

May: Salad Party!

Materials

Salad plants (carrots, spinach, lettuce, radishes, pea shoots, beet greens), salad dressing in a jar (made of 1 TB olive oil, 2 TB honey, and 1/4 cup lemon juice), bowls, forks, harvest salad bowls, 3 buckets for 3-tier sink, dish soap, sponge, bleach, poster board, colored stars, summer seeds (pumpkin seeds: Sugar Pie, flower seeds Zinnia: California Giant Mix, Sunflower: Teddybear, kale seeds: Lacinato, beet seeds: Detroit Dark Red)

Preparation

Mix salad dressing, gather supplies, print stars, set up 3-tier sink

Activity – 45 minutes

Intro - 10 minutes

Today the class is going to go outside and harvest the salad!

Before the day gets going, read *The 2-Bite Club* book (found at <https://www.fns.usda.gov/tn/two-bite-club>) and talk about the importance of tasting everything that is out in the garden. Most students will have tried salad before in their life, and will know that they 'don't like it without ranch'. Encourage them to try and take at least two bites of the salad out in the garden. If they taste all the different salad elements, they will get to hang a star up and become a part of the 2-Bite club!

Make Salad - 20 minutes

Head outside and pass out bowls. Have students harvest some lettuce, spinach, and beet greens to create the base of their salads. The peas won't be mature, but you can eat the pea sprigs (the curly part of the pea). Have students try to find a curly sprig to put in their bowl. Harvest the carrots and radishes and slice them up and put a couple in each students' bowl. Top with a small drizzle of salad dressing and enjoy!

After students are done eating, have them wash, rinse, and sanitize their bowls. Place them upside-down on the table to dry.

