

THIS WEEK IN THE GARDEN

THIRD WEEK OF OCTOBER



Harvest of the Month: Pears

Gardening 101



Don't have a garden at your school? Want to grow more than your garden box allows?

How about growing a container garden?! There are many fruits and vegetables that have been designed to grow in the smaller spaces of a container. But where do you start? To give your veggies the best start possible, be sure to give them the best soil possible! Here's a video from Mississippi State Extension office on getting the right potting mix. www.youtube.com/watch?v=HFke5qhbXuU

Activities

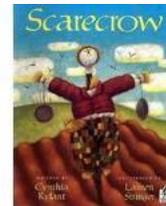
Visit the LPS website for more ways to include Farm 2 School in with your curriculum:
www.usd497.org/farm2school

- ◆How many types of squash can students think of? Give them crayons or colored pencils and let them draw the different types, and then ask them to invent their own!
- ◆Send a letter home to parents: Have students bring in old clothes, buttons, and hats and have the class make a scarecrow together. Then, use this scarecrow as garden or class decoration. If possible, have a scarecrow making contest with several other classes.

Farm 2 School

Book of the Week

Scarecrow
Cynthia Rylant



This book examines the life of a scarecrow, taking the reader from its construction to its daily activities like interacting with

garden creatures. The scarecrow shows great patience and perseverance, and we see how valuable those traits can be for a gardener. Children will enjoy watching the gardening process through the eyes of the friendly scarecrow.

Journal Topics

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

- ◆Reading Reflection: Write your own scarecrow story as if you were the scarecrow. What are you made of? What animals have you met? Do you like being a scarecrow?
- ◆How many miles do you think a bird can fly in one day when it migrates? Write about what you think birds see as they migrate south for the winter. Have you ever made a long journey like that?

Eat Local

3 Dips for Fresh Pears

1/4 cup of your favorite nut butter
2 tablespoons dried cherries, finely chopped
4 oz low-fat cream cheese, softened
1/8-1/4 teaspoon almond extract
3 tablespoons sliced almonds, toasted and chopped
1 (6 ounce) container plain or vanilla flavored Greek yogurt
8-10 fresh raspberries
Cinnamon, for sprinkling
2 pears such as Red or Green Anjou, cut into wedges

Steps

1. Arrange three small bowls at your workstation.
2. Into the first, add the nut butter and stir until smooth and blended. Top the nut butter with cherries.
3. Into the 2nd bowl, add the cream cheese and almond extract. Stir to combine. Sprinkle the cream cheese mixture with the almonds.
4. In the third bowl, add the yogurt and raspberries and stir well until the berries begin to break up and color the yogurt pink. Sprinkle the yogurt mixture with cinnamon.
5. Serve the cut pears alongside the dips