

Curriculum Overview

MONTH	FOOD	TASTE TEST	GARDENING ACTIVITY
January	Sweet Potato	Sweet potato Tater Tots	Start sweet potatoes in water for slips.
February	Microgreens	Microgreens on cream cheese saltines	Plant microgreen trays in classrooms.
March	Infused water/Milk	Smoothie in a bag	Glue seeds in on paper towels for Square Foot Gardening (radish/spinach)
April	Radish	Sauteed radish	Plant paper towels. Harvest garlic.
May	Strawberry	Strawberry Smores	Harvest radish/spinach. Start strawberries in tp rolls.
June	Kale	Kale chips	Plant Yum Yum peppers.
July	Basil	Easy Caprise	Plant mini pumpkins.
August	Pepper	Mini snack sized peppers stuffed with cream cheese and Everything Bagel topping.	Harvest Yum Yum peppers.
September	Peach	4 food group parfaits	Plant carrots.
October	Pumpkin	Pumpkin dip and teddy grahams	Harvest mini pumpkins. Plant garlic.
November	Carrot	Multicolored carrots	Harvest carrots. Start food from scraps.
December	Popcorn	Popcorn with seasonings	Plant herb gardens.

SWEET POTATOES



Easy Baked Sweet Potato Tater Tots

1. Poke holes in the sweet potatoes with a fork and cook in the microwave for about 5- 6 minutes. Let cool to touch.
2. While sweet potatoes are cooking, prepare coating. Add all dry ingredients to a food processor and blend until incorporated. While mixing, stream in butter.
3. Peel sweet potatoes and add to a mixing bowl. Add cinnamon and mash – you’re not looking for a puree, but rather a rough mash.
4. Set in fridge to chill and preheat oven to 375 degrees F (190 C).
5. Spray a baking sheet with nonstick spray. Scoop out scant 1 Tbsp amounts of sweet potato puree and form them into a “tot” shape – an oblong circle.
6. Transfer to coating and use a spoon to gently toss to coat. Transfer to baking sheet and spritz the top with olive or canola oil to help them crisp up (optional).
7. Bake for 20 minutes, then gently flip. Bake for 20 minutes more then serve immediately. If you want them firmer, just bake them for an additional 10-15 minutes. The longer you cook them the crispier they’ll get!

INGREDIENTS

FOR THE TOTS:

- 2 large sweet potatoes (scrubbed + washed)
- 1/4 tsp ground cinnamon

FOR THE COATING:

- 1 cup panko breadcrumbs
- 1 Tbsp butter (melted)
- 1 Tbsp sugar
- 1/4 tsp sea salt
- 1 tsp ground cinnamon
- 2 tsp cornstarch

Start sweet potatoes in water for slips.

YOU WILL NEED:

- Sweet potatoes, one if you are just doing a demonstration, multiples if the students will be doing it themselves.
- Four wooden toothpicks for each sweet potato.
- A clear plastic cup, big enough for the sweet potato to fit in. I used a Solo type cup. You can also use a glass jar, which is more stable, but could break if handled roughly in the classroom.

Explain to the students that, unlike most vegetables, sweet potatoes do not start from seeds. They grow from “slips” that we grow from other sweet potatoes.

Demonstrate for them how to start slips.

- Turn the potato long way (perpendicular to the floor) and poke the four toothpicks into the sweet potato in a circle going around the circumference.
- Place the sweet potato into the cup/jar so that the toothpicks hold it up with the top of the sweet potato rising out of the cup/jar.
- Fill the cup/jar almost full of water, making sure that the top of the sweet potato is out of the water, while the bottom of the sweet potato is under the water.
- Place the cup/jar on a sunny windowsill.

Explain that the bottom of the sweet potato will start to grow roots, then the top of the sweet potato will start to grow vines. These vines are the slips from which we will grow more sweet potatoes.

- As the roots and slips start to grow, make sure to change out the water once or twice a week to keep it fresh.
- When the slips are 3-4 inches long, break them off and place them in another cup/jar of water with the tops out of the water and the bottoms under the water so they can grow roots.
- When the slips have roots, they are ready to plant!

FACTS:

- The Native Americans were growing sweet potatoes when Columbus came to America in 1492.
- By the 16th century, sweet potatoes were being grown in the southern states.
- North Carolina is the top-producing state of sweet potatoes. They produce 50 percent of the nation’s annual crop.
- Sweet potatoes are “cured” (placed in a newspaper-lined box) after harvest for about two weeks. During this time, the sweet potato starch changes to sweet sugar.
- Sweet potatoes are sometimes called yams in the United States, but really, they are different vegetables. Yams are lighter, longer and starchier than sweet potatoes.
- Sweet potatoes are grown year-round, but their peak season is October through March.



DID YOU KNOW?

Sweet potatoes are NOT potatoes! Although they share several characteristics, they are a completely different vegetable family. Can you list some ways in which they are DIFFERENT?

