



Activity: Penguin Waddle

For the penguin waddle, make this engaging activity 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 Christmas Tree industry is ranked second in the nation in the number of trees harvested each year. Of Christmas trees, Fraser Fir is the most recognized and associated in the region representing over 99.4% of all species grown in North Carolina. To grow, they prefer cooler temperatures, so the mountains of North Carolina are suited perfectly for growing them. In addition, 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, the excess water shaken off
- 2 tablespoons fresh lemon juice (from half a lemon)
- 2 tablespoons olive oil
- ¼ cup dried cranberries
- 1 garlic clove, peeled and minced
- ¼ teaspoon kosher salt
- ¼ cup freshly grated parmesan cheese

Instructions

1. Strip the leaves off from the kale's stems by grasping the bottom of each stem and pulling your hand up along it forcefully. The leaves will come off and leave behind the tough stems, which you can throw away.
2. Stack and bunch the leaves together on the cutting board and use the knife to cut across the stack so that you end up with skinny slivers of kale.
3. Put the lemon juice, oil, garlic, and salt in the large bowl, then add the kale and toss it all around with the tongs.
4. Add Parmesan cheese, cranberries and serve right away.