



ACTIVITY: PENGUIN WADDLE

You can turn the Penguin Waddle into a fun race or try it out one at a time. For this activity, each person will need a ball, as well as a start and finish line. Each person will need to hold the ball between their knees and waddle like a penguin. Whoever reaches the finish line first wins!

PLANT OF THE MONTH: FRASER FIR (*ABIES FRASERI*)

According to the North Carolina Christmas Tree Association, the North Carolina's Christmas Tree industry is ranked second in the nation in the number of trees harvested each year. The Fraser Fir is the most recognizable of Christmas Trees in the region, representing over 99.4% of all species grown in North Carolina. They prefer cooler temperatures, so the mountains of North Carolina are perfectly suited for growing them. The North Carolina Fraser Fir is the most popular Christmas tree in North America, and is shipped all over the U.S and internationally!

RECIPE: KALE SLAW

Ingredients

- 6 large kale leaves, washed and well dried
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 garlic clove, peeled and minced
- ¼ cup dried cranberries
- ¼ teaspoon kosher salt
- ¼ cup freshly grated parmesan cheese

Instructions

- Strip the leaves off from the kale's stems by grasping the bottom of each stem and pulling your hand up along it forcefully. Discard tough stems.
- Stack and bunch the leaves together on the cutting board. Cut the kale into thin slivers
- Put the lemon juice, oil, garlic, and salt in the large bowl, then add the kale and toss it in the mixture with tongs
- Add Parmesan cheese, cranberries and serve right away
- Enjoy!