MICROGREENS



Microgreens Omelet

- Crack 2 eggs into a bowl.
- Add 2 Tablespoons of milk and a pinch of salt and pepper to taste.
- Using a fork, beat together.
- Heat skillet to medium-high
- When hot, melt 1 Tablespoon butter in skillet
- Pour egg mixture into the hot skillet, mixture should start to set immediately at edges
- Gently push cooked portions from the edges towards the center with your spatula so cooked eggs can reach the pan's hot surface.
- Continue cooking, tilting pan and gently moving cooked portions as needed
- When the top surface of eggs is thickened and no visible liquid egg remains, it's time for the filling!
- Add filling to one half of the omelet
 - 2 Tablespoons of shredded cheese
 - 1/2 cup microgreens
- Fold omelet in half—top to bottom, covering the filling.
- Use a spatula to slide onto a plate.
- Serve immediately and enjoy!

INGREDIENTS

- 2 eggs
- 2 Tbsp low fat milk
- 2 Tbsp low fat shredded cheddar cheese
- ½ cup microgreens
- Pinch salt & pepper
- 1 Tbsp butter

YOU WILL NEED:

- medium skillet
- mixing bowl
- fork
- rubber spatula

FACTS:

PLANT MICROGREENS

YOU WILL NEED, PER PARTICIPANT:

- Small cup of dirt, with lid. I use the 2 oz. condiment cups.
- Small baggie of seeds. I like to use sunflower, but this requires hydrogen peroxide.
- Copy of Microgreen Grow Kit booklet. (see appendix)
- Put all materials together in a sandwich size zipper lock baggie.

1. Remove lid from the soil cup.
2. Water the soil gently —Not too wet—Not too dry—JUST RIGHT.
3. If using sunflower seeds, soak for 12-24 hours in water and a teaspoon of hydrogen peroxide. Rinse before using. (Other seeds do not need this treatment.)
4. Place seeds on top of soil. You want the soil surface to be covered completely, but not so much that seeds are stacked on top of each other.
5. Press seeds down into the soil using 1 finger—up to your first knuckle.
6. Gently cover the seeds with soil.
7. Cover with lid and put your container in a sunny window in your home.
8. When seedlings emerge, remove the lid.
9. If you see fungus growing on the seeds/sprouts, spray with more hydrogen peroxide.
10. Water as needed.
11. When the seedlings reach 2-3 inches, harvest them using clean scissors just above the soil.
12. Wash & enjoy!

- Microgreens are young vegetable greens harvested before the plant matures, and they only take about 2 weeks to grow. They are a fun and fast way to grow a nutritious treat to be added to salads, sandwiches & much more!
- They come with a huge variety of flavorful tastes depending on what type of seeds are used:
 - **Basil** – Intense, slightly sweet, zesty
 - **Beet** – Earthy, like beetroot but slightly sweeter
 - **Broccoli** – Mild, crunchy, dense, slightly bitter
 - **Cauliflower** – Mild, peppery
 - **Kale** – Mild, subtly sweet, broccoli-like taste
 - **Radish** – Strong, Peppery
 - **Sunflower** – Nutty, mild



DID YOU KNOW?

Microgreens are packed FULL of important nutrients that our bodies need to grow and be healthy! Some have 40 times as much nutrients as their full-grown counterparts!

MILK



Smoothie in a Bag

1. Place fruit in the small bag and seal it carefully.
2. Smash the fruit as much as possible. (If fruit is not very ripe it will not smash well).
3. Add the yogurt and the milk to the bag.
4. Seal the bag and massage until well mixed.
5. If it is too thick, add more milk.
6. Insert straw into the corner of the bag and seal the rest of the bag.
7. Drink and enjoy!

INGREDIENTS

FOR EACH PARTICIPANT:

¼ cup of berries
½ very ripe banana
2 Tablespoons of low-fat vanilla yogurt
2-3 Tablespoon of low-fat milk

SUPPLIES:

One small zipper lock baggie
One straw

SQUARE FOOT GARDENING

YOU WILL NEED:

- Two different types of paper towels: the tear-off-the-roll kind that come in the FULL sheet, and the tri-folded kind from a paper towel dispenser.
- Spinach and radish seeds
- Glue sticks

Each vegetable or plant needs a certain amount of space to grow. Some need very little space and can be planted close together, while some need more space and must be planted further apart. To measure this, we use a square foot and determine how many of each type of plant we can put into that much space.

- Radish are very small, and can be planted very close together. We can plant 16 in each square foot. To make 16 squares on your paper towel, use the full-size sheets that you pull off a roll. Fold it in half to make a rectangle, then in half again to make a square. Repeat so you end up with a small square. Push down to flatten the folds, so that they show when you unfold the paper towel. You should have 16 boxes on your paper towel. Glue a radish seed in the center of each box.
- Spinach plants take up a little more room and can be planted 9 to a square foot. Using a tri-folded paper towel, have each participant put their hand on the paper towel in the middle. Fold the two sides over the hand, creating a small square. Push down to flatten the folds, so that they show when you unfold the paper towel. You should end up with 9 boxes. Glue a spinach seed in the center of each box.