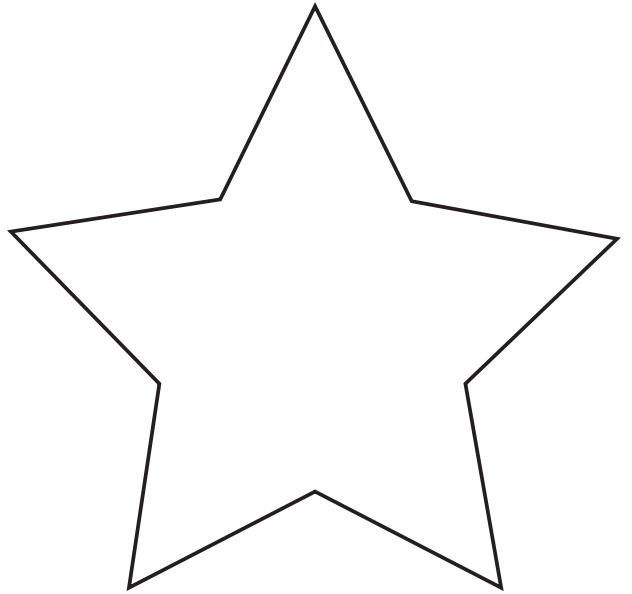
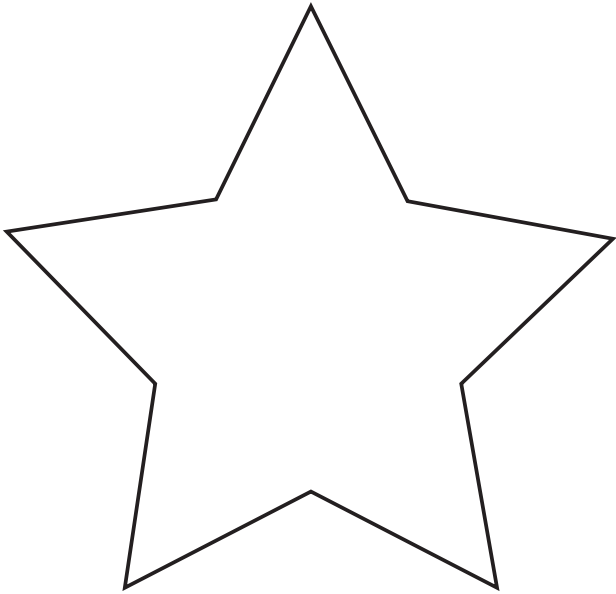
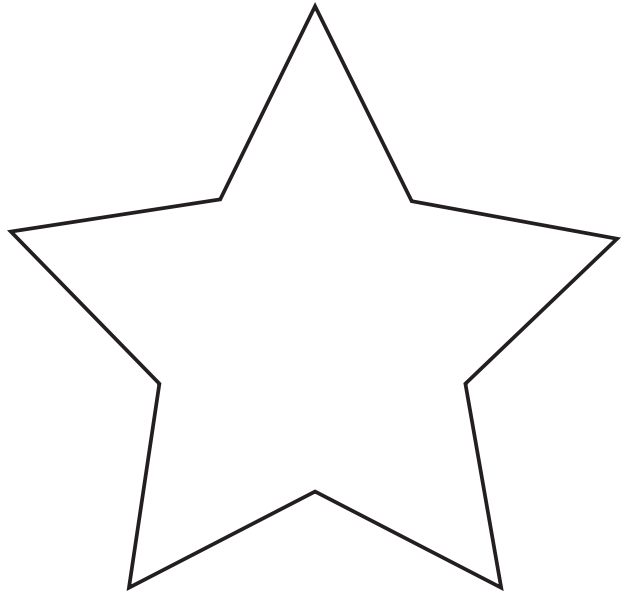
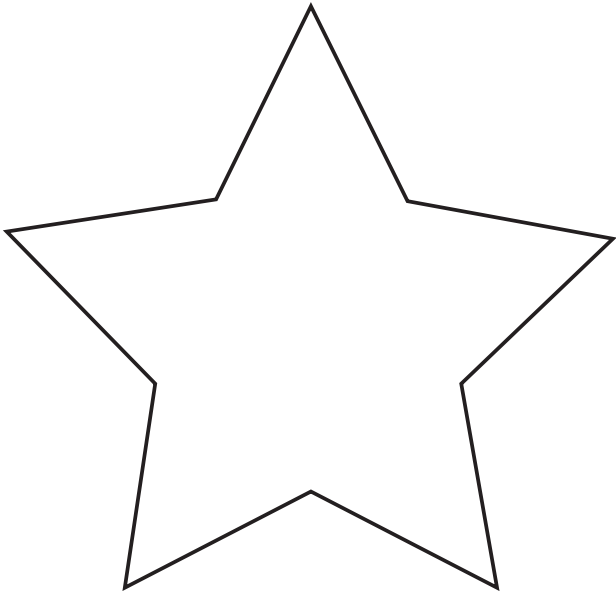
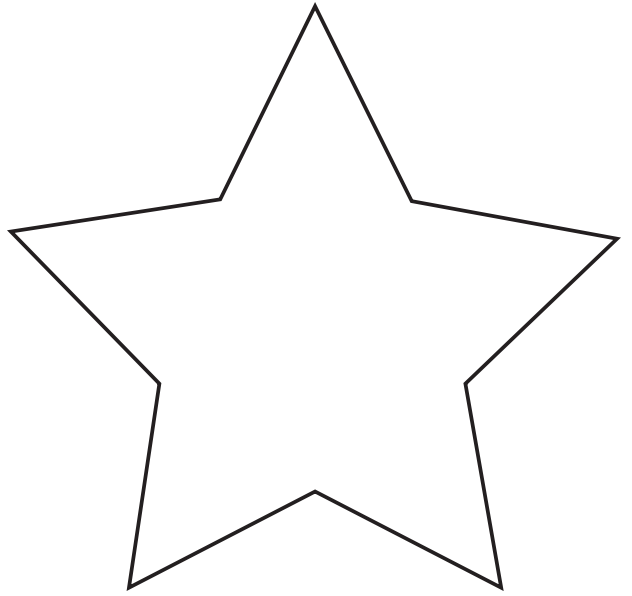
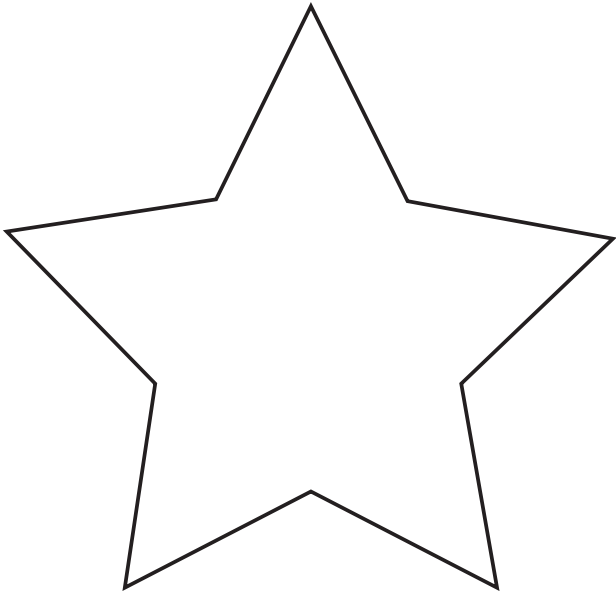
While students are finishing their salads, other students can be out in the garden, observing signs of summer and enjoying the sunny weather. When all the students are done eating and washing up, have them all gather around the class bed.

Clear the class bed of all the spring plants being sure to remove the roots. Have students rake the bed smooth with their fingers. Using the planting plan, plant pumpkin seeds in the middle of the bed, then rows of beets, kale along the edge of the bed, and flowers on the end caps.

If there are watering cans, water the seeds.

Fill Out Stars - 10 minutes

Head back inside and let students cut out a star. Have them write their name on the star. Help them think through ALL the foods that they ate out of the garden over the year (pumpkins, kale, beets, spinach, lettuce, radishes, pea shoots, carrots) and have them write their favorite one on their star. When they are done, they can affix their star to the poster board. Hang the poster board in the garden corner, and reflect on the amazing work your class did out in the garden!



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Wasatch Community Gardens recommends feed-trough garden beds or raised boxes for school gardens. They are easy to maintain, hard to accidentally walk into, and have the potential to be relocated if needed. These planting plans are for either two 48-inch feed-trough beds or one 4' x 8' raised bed. Be sure to check the seed packets for detailed planting instructions (seed depth, etc.). For other questions, visit www.wasatchgardens.org

