

THIS WEEK IN THE GARDEN

FIRST WEEK OF OCTOBER



Harvest of the Month: Pears

Gardening 101



Growing your own herbs is easy to do and you'll be amazed at the difference you can taste, see, and enjoy from freshly cut herbs. Additionally, growing your own herbs is extremely cost-effective! You can buy a packet of seeds for less than a bunch of fresh herbs from the store.

Check out this video from K-state Extension on growing herbs for the kitchen:

www.kansashealthyyards.org/all-videos/video/herbs-for-the-kitchen

Activities

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

◆ **Taste test:** As a class, try samples of different pears prepared different ways. Vote on the class favorite and make a graph of the results.

◆ **Garden Math:** One bushel of pears weighs 50 pounds! How many bushels would it take to balance your entire class on a seesaw?

◆ **Use your senses:** Go outside in your garden during the morning and ask students to write down what they notice with each of their five senses. Then, repeat this exercise in the afternoon and encourage them to make comparisons between the different times of day.

Farm 2 School

Book of the Week

Mr. Putter and Tabby Pick the Pears

By Cynthia Rylant



Dreaming of all the delicious growing things in his garden and most especially anticipating his juicy pears, Mr. Putter is unable

to pick the pears because of his "cranky" legs and enlists the help of his cranky-tailed cat.

Journal Topics

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

- ◆ What fall foods do you look forward to enjoying each year? Draw a picture of your favorite Fall fruit or vegetable.
- ◆ Do you ever have cranky legs or back? What can you do if your body is cranky? What words of advice would you give Mr. Putter about his cranky legs?
- ◆ Have you ever faced a challenge like Mr. Putter? Describe what you did to solve the problem.

Eat Local

Crunchy Pear and Celery Salad

4 stalks celery, trimmed and cut in half crosswise
2 tablespoons of apple cider vinegar
2 tablespoons of honey
1/4 teaspoon of salt
2 ripe pears, preferably red Barlett or Anjou, diced
1 cup finely diced white cheddar cheese
1/2 cup chopped pecans, toasted
Ground pepper, to taste
6 large leaves butterhead or other lettuce

Steps

1. Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.
2. Whisk vinegar, honey and salt in a large bowl until blended.
3. Add pears; gently stir to coat.
4. Add the celery, cheese and pecans; stir to combine.
5. Season with pepper.
6. Serve chilled or room temperature atop a portion of lettuce.

Tip: Prepare the salad without pecans up to 2 hours ahead. Stir in pecans before serving.

Recipe adapted from EatingWell.com