Allow the glue to dry, and store in a dry place. When ready to plant, place the paper towels on the ground, end to end and side to side, spray with a water bottle, and cover with a thin layer of dirt. The paper towel will bio-degrade, or compost, and the glue will dissolve, leaving the seed to germinate.

FACTS:

- Each square foot planted with a different crop has 1, 4, 9, or 16 plants based on the mature size of the plant. See appendix for more.
- Densely planted crops can act as living mulch, inhibiting weed growth.
- A variety of crops in a small space also prevents plant diseases from spreading easily.
- The Square Foot Gardening method is estimated to cost 50% less than single row gardening according to the Square Foot Gardening Foundation.
- It also uses 20% less space, 10% of the water, and only 2% of the work, making it a very enticing option for those with limited outdoor space, time, or knowledge.



DID YOU KNOW?

Another way to do Square Foot Gardening is to make cardboard templates with evenly spaced holes cut in them. With this method you can sow the seeds directly into the ground.

RADISH



Sautéed Radishes and Radish Greens

Radishes add a delightful peppery crunch to salads and appetizers, but did you know the humble radish is also tasty when cooked? Cooking brings out a sweeter flavor while softening their texture. Instead of sautéing, they can be boiled or roasted.

1. Cut the leaves and the roots of the radishes. Add cold water in a large bowl, add the leaves and roots and wash to remove the grit. Transfer leaves and root to a colander, change the water if the water is dirty and rinse the radish leaves and bulbs again.
2. Heat oil in a large skillet over medium-high heat, add onion and cook until softened, about 2 minutes. Add garlic and cook until fragrant, about 1 minute, stirring.
3. Add chopped radish leaves, sliced radishes and stir until wilted. Keep stirring often and cook until the greens and radishes are tender about 5-8 minutes. Season with salt to taste and add a squeeze of half of a lemon.

INGREDIENTS

- 1 bunch radish
- 1 tablespoon olive oil
- 1 small red onion, cut into slices
- 3 cloves garlic, chopped
- 1/2 teaspoon salt, or to taste
- 1 tablespoon lemon juice

Planting Paper Towels

YOU WILL NEED:

- Square foot garden paper towels (see MARCH). You can also make seed tape with seeds, glue sticks, and toilet paper (see photo below). Just place the seeds the recommended distance apart according to the seed packet label.

You may want to till the ground a bit to soften it up before planting your paper towels, particularly if it has been frozen. Radish and Spinach are both cool weather crops that can still *germinate* and grow, even when the weather isn't warm. They also both grow very quickly, so you should be able to harvest them before the end of the school year.

Place the paper towels on the ground, end to end and side to side, spray with a water bottle, and cover with a thin layer of dirt. The paper towel will *bio-degrade*, or *compost*, and the glue will dissolve, leaving the seed to germinate.

Harvesting Garlic

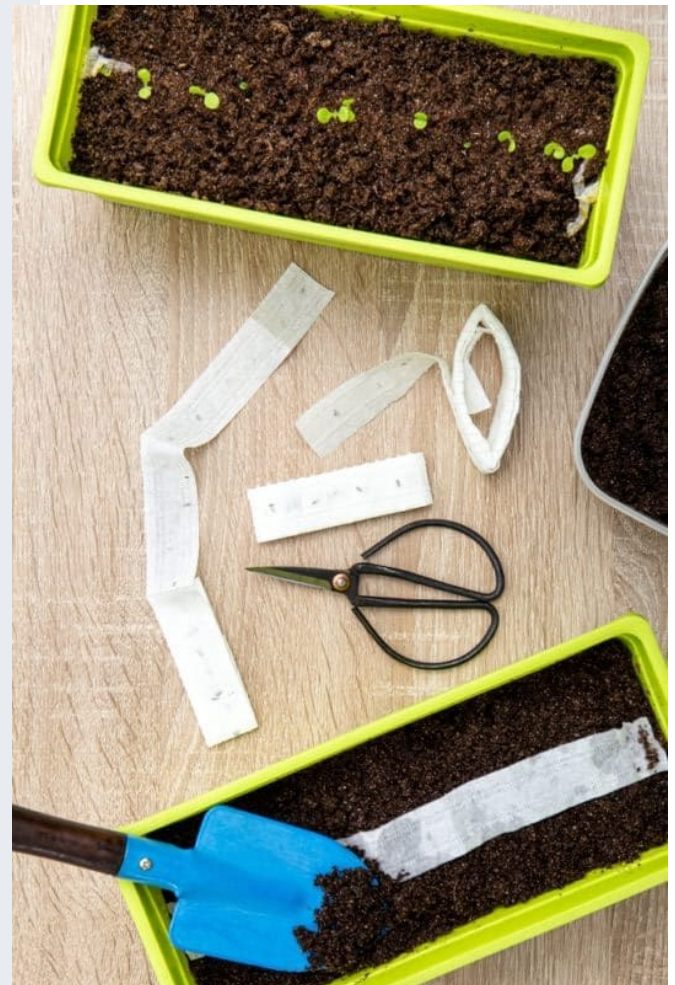
If you planted garlic at the very beginning of the school year, you should be able to harvest it now. The bulbs will be on the small side, as they really won't be fully developed until June or July, but the smaller bulbs can still be used for cooking.

