

Second Week of November

Get Local @ School Product of the Month = Potatoes

What's Growing?



Bulbs are one strategy that plants can use to store food reserves when water is less available. There are many different types of bulbs, including several common vegetables and flowers. November is a great time to plant bulbs, like garlic, onions, and shallots in the garden. You could even sneak edible bulbs into your flower beds for a delicious twist! These hearty crops will grow through the winter and provide tasty additions to your meals next spring and summer.

Activities

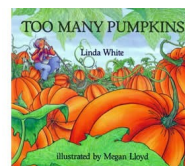
Visit the Growing Minds website for more ways to tie Farm to School in with curriculum:
www.growing-minds.org

- ◆ Start bulbs indoors: Have students decorate jars or containers, put rocks and water in the bottom, add bulbs, pressing them into the rocks, and watch them grow!
- ◆ Cut a bulb horizontally and one vertically. Encourage students to notice the patterns of the layers in each. Explain that the bulb is a part of the plant stem, rather than a root. How many layers can the students count?
- ◆ Have students make a prediction of how many cloves are in a head of garlic. If each clove were planted to make a new head, how

Farm to School

Book of the Week

Too Many Pumpkins
Linda White



Rebecca Estelle hates pumpkins, so when she finds a vine growing in her garden, she decides to ignore it. As fall comes around, she discovers hundreds of pumpkins growing all over the yard! This story portrays the unpredictable aspects of gardening, and encourages sharing and community in a simple and powerful way.

Journal Topics

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

- ◆ Write a poem about your favorite bulb (tulip, lily, garlic, onion, etc.). Describe it using your five senses.
- ◆ Imagine you are a bulb, resting in the garden over the winter. What kind of bulb would you be? What would you see or feel over the winter? What would you dream about?
- ◆ Did anything grow in the garden this fall that you didn't plant? Why do you think this happens?

Get Local recipe:

Tuber and Bulb Stir-Fry

2 lb local potatoes
3 tbsp olive oil
6 cloves garlic, unpeeled
1 tbsp lemon juice
1 tbsp fresh chives, chopped
1 tbsp fresh parsley, chopped
Salt and pepper to taste.



Steps

1. Peel potatoes and chop into one inch pieces.
2. Heat oil in a large frying pan.
3. Add potatoes and sauté 10 minutes
4. Add unpeeled garlic, cover, reduce heat to low, and cook for 10 minutes stirring occasionally.
5. Remove garlic, peel, and crush in a small bowl.
6. Mix potatoes, lemon juice, garlic, herbs, and salt and pepper in a bowl and serve.

Recipe adapted from www.Yumly.com