



BIG GREEN ACTIVITIES

Harvest Activity

Activity Outcomes

In this activity students will...

- learn that plants are made up of different parts that we can eat.
- learn that harvesting should be done with clean hands and clean tools.

Materials and Preparation

- Review Harvesting Basics and district food safety guidelines
- Review Creating Your Harvest Kit and collect harvesting supplies
- Ask your school's Garden Team for a map of your Learning Garden and directions on what your class will harvest and where it grows
- Discuss how you and your class can best eat the produce with your school's Garden Team as referenced in Step 3 of this Activity
- Organize materials and plan for eating produce before harvesting! Garden produce must be eaten or properly stored after harvest.
- Review activity and familiarize yourself with your Learning Garden

Teacher Background

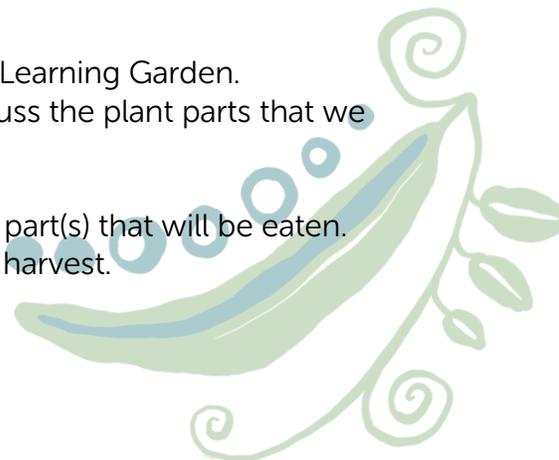
During this activity, your students will learn about plant parts as they relate to the foods that we eat. Use the table below to help your students understand which of the crops on their worksheet are roots, fruits, seeds, leaves, stems, or flowers – some of these may even surprise you!

ROOTS	FRUITS	SEEDS	LEAVES	STEMS	FLOWERS
carrot	pepper	pea	lettuce	celery	broccoli
beet	tomato	corn	kale	asparagus	nasturtium
radish	squash	bean	spinach	potato	squash blossom

Introduction

Ask students if they know what is currently growing in the Learning Garden. Connect their responses to the classroom lesson and discuss the plant parts that we eat from each crop they shared.

Introduce the crop(s) to be harvested and review the plant part(s) that will be eaten. Review with students how we know each plant is ready to harvest.



Activity

1. Choose appropriate harvest opportunity: student or teacher harvest.

If every student will have the opportunity to harvest:

Demonstrate how to harvest the crop safely, focusing on exactly what part of the plant to harvest, how to harvest it, and ways you could harvest incorrectly (i.e. break the leaf at the stem, do not pull the whole plant out of the ground, or do not pick green tomatoes). Review the steps and ask students if they have any questions.

If not every student will have the opportunity to harvest:

Harvest within sight of all students and wash the harvested plants.

2. Harvest and clean your Learning Garden crops. Use recommended harvesting guidelines and review any local or regional guidelines.
3. Once all produce is clean, it is time to decide what to do next with your produce. Choose one of the following:
 - Tasting Tour – snack on your freshly harvested produce in your Learning Garden with no special ingredients or kitchen tools
 - Tasting Activity – prepare a simple no-cook recipe with your students in the classroom using a Big Green Tasting Activity recipe
 - School cafeteria – share your bounty with your school’s cafeteria and feature the produce at lunch or breakfast
 - Farm Stand – sell or give away produce after school to parents and your local community; this makes a great classroom project
 - Send produce home – students take home their own harvest bag, attach a recipe and a note to parents about your garden

Reminders

Your local school district may have regulations about what you can and cannot do with your Learning Garden produce. Reach out to your regional Garden Educator to find out more information.

As the teacher, be aware of poisonous plants and other hazards in and around your Learning Garden. Review those concerns with your student. Review any additional Learning Garden rules with the students. Inquire about known bee/wasp sting allergies before going into the Learning Garden.

Conclusion

Have students share key parts of the day’s activity and review the Activity Outcomes.