To harvest, just grasp the long leaves at the base of the plant and pull till the root comes out of the ground. You may need to loosen up the soil around the root with a spade or hand shovel. Do not peel the skin off the garlic. You can leave the dirt until it dries and then just brush it away.

Although garlic can be eaten any time after harvest, its flavor has not completely developed. To do this you need to cure it by putting your freshly dug garlic in an area out of the sun with good air circulation. Leave the garlic bulbs out for about 2-3 weeks. Garlic is completely cured when the skin is dry and crispy, the center stem is hard, and the neck is constricted.

FACTS:

- *Germinate* means that the seed had begun to grow and put out shoots after a period of dormancy.
- *Bio-degrade* means that the paper will decay naturally and in a way that is not harmful.
- *Compost* means that as the paper towels bio-degrade, they will add nutrients to the soil that the plants can use.



DID YOU KNOW?

Garlic is a superfood known to have MANY health benefits. Like supporting your blood. Being an antioxidant. Fighting cancer. Deterring the common cold. And the list goes on...

STRAWBERRIES



Strawberry Smores



Step 1. Prepare the Ingredients

- Wash and slice strawberries
- Cut or break graham crackers in half



Step 2. Build Your Smore!

- Top on 1/2 of graham cracker with yogurt
- Add strawberries
- Top with the other 1/2 cracker



Try Frozen!

- Mix yogurt & strawberries together, spread on graham cracker. Wrap in plastic wrap and freeze for an hour.

INGREDIENTS

- 1 graham cracker, broken in half
- 2 tablespoons of low fat vanilla yogurt
- 2 sliced strawberries (let kiddos slice their own strawberries with plastic knives or safety knives)

Strawberry Bed

FOR THE GARDENING ACTIVITY IN MAY WE WILL BE TENDING THE STRAWBERRY BED WE ALREADY HAVE ESTABLISHED. IF YOU DON'T CURRENTLY HAVE A STRAWBERRY BED, NOW IS A GREAT TIME TO START ONE! THEY ARE PERENNIAL, SO THEY COME BACK EVERY YEAR, AND ARE PRETTY LOW MAINTANCE.

For our established strawberry bed we will be doing the following:

- Pruning dead leaves – have the kids go through the strawberry plants and pick off any dead leaves. Dead or dying leaves take energy away from the plant that it would otherwise use to produce fruit.
- Adding compost – using plastic cups or gardening trowels, have the children put compost around the base of each plant without covering the leaves. Work it into the top inch or two of the soil. Compost is the best fertilizer for strawberries, and if you can get worm compost it's even better!
- Cutting pups to send home – if you have any runners starting, clip them off and put them in toilet paper rolls filled with soil/compost.

If you don't have any established strawberry plants, start your bed now.

- I definitely suggest that you use a container for strawberries, like strawberry pots or a small bed. The runners will spread year after year and they can take over an open space.
- Don't over crowd your bed. Save some \$ and only purchase about half the plants you will need to fill the bed. Let the runners fill in the rest of the space for you over time.
- Your bed will need plenty of direct sunlight. Make sure you pick the right location for it.
- You'll need pollinators to get strawberries, so plan for your bed to be near some flowers, or mix some flowers directly into the beds.



TOILET TISSUE ROLL POTS

One of the main motivations behind any DIY craft is to save the planet, which one does by recycling the use of already-used products or its containers. How exciting will it be if the used item can be reused in gardening? Will not it double the benefit?

To make a toilet paper roll into a simple diy seed starting container, cut the tissue roll in half. Then cut four 1/2" long slits on the bottom of one end, equally spaced to make four flaps you will fold over like closing a box.

When you plant them in the ground, be sure to plant the whole container because if the lip stays above soil, it can wick moisture away from the roots.

SUMMER MAINTENANCE



- If you have time before school ends, have the students help you plant cover crops. Cover crops are plants that are grown to improve soil health, prevent erosion, and enhance crop production. There are several types of cover crops:
 1. **Legumes:** Examples include clover, vetch, and peas. Legumes fix atmospheric nitrogen through a symbiotic relationship with rhizobia bacteria.
 2. **Grasses:** Common grass cover crops include rye, oats, and barley. They grow fast and leave easily managed residues.
 3. **Brassicas:** These include crops like radishes, mustards, and turnips.
 4. **Other Broadleaf Plants:** These absorb soil nitrogen, hold the soil in place, and serve as green manure.
- Early June, plant Yum Yum peppers (sweet mini peppers) to harvest with the students in the fall.
- Mid-July, plant **mini pumpkins** to be ready for Halloween. These mini pumpkins can be trained up vertical garden supports, allowing you to grow lots of vegetables in a smaller patch of soil.
- August, before school starts again, cut down your cover crops and mulch the leaves/stems/roots directly into the top layer of soil for added nutrients.

