


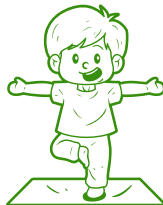



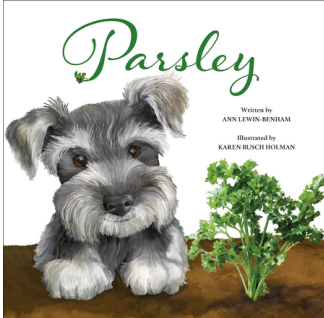


Register to receive full access to Georgia Organics' free October Farm to School Month *ParSLAY the Day* electronic toolkit filled with parsley-themed activities, standards-based lesson plans, fact sheets, recipes, school nutrition resources, and more!

Winter Sowing Parsley	Parsley Crown	ParSLAY the Day Yoga Sequence	Parsley Taste Test <i>Parsley Pesto</i>	Parsley Books
 <p>Parsley is an excellent candidate for winter sowing, an alternative to starting seeds indoors or direct seeding them.</p> <ol style="list-style-type: none"> 1. Cut a milk jug almost in half, leaving an inch or so attached to make a “hinge” for the top and make holes in the bottom for drainage, and several holes in the top for ventilation. 2. Fill the bottom of the container with soil. Sprinkle several parsley seeds on top, cover lightly with soil, and tamp down. 3. Water, cover with the top of the container, and place in full sun in late January or early February. 4. Keep cover in place after seeds have germinated but remove when weather begins to warm. 	 <p>In ancient Greece, after certain Olympic-type games, victorious athletes were crowned with parsley. Have students color and cut out both pieces of the Parsley Farm to School Champ crown. Tape the sides together to finish the crown.</p> <p>To access the Parsley Crown activity sheet, register for the <i>ParSLAY the Day</i> electronic toolkit to download the sheet.</p>	<p>Be the sun shining! (lift jazz hands above head)</p>  <p>Be the rain falling (bend down to touch the ground). (Parsley takes a long time to germinate, so feel free to repeat the first two steps a few times!)</p> <p>Be a tiny parsley seed (child’s pose).</p> <p>Be a tall parsley plant (tree pose).</p> <p>Be a parsley sprout (chair pose – knees bent, arms upward).</p> <p>Be a caterpillar munching on parsley leaves (caterpillar pose).</p>  <p>Be a parsley caterpillar cocoon (cocoon pose).</p> <p>Be a beautiful Black Swallowtail butterfly emerging from its cocoon (butterfly pose with hands on head for antennae).</p> <p>Be a parsley flower (flower pose).</p>	 <p>Parsley pesto is a great vegetable dip for carrots, peppers, or radishes and an easy recipe for classroom cooking.</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1. 2 cloves garlic 2. 2 cups packed, stemmed Italian parsley 3. 1/4 cup walnuts or sunflower seeds 4. 1/2 cup freshly grated Parmesan cheese, or to taste 5. 2/3 cup olive oil 6. Salt and pepper <p>Directions</p> <ol style="list-style-type: none"> 1. For directions, register for the <i>ParSLAY the Day</i> electronic toolkit and download the activity sheet. 	 <p><i>The Little Herbalist</i> Lily's Guide to Healing with Plants</p> <p>The Little Herbalist: Lily's Guide to Healing with Plants</p>  <p><i>Zeit and Zaatar</i> Words by AMANY ISA, Illustrations by DOHA KOMA</p> <p>Zeit and Zaatar</p>  <p><i>Parsley</i> Written by ANN LEWIS-BENHAM, Illustrated by KAREN RUSCH-HOLMAN</p> <p>Parsley: A Love Story of a Child for Puppy and Plants</p>