



Toolkit For Teachers

Lesson Plans and Literature

[Georgia Organics Farm to School Resource](#)

PDF: Georgia Organics definitive guide to developing a Farm to School program including: start-up, planning and care of school gardens, *curricula and lesson plans*, recipes, and other resources.

[Pre K – 3rd and 5th Grade Lesson Plans and Resources](#)

The Appalachian Sustainable Agriculture Project (ASAP) provides lesson plans for infant through 3rd grade levels for classroom and garden instruction as well as ideas, safety and recipes for cooking with young children. ASAP, in conjunction with the National Recreation Foundation, provides lesson for school gardens for 5th graders here.

[Guide to Farm Field Trips for Farms and Teachers](#)

PDF: Guide to establishing field trips as one way to connect food and food production. This summed up beautifully in Charles Jordan's statement "*What people do not understand, they do not value; what they do not value, they will not protect, and what they do not protect, they will lose.*"

[Children's Non-Fiction Literature](#)

The growing minds website (ASAP) lists two dozen children's books which can be used in establishing a successful Farm-to-School program in elementary grades.

Book: **Feeding Young Minds: Hands-on Farm to School Education Programs** by Marion Kalb, Kristen Markley, and Loren Gustafson. March 2005, 31 pages. Focusing on educational activities that complement local purchasing for school meals, this booklet highlights farm to school experiential education programs from around the country. These range from cooking classes in New Mexico, to school fundraisers in Ohio, to kindergartners tasting watermelon radishes in Pennsylvania. Each program is unique, yet offers insights and possibilities of what can be achieved when farm-fresh products in the cafeteria are linked with experiential education activities.

Book: **Educating Our Children for a Sustainable World Reviews of Ecological Literacy: Educating Our Children for a Sustainable World**, by Michael K. Stone and Zenobia Barlow (2005 Sierra Club)

Book: **The Tiny Seed** - By Eric Carle - Scholastic, Inc. NY, ISBN 0-590-42566-8, April 1989 (25 pages)

Book: **From The Hills of Georgia, an Autobiography in Paintings** - By Mattie Lou O'Kelley. Little Brown and Company, Canada, ISBN 0-316-63800-5, 1983 (31 page hardcover)

Book: **Health and Nutrition from the Garden** - Golden Ray Series – Level 1, 4-H Junior Master Gardener, Texas A&M University Systems, ISBN 0-9672990-7-1, 2001 (196 page spiral bound)

Book: **Storybook Stew – Cooking with Books Kids Love** - Suzanne I. Barchers & Peter J. Rauert
Fulcrum Publishing - Golden, Colorado, ISBN 1-55591-944-8, 1996 (118 page paperback)
Ideal for home or classroom use, this unique activity book features 44 quality children's books that focus on food, each paired with an original recipe. Safety tips, conversion charts, a glossary, and a bibliography complete this tantalizing resource.

Book: **Dig, Plant, Grow – A Kids Guide to Gardening** - By Felder Rushing, Cool Springs Press/Thomas Nelson Inc. Nashville, TN., ISBN 1-59186-093-8, 2004 (160 page paperback), Felder Rushing gardens like a kid, and loves getting kids excited about gardening. He speaks in simple language, uses inexpensive materials, and makes playing with plants fun. Along the way we discover a few things about the real world. Felder has created an imaginative garden workbook for both kids and adults.

Book: **In The Three Sisters Garden – Native American Stories and Seasonal Activities for the curious child.** by JoAnne Dennee, with Jack Peduzzi & Julia Hand, Kendal/Hunt Publishing Company - Dubuque, Iowa ISBN 0-7872-2175-9, 1996 (373 page paperback), The Three Sisters - corn, squash, and beans – provide an agri-culture, a way of living, rich with earth-friendly gardening methods, history, hands-on, hearts-on activities, stories and provocative ideas.

Pre-School

Book: **A Farmer's Alphabet** by Mary Azarian - Wood cuts that should be framed; each letter of the alphabet is a farm-associated word (play a game of thinking of other farm words that Mary didn't use...make your own farm alphabet book!).

Book: **Clara Caterpillar** by Pamela Duncan Edwards – Clara is a cute and carefree common cabbage caterpillar who becomes a courageous and completely contented butterfly. Kids love the language and characters in this great garden adventure.

Book: **Growing Vegetable Soup** by Lois Ehlert - All Lois Ehlert books are wonderful. This is a great book for introducing garden to young folks.

Book: **Eating the Alphabet - Fruits & Vegetables from A to Z** by Lois Ehlert as a good way to introduce new veggies and fruits.

Book: **Inch by Inch** by David Mallet - One of my favorite garden songs. Sing it with your children or read it as a story.

Book: **Jack's Garden** by Henry Cole - A cumulative text (similar to 12 Days of Christmas, building as you go) that explains how a garden works and the animals involved.

Book: **Muncha! Muncha! Muncha!** by Candace Fleming - A fun book about a gardener who tries to find a way to keep bunnies out of his garden.