WHILE YOU MAY OR MAY NOT CHOOSE TO CONTINUE TO GARDEN WITH SUMMER SCHOOL STUDENTS, THERE ARE A FEW MAINTENANCE ITEMS THAT CAN BE DONE TO YOUR GARDEN THAT WILL HAVE IT READY FOR THE RETURN TO SCHOOL IN THE FALL.

If you do continue to work with students during the summer months, the Harvest of the Month for June, July, and August are Kale, Basil, and Peppers. There are recipes for each of these on the next page.

Kale chips

Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon flaked sea salt

Directions:

1. Gather all ingredients.
2. Preheat the oven to 300 degrees F (150 degrees C). Line a rimmed baking sheet with parchment paper.
3. With a knife or kitchen shears carefully remove kale leaves from the thick stems; tear them into bite-sized pieces.
4. Wash and thoroughly dry kale with a salad spinner.
5. Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt.
6. Bake until the edges start to brown but are not burnt, 20 to 30 minutes.
7. Enjoy!

Air-Fryer Stuffed Mini Peppers

Time: 15 minutes; Makes 4 servings

Ingredients:

- 8 mini sweet peppers
- 8 ounces cream cheese spread
- 2 tablespoons everything bagel seasoning

Directions:

1. *Wash the peppers and cut them in half lengthwise. Remove the seeds. Pat dry with a paper towel.*
2. *Fill the peppers with the cream cheese spread, about 1-2 spoonful.*
3. *Place in the air fryer basket and sprinkle each pepper with everything bagel seasoning to taste.*
4. *Air fry for 6 minutes at 380 F.*
5. *Remove and enjoy.*

Easy Caprese (kah-pree-see)

Ingredients:

- 3 cups cherry tomatoes halved
- 1 (1 ounce) mozzarella cheese sticks, sliced into ¼ inch thick pieces
- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- ½ tablespoon dried basil

Directions:

1. Combine the halved cherry tomatoes and the sliced mozzarella cheese sticks.
2. In a separate bowl, whisk together the olive oil, vinegar and dried basil.
3. Stir the mixture into the tomatoes and mozzarella.
4. Toss to coat.
5. Cover and refrigerate until ready to serve. (Can be served on toothpicks, like kabobs.)

PEACH



Four Food Group Parfait

The Four Food Group Parfait contains (you guessed it!) four of the five food groups. Talk to the kids about what foods are in each of the food groups and have them guess why the fifth food group (veggies) isn't included in the parfait. Because it wouldn't taste good, of course!

Use any kind of fruit you want. I recommend peaches to go with the Harvest of the Month. Fresh fruit will need to be chopped up into small pieces, while canned fruit will need to be drained. Frozen fruit needs to be thawed before using.

If you are making them in advance, don't add the toppings (granola or graham crackers) until it's time to eat so they don't get mushy. To save time you can mix the seeds (sunflower, pumpkin, etc.) in with the granola/graham crackers.

INGREDIENTS

1 serving

- 1/4 cup (4 tablespoons) low fat yogurt
 - 1/4 cup (4 tablespoons) fruit
 - 3 tablespoons of granola or crushed graham crackers
 - 2 tablespoons of seeds
- Add ingredients in a clear glass or plastic cup in this order, and serve with a spoon.

Planting carrots by the foot

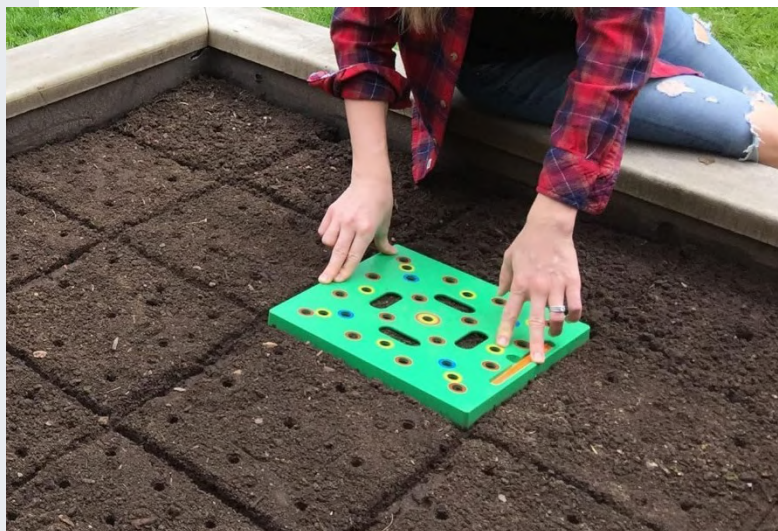
Planting carrot seeds in the garden is a great way to kick off the school year. The kids get to be outside and get their hands in the dirt while the weather is still warm. Carrots grow relatively quickly and should be ready to harvest by November, when we will use them as the food of the month. Read the seed packets to find varieties that grow fastest. You might also want to consider where you are planting them. If your garden beds aren't very deep, plant a smaller variety. For extra fun, plant multicolored carrots. Don't have garden beds? No problem! Grow bags or 5-gallon buckets are perfect for carrots.

