By Kathleen Krull



Did you know that Cesar Chavez organized the first movement for the rights of migrant farmworkers in America? This story details his efforts, from his childhood on a ranch in Arizona to his founding of the National Farm Workers Association. It is an inspiring tale of how hard work and nonviolent communication can be tools for achieving great things.

#### Journal Topics

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

- ◆ If you had a farm, what would it look like? Describe your farm and explain what you would grow, the types of animals you would have, and what your tasks would be.
- ◆ What happened in the garden this fall? Describe what changed and what stay the same.
- ◆ What do you think the issues are for farm workers in Kansas? How are they similar or different from those in the book?

#### Eat Local

##### Roasted Apple and Butternut Soup

By Chef Mark DeMarco, Biltmore

- 3 local apples, cored, peeled, and sliced.
- 1 medium local butternut squash
- 1 medium yellow onion, chopped
- 1 tbs minced garlic,
- 4 cups vegetable stock
- Salt and pepper to taste
- Optional: 1/4 tsp ground nutmeg; 1/2 tsp ground cinnamon; dash hot sauce; splash of cream

#### Steps

1. Cut squash in half and remove seeds and pulp. Roast in a 350 degree oven flesh side down until tender, about 45 minutes.
2. Remove squash from oven and cool. After cooled, remove all meat and discard skin.
3. Put carrots, celery, onions, and apple slices on a baking sheet. Brush with oil and roast until soft.
4. While veggies are roasting, bring stock to a simmer in a heavy bottomed pot and then add all roasted veggies and spices and simmer 30 additional minutes.
5. Cool and puree in a blender.