

Fourth Week of August

Get Local @ School Product of the Month = Tomatoes

What's Growing?



While you are enjoying the summer harvest this is also a the time to be thinking about planting cool season crops for the fall. Pull out dying or over-mature summer plants and weeds to begin preparing space for students to plant beets, radishes, greens and cilantro. Any seeds you can plant in the early spring can also be planted for the fall.

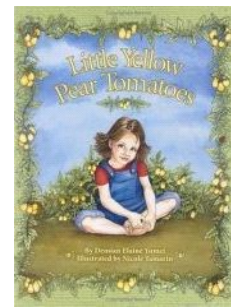
Activities

Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:
www.growing-minds.org

- ♦ Garden taste test: Have students try one new thing growing in the garden, and vote on if they tried it, liked it or if they would try it again.
- ♦ Parts of a plant: Work with students to create a list of all the parts of a plant that can be eaten and think of an examples of each! (e.g. stem: celery, fruit: tomato)
- ♦ Get students hands on in using their senses. Let partners guide each other through the garden blindfolded. What new smells, sounds, textures, and tastes can they find?

Farm to School Book of the Week

Little Yellow Pear Tomatoes
By Demian Elaine Yumei



Everything we eat comes with a story. This book shares the stories, memories and feelings that live within each yellow pear tomato that

grows in a young girls' garden. What stories grow within the food in your school garden?

Journal Topics

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

- ♦ Imagine that you are a seed inside a ripe tomato. What is it like inside? What might you be thinking (if seeds could think)?
- ♦ According to plant scientists (**botanists**), tomatoes are considered fruit because they have seeds. Nutritionally, they are considered vegetables because they aren't too sweet. Which definition do you think is more important? Why?

Get Local recipe:

Local Tomato Frittata

3 local tomatoes, chopped
1 cup local spinach, chopped
2 dozen local eggs
2 cups milk (80% of Laura Lynn milk comes from WNC dairies)
8 oz. goat cheese or cream cheese
3 sprigs chives, chopped
3 sprigs thyme, chopped and stems removed
1 bunch parsley, chopped
1 teaspoon salt

Steps

1. Crack eggs into a medium bowl.
2. Add in milk, herbs, salt and pepper. stir until well combined.
3. Spray 12 muffin cups with cooking spray.
4. Divide the tomatoes and spinach evenly among cups.
5. Fill cups halfway with egg mixture.
6. Place a small amount of cheese in each cup.
7. Bake at 325 for 7-12 minutes until just set.

Recipe provided by Becky Tillman, Stable Café of Biltmore