This is a great time to introduce your students to **square foot gardening**. This method involves dividing your garden plot into a grid of 1-foot squares. Next, you then fill each of these squares with plants according to their recommended density. In general, the larger the plant, the fewer per square foot.

- tomatoes or cabbage = 1 per square foot
- head lettuce or beans = 4 per square foot
- spinach or beats = 9 per square foot
- carrots or radish = 16 per square foot

This method allows you to grow quite a lot in a small space.

Ultimately, this strategy involves less space, less digging, less weeding, less time, and is therefore a great entry-point for kids into the world of gardening. They can also each have their own square if you have enough space.



Square foot templates like the one pictured can be purchased on the internet but can easily be made out of cardboard as well.

Place the template on the ground. Poke through the holes with a dibbler or stick (pencils work great!) and drop a carrot seed in each hole.



PUMPKIN



Pumpkin Dip

1. Mix everything together till smooth.
2. Serve with graham crackers or cinnamon grahams for dipping.
3. Try the fancy way: carve out a small pumpkin and serve the dip inside it!

INGREDIENTS

- 1 (15 ounce) can pure pumpkin
- 1 (8 ounce) package light cream cheese (soft)
- 1 (3-4 ounce) package regular instant vanilla pudding mix
- ½ teaspoon pumpkin pie spice

Harvest Pumpkins

IF YOU PLANTED MINI PUMPKINS IN JULY THEY SHOULD BE READY TO HARVEST.

Plant Garlic

While you are out in the garden take the opportunity to plant garlic. Rather than using garlic from the grocery store, find bulbs suitable for planting at a garden store. The garlic at the grocery may have been treated to prevent it from sprouting. Planting garlic in autumn allows the cloves to establish roots before winter sets in. A cold spell (vernalization) is essential for encouraging the development of large, well-formed bulbs.

To plant garlic, follow these simple steps:

1. Plant garlic in fall, 4-6 weeks before the ground freezes.
2. Choose loose, well-drained soil that is rich in nutrients. Now is a good time to mix fresh compost into your garden bed, particularly if you didn't plant cover crops over the summer.
3. Split garlic bulbs into individual cloves, with the pointed end facing up. Don't peel off the papery skins.
4. Plant 1 to 2 inches deep, 4 per square foot.
5. Choose a garlic variety that matches your climate and cooking preferences.

Winter Care:

- In milder climates, green shoots may appear before winter - this is normal.
- In colder areas, garlic may go dormant and reappear in spring.

Spring and Early Summer Care:

Watering:

- Keep soil moist during dry spells, especially as bulbs swell (May-June).
- Stop watering two weeks before harvest to prevent rot.

Weeding:

- Garlic doesn't compete well—**weed regularly** to prevent competition.

When to Harvest:

- **Mid-June to July**, depending on variety and planting date (Or right before school dismisses for summer break, even if that is a bit earlier than suggested. The bulbs will be on the smaller side, but this way the students will have the opportunity to harvest what they planted.)
- When **lower leaves turn yellow and flop over**, but the upper leaves are still green

How to Harvest:

- Use a fork to gently loosen the soil.
- Lift bulbs carefully to avoid bruising.
- Don't pull by the stems.

DID YOU KNOW?

To cure garlic after harvest, you can follow these steps:

1. Lay garlic bulbs in a single layer on a drying rack with a mesh screen and a fan, or hang them from the ceiling with hooks, twine, or mesh bags.
2. Small bulbs cure faster than large ones, and curing takes less time in low humidity. The minimum time to cure garlic completely is 10 to 14 days.
3. Garlic is usually ready for long-term storage about a month after harvest. But curing can take as little as two weeks in warm, dry climates, or as long as two months in rainy, humid weather. Large bulbs (and bulbs with large cloves) generally take longer to cure. During this time, the flavor continues to mellow and improve.

CARROTS



Multicolored Carrots

Easiest recipe of the year! Just cut up a bunch of multicolored carrots for students to try. See if they think the different colors taste different.

Can't find multicolored carrots? Try this easy recipe instead...

Sunshine Salad

1. In a large bowl, mix together carrots, apples, raisins, and yogurt.
2. Cover with plastic wrap and refrigerate for at least 15 minutes. Toss before serving.

INGREDIENTS

4 medium carrots, peeled and shredded

2 apples, diced

½ cup raisins

¾ cup (6 ounces) low-fat vanilla yogurt

Harvest Carrots

IF YOU PLANTED CARROTS IN SEPTEMBER, THEY SHOULD BE READY FOR THE STUDENTS TO HARVEST.

