

THIS WEEK IN THE GARDEN

FIRST WEEK OF SEPTEMBER



Harvest of the Month: Cucumbers

Gardening 101



As the growing season peaks, so do the insects in the garden. This is a great time of year to have students investigate the insects in the garden, as well as their role. Which ones are pollinators and which ones are leaf eaters? Learning to tell the difference between pests and beneficial insects is an important skill for students and teachers alike.

Check out this video from K-State Extension on inspecting your plants for insects: kansashealthyyards.org/all-videos/video/inspect-plants-for-insects

Eat Local

Cucumber Soup

- 1 medium size local cucumber
- 8 ounces nonfat plain yogurt
- ½ cup milk
- 1 teaspoon dill weed
- ¼ teaspoon garlic salt
- 2 teaspoons lemon juice
- 1/8 teaspoon pepper

Recipe from *Cucumber Soup*, by Vickie Leigh Krudwig

Activities

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

- ♦ Critters in the garden: Have students search for insects and spiders in the garden. Can they sketch at least two of them and explain why they might be harmful or helpful in the garden?
- ♦ Bug math: Have students use clay and toothpicks to figure out how many spiders (eight legs) or ants (six legs) can be made out of 48 legs (toothpicks).
- ♦ Social butterflies? We use this term for humans, but there are also social insects. Have students research how ants communicate and depend on each other. How are their communities similar to or different than ours?

Steps

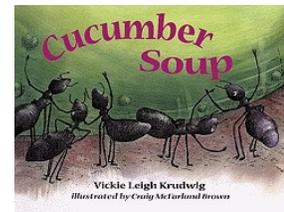
1. Wash and peel cucumber. Cut in half, then chop half of cucumber into small cubes. Set aside.
2. Mix yogurt and milk together in mixing bowl.
3. Using a wire whisk, gently add in dill weed, garlic salt, lemon juice and pepper. Add small cucumber cubes to mixture.
4. Refrigerate cucumber soup 1-2 hours before serving.
5. Cut remaining half of cucumber into slices to eat with your soup.

Farm 2 School

Book of the Week

Cucumber Soup

By Vickie Leigh Krudwig



Ten ants find that a cucumber has fallen and blocked the

entrance to their home. The ants are strong, but the cucumber is too heavy for them to move alone. Find out what other garden critters come to the rescue! Do you see any of these insects in your garden? Don't forget to try the recipe!

Journal Topics

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

- **Reading Reflection:** All the different critters in the story had to work together to move the cucumber. Write about a time when you used teamwork to get something done.
- Some people are afraid of insects even though they can be helpful! Imagine you are an insect and you want to live in a human's garden. What would you say to convince them to let you stay?
- Invent your own recipe that features cucumbers.