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Take pictures, start a collection box

Join us!

PFN Open House Next Month

You're invited to kick off another year of preschool programming.

Children's crafts, parent networking, snacks and drinks will be provided!

When: December 9th
4:00 to 6:00pm

Who: Preschool Families

Where: ScienceWorks

Cost: Free

Harvest Celebrations

Rogue Valley Farm-to-School Harvest of the Month Program

Fall is a time of ample harvests, yet as the weather changes so does the seasonal produce availability. While the last tomatoes of the season hang from the vine, apples are ripening, greens are sweetening with the cooler night temperatures and pumpkins are getting too big to carry without both arms wrapped around them. The impression that local produce becomes unavailable in southern Oregon as we ease into winter is amiss. Harvests continue beyond the first frost and many late season crops can be stored on the farm for continued distribution and consumption.

This fall and throughout the school year, [Rogue Valley Farm to School](#) (RVF2S) is supporting [Harvest of the Month](#) programs in the Ashland, Central Point, and Grants Pass school districts. RVF2S has worked with the food service directors to coordinate with local farmers to plan their unique monthly schedules featuring seasonal produce, plan special events and create multiple promotional tools. The Grants Pass and Central Point cafeterias will also be serving locally raised beef.

The Oregon Department of Education's Oregon Harvest for Schools program materials are being used to promote the Harvest of the Month programs. The materials were designed to improve student nutrition, provide health education and support small farmers. Direct purchasing from school gardens as well as Salant Family Ranch, Meadowlark Farm, Barking Moon Farm, Seven Oaks Farm, Fort Vannoy Farm, Thompson Creek Organics, Blue Fox Farm, Fry Family Farm and Whistling Duck Farm are occurring and planned.

Harvest of the Month provides an opportunity to bring together the school cafeteria & classroom, RVF2S's on-farm & school garden programs, and families to promote a common goal of healthier habits for students. Studies show that healthy eating coupled with daily physical activity encourage far-reaching impacts on the body & mind by improving the ability to learn and comprehend, increasing vitality, improving school attendance, and changing behavior.

Each fall Rogue Valley Farm to School brings students to local farms for Harvest Meals. These on-farm experiences connect students to where their food comes from in an experiential exposure that creates immediate outcomes where children who may have declined a serving of fruits or vegetables in another setting are excited to eat what they have had a hand in planting, nurturing, harvesting and preparing on the farm. This year, we are excited to continue to connect students with local food throughout the school year with our Harvest of the Month program.



Eat Local Now! Winter Squash Facts

- Oregon farmers grow more than 40 million pounds of squash each year. It takes about 2,300 acres of land to grow all of that squash.
- Oregon winter squash is harvested from mid-September through October. Since it keeps well, winter squash makes an easy side dish in the colder months.
- Sweet Meat squash is a Northwest heirloom grown by an Oregon family for 100 years. It is said to make the best pumpkin pie on earth!

Don't have a kid in school yet? No problem! You can still eat local and promote healthy eating habits with your child—and within your community. For more details about local, seasonal produce, visit the [Harvest of the Month](#) website.

Special Thanks to Melina Barker and Tracy Harding at **Rogue Valley Farm-to-School** for contributing information about the **Harvest of the Month Program** and information through the RVF2S website about this month's feature produce: **winter squash**.

Thank you to Brent W. Moore for providing the pictures of hazelnuts & apples on page 2.

ACTIVITIES

November "Autumn Animals"

Thursday, November 3
9:00 - 10:00 am

Toddler Time

10:30 **Craft - Paper Plate Spiders**

Thursday, November 10
9:00 - 10:00 am

Toddler Time

10:30 **Craft - Paper Plate Owl**

Thursday, November 17
9:00 - 10:00 am

Toddler Time

10:30 **Craft - Handprint Turkeys**

Thursday, November 24
ScienceWorks Closed

Happy Thanksgiving!

Thursday, December 1
9:00 - 10:00 am

Toddler Time

10:30 **Craft - Coffee Filter Snowflakes**

Quick Science

Soft-Shelled Egg

Ask your little one to make a prediction about what will happen when you add a whole egg (including the shell!) to vinegar. Write down the prediction.

Materials:

1 egg (hard boiled is less messy if you accidentally break it, but you can use a raw one)
1 cup vinegar
clear jar or glass

Procedure:

Pour 1 cup of vinegar into jar.
Add the egg.
Record what you see.
Leave egg in vinegar for 1 day.
Remove the egg and feel it.
Record your observations.

Visit our website to find out more about the [science behind](#) the experiment.

Like PFN on 

PreSchool Family Network News Page 2 November 2011

What's New

Simple Science Saturdays

Based on feedback from the Care-Giver Opinion Survey, we are implementing **Simple Science Saturdays**, which are an opportunity for you and your preschool-aged child to perform a simple experiment together. A volunteer or staff member will be on-hand to assist and answer questions, if needed.

Many experiments you do on **Simple Science Saturdays** are ones you can do again (and modify!) at home and are intended to build a basis of inquiry for your child. Ask them what they think will happen, to describe what they see, even to draw or act out what they see.

We're going to have fun and (sometimes) get messy. We're going to test things out, see

what happens if we change one aspect of the experiment, and much more.

Simple Science Saturdays will run every Saturday (except special event days) beginning this month, in the **Discovery Lab** from **10:30-11:30**.

Coming up this month:

Motorboat Toothpicks

Rainbow Baggies

Let Your Nose Decide

Popsicle Puzzles

Autumn Scavenger Hunt

Encourage your little one (and yourself!) to look for these objects in the natural world. A seasonal scavenger hunt creates opportunities for inquiry and practice using a field guide.

Collect:

Acorn
Hazelnut
Sweetgum ball
Hinds or California walnut
4 different types of leaves (consider: American Ash, Black Hawthorne, White Birch, Pacific Dogwood, Black Oak, Persimmon)

Take Pictures:

Golden-Crowned Sparrow
Turkeys
Western Gray Squirrel
Earthworm
Canada Goose
Snow on Mt. Ashland
Winter Squash
3 varieties of apple

Start a collection box for your collected items and the photographs!