Growing food from Scraps

Grab some store bought or garden grown veggies and try to regrow them! Here are some vegetables that can be grown from scraps:

- Green onions: regrow from the white bottom parts with the roots.
- Leeks: regrow from their bottom white parts that have the roots intact.
- Romaine lettuce: very easy to regrow at home.
- Ginger
- Garlic
- Lemongrass
- Onions
- Potatoes
- Sweet potatoes
- Asparagus
- Zucchini
- Pumpkin and other squash varieties
- Celery, Fennel, Romaine lettuce: save the bases of these vegetables and place them in a shallow water dish.

○

FACTS:

- Carrots are the second most popular vegetable in the world (potatoes are the first)!
- The longest carrot ever grown in history so far measured around 6 meters long.
- The world produces an estimated 40 million tons of carrots every year.
- People looking for a healthy snack would usually munch on raw baby carrots, but you'd actually get the most out of the carrot's nutritional value if you cook them. Raw carrots only release around 3% of their nutritional value once digested by the human body. In comparison, cooking carrots helps increase the amount of nutrition released during digestion for up to 39%



DID YOU KNOW?

Originally, carrots were yellow, white, and purple... not orange.

POPCORN



Taco Seasoning

Ingredients

- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 2 Tbsp chili powder
- 1 Tbsp paprika
- 1 Tsp black pepper
- 2 Tbsp cilantro

Ranch

Ingredients

- ½ Tsp dried dill
- ½ Tsp dried chives
- ½ Tsp garlic powder
- ½ Tsp onion powder
- ¼ Tsp salt
- ¼ Tsp pepper

Pumpkin Spice

Ingredients

- 1 Tsp pumpkin pie spice
- 1 Tsp cinnamon
- 1 ½ Tbsp powdered sugar

Gingerbread

Ingredients

- 1 ½ Tbsp powdered sugar
- 1 Tsp cinnamon
- ¼ Tsp ground ginger
- ¼ Tsp ground cloves

Cheesy Herb

Ingredients

- ¼ Cup grated parmesan cheese
- 1 Tbsp parsley
- 1 Tsp garlic powder
- 1 Tsp ground black pepper
- ½ Tsp onion powder
- ¼ Tsp thyme

Mexican Chocolate

Ingredients

- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp powdered sugar
- 1 Tsp cinnamon
- ¼ Tsp salt
- Pinch of cayenne pepper

Plant Herb Gardens

YOU WILL NEED:

- A cardboard shoe box with lid, or other similar sized container
- Plastic wrap
- Potting soil or dirt with compost or worm castings
- Herb seeds or cuttings with rooting hormone

What better way to build a classroom herb garden than out of a recycled cardboard box!

- Start by cutting a large rectangle in the lid of the box. You will want the hole to take up almost the whole lid.
- Decorate your box any way you want. Paint it, glue twigs and stones to it, wrap it in decorative tape or wallpaper, etc.
- Line the box with a sheet of plastic wrap, making sure to put holes in the bottom for drainage.
- Fill the box with potting soil. (Or pair this lesson with a lesson on composting and use regular top soil mixed with compost or worm castings. Try analyzing the dirt with the Shake Rattle & Roll activity. See Appendix B.)
- Plant seeds or dip cuttings in rooting hormone and plant. (Working with cuttings can be much faster, but if you want to save the cost of the rooting hormone, just place cuttings in water a couple of weeks prior to building the garden box.)
- Place in a sunny windowsill and enjoy fresh herbs in the middle of winter!

FACTS:

- Popcorn is a type of maize (or corn), a member of the grass family, and is scientifically known as *Zea mays everta*.
- People have been enjoying popcorn for over 4,000 YEARS! The ancient corn unearthed at Paredones and Huaca Prieta in Peru is the oldest macrofossil evidence for popcorn in South America.
- Americans consume some 14 billion quarts of this whole grain, good-for-you treat. That's 43 quarts per person.
- Popcorn is one of the oldest American foods.
- 1 ounce, or 2 Tablespoons of unpopped kernels makes 1 quart, or 4 cups, of popped popcorn!
- Popcorn was the first food to be microwaved! In 1947, inventor Percy Spencer used popcorn to test his invention!



DID YOU KNOW?

Popcorn is a great snack because it is:

- High in fiber
- Low in calories
- Sugar free
- A whole grain

Square Foot Planting Guide


How many can you plant per square foot?