Book: **Pumpkin Circle** - The Story of a Garden by George Levenson - A first rate intro to the growth cycle coupled with outstanding photos and rhythmic text that provide a wealth of information! Winner of numerous awards.

Book: **Pretend Soup and Other Real Recipes** by Mollie Katzen (author of the famous Moosewood Cookbook) and Ann Henderson - A great cookbook designed for preschoolers and up; uses pictures for recipes for not-yet-readers; important skills in the kitchen - counting, reading readiness, science awareness, self-confidence, patience and food literacy!

Book: **Scarecrow** by Cynthia Rylant - Beautiful illustrations, peaceful text, and a wonderful story that follows the seasons of the garden through the eyes of a scarecrow. Read this with your students and then create a scarecrow of your own.

Book: **The Tiny Seed** by Eric Carle - The simple life cycle of a plant made into an exciting story with a nature and perseverance lesson throw in for good measure.

Book: **Tops and Bottoms** by Janet Stevens - A trickster tale that also shows how differences vegetables grow.

Book: **What's This?** by Caroline Mockford - A young girl finds an unknown seed and cares for it to discover what it is. Have your students plant a mystery seed and care for it.

K-2nd Grades

Book: **A Farmer's Alphabet** by Mary Azarian - wood cuts that should be framed; each letter of the alphabet is a farm-associated word (play a game of thinking of other farm words that Mary didn't use...make your own farm alphabet book!).

Book: **Growing Vegetable Soup** by Lois Ehlert - All Lois Ehlert books are wonderful. Great book for introducing garden to young folks.

Book: **Jack's Garden** by Henry Cole - a cumulative text (similar to 12 Days of Christmas, building as you go, and explains how a garden works and the animals involved).

Book: **The Moonflower** by Peter Loewer (an Ashevillean) not only do children learn about moonflowers but also about their pollinators and life that happens all around them! Great mix of fiction/nonfiction too!

Book: **Over in the Garden** by Jennifer Ward - used as a counting book, to glean info about bugs in the garden...many choices. It also can be sung to the tune of Over in the Meadow (has music score to play recorder or other instrument to).

Book: **Round the Garden** by Omri Glaser - circular text WRITTEN BY AN 8-YEAR OLD! Precious illustrations and children should get a kick out of a book written by a contemporary. Again the fict/nonfict as it does impart some useful info.

Book: **The Tiny Seed** by Eric Carle - great art, explains the cycle of life in a kid-like story fashion.

Book: **Scarlette Beane** by Karen Wallace - a fantastic tale of growing vegetables; seeing the miracles of the garden; children will hoot with pleasure!

Book: **Eating the Alphabet - Fruits & Vegetables from A to Z** by Lois Ehlert - a good way to introduce new veggies and fruits with a helpful glossary (there's a video by Ehlert where she explains her art style; would be nice to view this in accompaniment to reading this book).

Book: **Ten Seeds** by Ruth Brown – great to see what your kids can get out of this book; counting at the very least!

Book: **Inch by Inch** by David Mallet – are you old enough to remember the Mamas and the Pappas? If so, you might remember this song that originally was a poem and is now a children's book!

3rd 5th Grade

Book: **Diary of a Worm** by Doreen Cronin - What a scream?! You learn a bit about worms and keeping a diary but you get plenty of laughs...for instance, one page reads "June 15 - My older sister thinks she's so pretty. I told her that no matter how much time she spends looking in the mirror, her face will always look just like her rear end." See?

Book: **How Groundhog's Garden Grew** by Lynne Cherry (so you know it's good!) - I know what you're thinking...groundhogs usually eat the garden, not grow it! Includes detailed illustrations that give a lot of information all by themselves with a wonderfully written story to tie it all together.

Book: **This Year's Garden** by Cynthia Rylant (anything by Rylant is wonderful, can't go wrong) - tells the year in the garden with typical Rylant-poetic lyricism; good for rereading at different times of the year.

Book: **Two Old Potatoes and Me** by John Coy - a wonderful new book that tells the story of growing potatoes, with a recipe for mashed potatoes at the end. Also subtle comment on divorce/separation to give comfort to children who might be experiencing it themselves.

Book: **The Gardener** by Sarah Stewart - letter format, intriguing pictures that need to be studied to get it, wonderful story.

Book: **The Scarecrow** by Cynthia Rylant - beautiful illustrations, peaceful text, great for choral reading and writer's workshop.

Book: **A Harvest of Color - Growing A Vegetable Garden** by Melanie Eclare - wonderful photographs coupled with growing tips from kids.

Book: **A is for Appalachia! - The Alphabet Book of Appalachian Heritage** by Linda Pack - Appalachia, the people, the geographic region, the culture...especially great for 4th graders!

Book: **Pumpkin Circle - The Story of a Garden** by George Levenson - a first rate intro to the growth cycle coupled with outstanding photos and rhythmic text that provide a wealth of

information! Winner of numerous awards. Beware though, pumpkins can be challenging to grow...find a farmer to help you!

Book: **Jody's Beans** by Malachy Doyle – a sweet story that also teaches you to grow pole beans!