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**POD Wake Co Newsletter- November 2018**

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Natural Learning Initiative: POD Wake Co Newsletter- November 2018

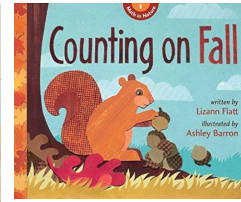
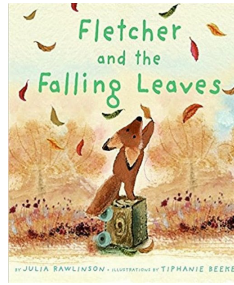
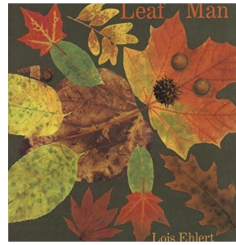
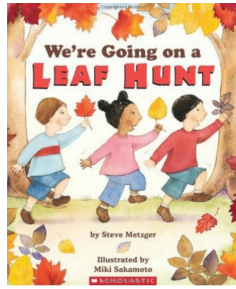


## Autumn Play and Learning



The changing color of the autumn leaves is a great opportunity for exploring science, math, art and literacy with young children. Provide children hands-on experience collecting, preserving, identifying, and examining their environment provides a excellent way to deepen their understanding of how and why seasonal changes effect plants, animals, climate, and even human behavior. Take children on a nature walk around the outdoor learning environment or even on field trips to learn more about the fall season the environment in which they live in. Conduct fall related activities to expand

children knowledge and skills. In addition, enhance children's vocabulary and cognitive skills by read fall-themed books as a enjoyable ways for young children to experience the wonders of the fall season.



### Suggested fall-themed books:

1. *We're Going on a Leaf Hunt* by Steve Metzger and Miki Sakamoto
2. *Leaf Man* by Lois Ehlert
3. *Fletcher and the Falling Leaves* by Julia Rawlinson and Tiphonie Beeke
4. *Counting on Fall (Math in Nature)* by Lizann Flatt and Ashley Barron
5. *Look at What I Did With a Leaf!* by Morteza E. Sohi
6. *Let It Fall* by Maryann Cocca-Leffler
7. *Hibernation Station* by Michelle Meadows and Kurt Cyrus
8. *Goodbye Summer, Hello Autumn* by Kenard Pak

Natural Learning Initiative's [Green Desk](http://naturalelearning.org) has great resources on outdoor learning environments for children. Find information at [naturalelearning.org](http://naturalelearning.org)

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## November Activity



### Acorn Throwing

Use the plethora of acorns that have fallen this fall to make a fun game. You can make your own targets or simply use buckets with assigned point values. Whoever gets the most acorn in the container wins. Incorporate other natural materials into the game such as pinecones, gum balls and wood chips.

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## Plant of the Month

**Broccoli**, *Brassica oleracea var. italica*

Broccoli a cool-season crop, is an easy plant to grow in the fall season. Related to cauliflower, cabbage, and kale, broccoli is known for its highly nutritional value and anti-cancerous properties according to the American Cancer Society. For best result, broccoli should be grown in soils that are fertile, well drained, and have



To learn more about broccoli...

texture ranging from sandy loam to clay loam. The variety that grow well in North Carolina is Packman Hybrid (standard variety).

[Click Here](#)

Learn more about broccoli or other plants from your local cooperative extension agent.

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## Recipe

### Spinach Pesto

**Prep time:** 5mins **Cook time:** 0 mins **Total time:** 30 mins **Makes:** 1 cup

#### **INGREDIENTS:**

- 2 cups baby spinach leaves
- 1 clove garlic, peeled
- 1/2 cup crumbled feta or parmesan cheese
- 1/2 cup olive or vegetable oil
- 1/2 teaspoon salt



#### **INSTRUCTIONS:**

1. Place all ingredients in a food processor or blender and mix until the mixture is well chopped.
2. Serve as a healthy snack with vegetable sticks or pita bread or as a tasty sauce over pasta.
3. Enjoy!

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We support outdoor learning environments for vulnerable population.

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**Questions?** Contact us today at 1-919-515-8345 or [naturalearning@ncsu.edu](mailto:naturalearning@ncsu.edu)

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