



Harvest Party

Connected Next Generation Science Standard

K-2-ETS1-1 Patterns of what humans need to survive

Featured Science and Engineering Practice

Evaluating, obtaining, and communicating information

Featured Cross-Cutting Concepts

Structure and Function

Common school garden plants you can use in salads:

Leaves - lettuce, spinach, kale, collards, herbs

Stem - pea shoots, asparagus, kohlrabi, broccoli stems

Root - carrots, radishes, beets, sweet potatoes (precooked)

Fruit - pea pods, okra, strawberries, cherry tomatoes

Seeds - sunflower seeds, seeds inside fruit

Flowers - calendula, nasturtium, broccoli, broccolini

Use as much produce from the garden as possible but supplement from the grocery store as needed.

Overview

Celebrate a successful growing season with a salad party! This lesson works best if students have previously discussed plant parts or done all other plant part lessons. Decide beforehand how involved the students will be in making the salad and prepare ingredients as needed.

Students will

- Harvest, clean, and prepare salad ingredients
- Categorize salad ingredients according to plant parts

Teacher Preparation

- If you have a large classroom, wash and slice 2-3 non-lettuce salad ingredients
- Pull up a plant that has all plant parts on it or draw a plant picture on a white board
- Fill up and set out at least 3 large buckets of clean water. Label one bucket "Rinse #1" and the other "Rinse #2."
- Optional: set up vegetable chopping and salad dressing stations with written directions

Guiding Question - What plant parts do people eat?

Explore

- Ask students to whisper to a neighbor their favorite plant to eat from the garden. Gather a few student responses.
- Tell students that today we are going to figure out what plant parts people eat by making a salad!
- Either hold up the picture of a plant or an actual plant. Ask different students to come up and point to all six plant parts - **roots, stem, leaves, flower, fruit, and seeds.**
- Ask students to provide a simple definition of each function.
- *What part of the plant do they eat when they are eating their favorite garden plant?*



Harvest Party

Materials

- Teacher – small whiteboard or poster-board
- Harvested plant or a picture of a plant with all 6 plant parts
- 1-2 Large mixing bowls
- Enough bowls and forks for each student. Use washable bowls if possible.
- 3-4 Clean 5-gallon buckets filled with potable water and labeled
- Knife
- Cutting board
- 2-3 serving spoons
- Salad dressing or dressing ingredients (see below)
- 3-4 salad ingredients either washed and pre-cut or still in the garden, depending on class size and time.
- Trash bag
- Hand sanitizer
- Garden Journal or worksheet and clipboard.
- Optional: Additional 4-5 cutting boards, cheese graters, butter knives, salad spinner, compost bucket, disposable gloves

Setting

- School garden or classroom if you harvested produce beforehand
- Works best in October or late May. In October, a greater variety of produce may be available.

Digging Deeper

- Tell students they are going to help make a plant part salad!
- Pass out bowls and point out where there is a sink or 3-4 clean buckets of water. Point out that one bucket is labeled "Rinse #1" and the others "Rinse #2"
- First students, are going to harvest leaves. *What garden leaves can we eat in a salad?* Show examples of salad leaves, if needed. Students will each harvest 2-3 lettuce, kale, or spinach leaves (using two hands), then dip the leaves first in the Rinse #1 bucket and then in the Rinse #2 bucket.
- They will then spread out to shake the leaves to dry them off. You can also use a salad spinner or towels.
- Once dry, students tear the leaves into bite-sized pieces into their salad bowl.
- *Optional:* (Depending on the size and age of the class) Students also pick and prepare other plant parts from the garden. Otherwise, use produce you previously harvested, washed, and chopped. *Students can also help prepare:*
 - **Roots** – grate carrots, turnips, or other root vegetables with a cheese grater. Note: graters are sharp and students need to be extra careful with smaller pieces.
 - **Stems** – pick pea shoots or grate kohlrabi with a cheese grater
 - **Fruit** – use butter knives to cut cherry tomatoes or strawberries. Shell peas.
 - **Flowers** – pick edible flowers and tear into pieces
 - **Leaves** – soften kale by adding a small amount of olive oil and "massaging" the leaves for several minutes while wearing disposable gloves
 - **Salad Dressing** – measure and mix salad dressing (see recipe). Tear and add herbs into the dressing.
- Choose students to mix all non-leaf salad ingredients in 1-2 bowls.
- Pick a few students or an adult to walk around and add a spoonful of the non-leaf salad ingredients to each bowl.



Harvest Party

Salad Dressing

Yields 1.5 cups

Ingredients:

2/3 cup olive oil

1/2 cup apple cider vinegar

3 teaspoons Dijon mustard

2 tablespoons honey

1 teaspoon salt

1/2 teaspoon pepper

1-2 tablespoons fresh garden herbs like basil, oregano or chives finely chopped or torn

Add all ingredients to a jar and seal lid tightly. Shake the jar until well combined.

Gateway Greening

Resources

Connect with us on Facebook or Eventbrite to discover upcoming Educator Workshops



@ GatewayGreening

Discover season-specific gardening how-to's and examples of current lessons:



@ gatewaygreening

Looking for Field Trip opportunities or need to ask a question about our education services? Contact education@gatewaygreening.org or 314-588-9600 ext 106

- Walk around and pour a small amount of salad dressing on each student's bowl.
- Enjoy your salads and hard work! Remind students to take a small bite first, compost or throw away what they do not want, and not "Yuck others Yum" - e.g. share their negative opinions right away about the salad so others can make their own decision about how it taste.

Making Connections

- While eating the salad, discuss with students what plant parts they are eating. *How do they know what plant parts they are eating?*
- Afterwards, students divide each salad ingredient into the different plant part categories using the chart on the Harvest Party worksheet or create a new plant part recipe. *What else could they make out of garden plants and the plant parts they ate today?*