

THIS WEEK IN THE GARDEN

FOURTH WEEK OF NOVEMBER



Harvest of the Month: Apples

Gardening 101



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Black Gold! What is it? Compost of course! Did you know you have the power to make your own “Black Gold?” Not only does making your own compost save you money, it’s also great for the environment! Save time, save money, save the earth! Talk about a win, win! To learn more about composting, check out this video from the K-State Extension office. <http://kansashealthyyards.org/all-videos/video/composting-making-black-gold>

Activities

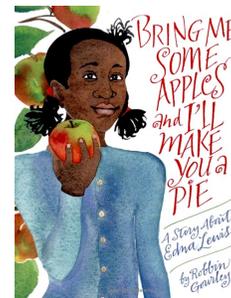
Visit the LPS website for more ways to include Farm 2 School in with your curriculum:
www.usd497.org/farm2school

- ◆ In class, sauté 2 cups of chopped root crops and 3 tablespoons of butter or oil over medium heat. Cook for 5-10 minutes, stirring occasionally. Ask students to predict what will happen to the root crops when they are exposed to heat. How will color, texture, smell, and taste change?
- ◆ Guide students in estimating weights for different types of root crops including rutabaga, carrots, beets, turnips. Weigh the vegetables and compare them with the estimates. Give them prices per pound for the vegetables and have them calculate their cost.

Farm 2 School

Book of the Week

Bring Me Some Apples and I'll Make You a Pie
by Robin Gourley



Join renowned African American chef Edna Lewis as a child as she discovers the tastes and wonders of the farm all year round. A great story to introduce seasonal eating and food preservation. Try one of the recipes in the back of the book!

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

Eat Local

Roasted Root Vegetables

2 Medium Local Carrots
2 Local Rutabaga
2 Local Sweet potatoes
2 Local Beets
3 Tablespoons olive oil
Salt and Pepper



Steps

1. Preheat oven to 400 degrees.
2. Chop all of the vegetables into small cubes. They should be the same size.
3. Spread all the vegetables onto a large baking dish or cookie sheet. Season well with salt and black pepper, drizzle generously with olive oil, and toss them with your hands to coat them evenly.
4. Bake for 45 minutes, stirring the vegetables occasionally, until they are tender and golden brown.

Journal Topics

- ◆ After reading *Bring Me Some Apples*, write a poem using the format of Edna’s poem on page 32, replace “apples” with another fruit or veggie and finish the poem accordingly.
- ◆ How many leaves do you think have fallen into the garden this winter? Imagine you are a leaf and write a story about your garden adventure.
- ◆ Does your family have seasonal recipes they make every year? Outline a “how to” book and share how to make it!