Plant	one	four	nine	sixteen
asparagus	one			
basil (large)	one			
basil (small)		four		
beets (large)			nine	
beets (small)				sixteen
bok choy		four		
broccoli	one			
cabbage	one			
carrots				sixteen
cauliflower	one			
celery	one			
chives	one			
cilantro		four		
collard greens	one			
corn	one			
cucumbers	one			
dill	one			
drying beans		four		
eggplant	one			
fava beans		four		
fennel	one			
garlic		four	nine	
ginger	one			
green beans (bush)			nine	
green onions				sixteen
gourds	one			
head lettuce	one			
kale	one			
kohlrabi		four		
leaf lettuce		four		
leeks			nine	
lima beans			nine	
marigolds		four		
mustard greens	one			
nasturtiums	one			
okra	one			
onions (medium)			nine	
onions (storage)		four		
oregano	one			

Plant	one	four	nine	sixteen
parsnips				sixteen
parsley	one			
peas, garden			nine	
peas, sugar			nine	
peppers	one			
potatoes	one			
radishes				sixteen
rosemary	one			
rutabagas		four		
sage	one			
savory	one			
soybeans		four		
spinach			nine	
strawberries	one			
sunflowers	one			
sweet potatoes	one			
swiss chard		four		
thyme	one			
tomatoes	one			
turnips			nine	

Squash and Melons

These plants need room to spread out. Plant one per square foot, with a shared trellis or cage for every two plants (or two squares), to keep them from invading other squares.

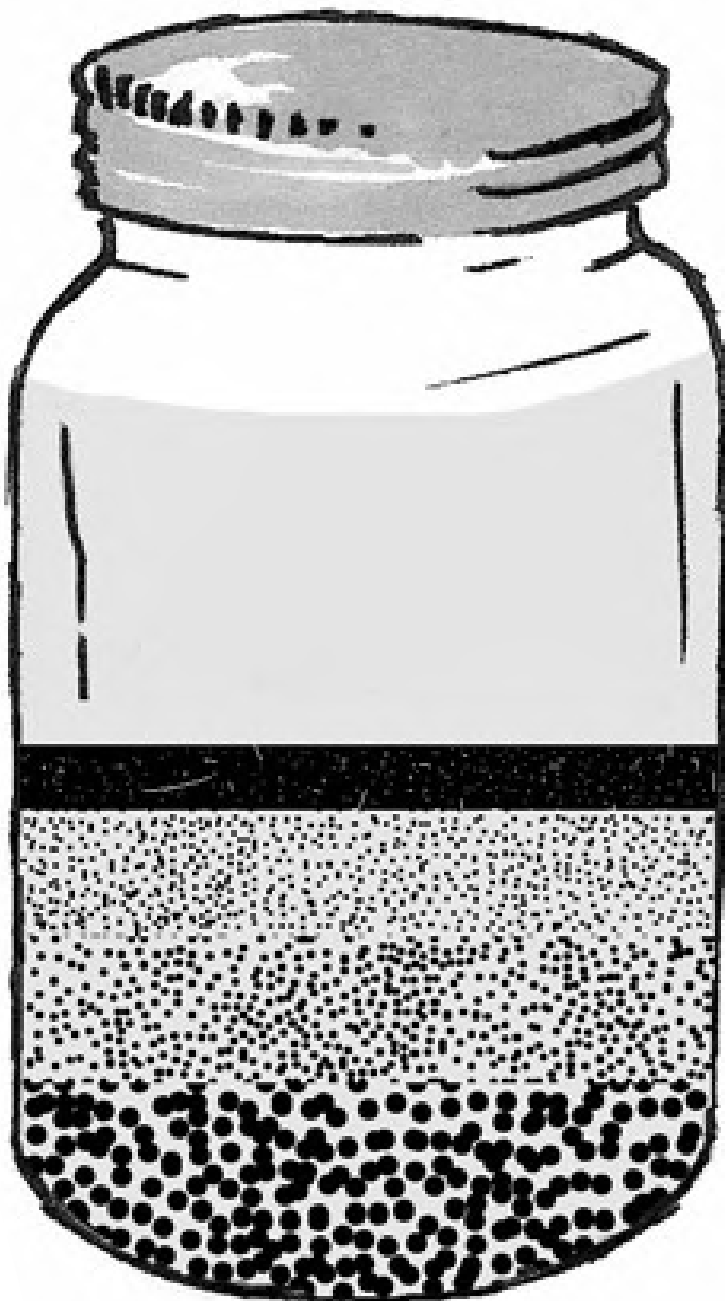


two plants in two square feet
with a shared trellis or cage

cantaloupe
pumpkins
summer squash
watermelon
winter squash
zucchini

Easy Soil Test (Shake Rattle & Roll)

- **Determine the type of soil in the garden by filling a jar half-full with soil.**
- **Fill the remaining space with water.**
- **Have the students take turns vigorously shaking the jar until the larger clumps are broken apart.**
- **Allow at least 24 hours for the soil to settle completely.**
- **The top layer will be clay, which includes the smallest, lightest particles. The middle layer will be silt, and the heaviest particles fall to the bottom, sand.**
- **Have the students identify the thickest layer to determine the soil type.**
- **You want the clay, silt, and sand to be in equal parts. This is called LOAMY soil.**
- **If your soil is not loamy, you can improve the soil by adding COMPOST or WORM CASTINGS to it.**



Organic matter will float to the top.

Clay (Most WV soil will be mostly clay.)

Silt

Fine sand

Course sand