Winter Learning Garden Workshop
Workshop Agenda

Welcome, Introductions, and Workshop Overview

Cooking Demonstration Stations - Quick Pickle, Knife Skills, Summer (Fall) Rolls, Salad Dressing

Breakout Sessions:
• Transitioning from fall to winter: harvesting crops (Harvest Day Trial Activity!), caring for perennials, planting garlic and peas, harvesting sweet potatoes
• Harvest reports
• Soil science
• Garden-based activity/lesson planning

“The Greenhouse” Scavenger Hunt
Cooking Demonstration Stations

Station 1: Quick Pickle
Station 2: Knife Skills
Station 3: Summer Rolls
Station 4: Salad Dressing

Rotating - 7 minutes per station
Breakout Sessions

**Group 1: Transitioning from Fall to Winter: STAY INSIDE**
- Harvesting fall crops - Harvest Day Trial Activity
- Identifying and removing crops with diseases or pests
- Preparing perennial herbs for winter
- Planting peas as cover crop
- Planting garlic

**Group 2: Soil science in the Learning Garden: HEAD OUTSIDE**
- Dive into soil science!
- Planting garlic refresher
Session 1
Winter Garden Plan
Benefits of the Winter Garden Plan

- Remove pests & diseases from garden
- Harvest as long as possible
- Protect the soil from erosion & compaction from winter weather
- Add nutrients with legumes
- Compost with healthy plant debris
- Harvest and maintain health of perennials
Willow Garlic Growers

- Sourcing garlic for all our schools
- Hyper local garlic varieties
- Plant before ground freezes or by November 15
Harvest Day Preparation Trial Activity

Wash Hands
Bring to Cafeteria

Sanitize Bins

Harvest

Wash Produce

Package
Refrigerate
Cook/Prepare
or Farm Stand/Send

Home
Creating a Harvest Kit

**Buckets** for rinsing produce

**Food safe containers** - large mixing bowl, Tupperware, etc.

**Harvest bags** - To transport produce inside or home with students

**Kid Safe Scissors**
Tracking Your Harvest

- Understand how much your garden produces
- Share your accomplishments with your school and community
- Increase your harvests each year
# Harvest Tracking Sheet

A worksheet to track your learning garden’s harvest: Garden Guide

<table>
<thead>
<tr>
<th>Harvest Date</th>
<th>Bed #</th>
<th>Vegetable Harvested</th>
<th>Weight or Volume of Harvest*</th>
<th>Teacher or Adult</th>
<th>Class or Grade</th>
<th># of Students Harvesting</th>
<th>Harvest Destination, Activity, Eating Plan</th>
<th># of Students produce eaten by or shared with</th>
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*If estimating your harvest, use your best judgement to quantity your harvest as a weight or volume. Even when estimating, weights and volumes are preferred.
Harvest Tracking Report

Chicago’s 2018-2019 Regional Harvest Report
Summer/Fall 2019 Harvest Data (So Far!)

1,169 lbs

4,685 servings

$3,183.59 cost savings

McNair School of Excellence
486 total lbs

Robert A. Black Elementary
557 servings

Kinzie Elementary
$231.94 cost savings
Session 2
Transitioning to Winter: Harvest & Clean Out

- Clean out the garden by removing plants with pests and/or diseases
- Harvest and prune perennial herbs
- Leave healthy crops for continued harvests
Harvest Preparation

• Who will harvest? When?

• Where will the produce go?

• How will greens be stored?

• Who will wash the produce? Talk with your cafeteria staff if you are Eat What You Grow Certified
Transitioning to Winter: Planting

- Plant garlic
- Plant peas to act as cover crops in any beds that are empty
### Garden Activity Matrix

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<th>ELA</th>
<th>MATH</th>
<th>SCIENCE</th>
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**Examples:**
- Soil
- Plant Life Cycle
- Bees
- Plant Parts
- Green Smoothie
- Three Sisters
- Making Salsa
- Seeds
- Season Extension

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Image: Students observing a garden bed.
“The Greenhouse” Scavenger Hunt
Garden Bites - New and Improved!

Find under the “Curriculum” tab on biggreen.org

Separating Garden and Nutrition Lessons = More Flexibility!

Focusing of standards with learning objectives front and center!

- I can explain how plants are part of a healthy diet. (HBO 3, 12)
- I can explain how a garden can provide a wide variety of healthy foods. (HE 1.8.1, HE 1.8.7)
- I can gather evidence to support a claim. (CCSS ELA RI 7.1)
- I can analyze evidence and explain how the evidence supports a claim. (NGSS Practice)
Thanks to...

Wells Fargo

Just Roots

Imperfect Produce

Simeon Excellence

Antique Taco

Protein Bar & Kitchen
Expanding Your Horizons (EYH) is a national network that hosts one-day conferences to encourage young women to pursue science, technology, engineering and mathematics (STEM) careers.

TWO UPCOMING CHICAGO CONFERENCE OPPORTUNITIES

EYH Winter - December 7, 1-5pm, Northwestern University

EYH Spring - Spring 2020, time and location TBA (south side)

Visit eyhchicago.com for more information
Upcoming Workshop Schedule

**Up Next! Gardening for the Future: Regenerative Agriculture in Your Learning Garden**
February 5 and 6
4:30-6:30pm

Spring Learning Garden Workshop
March 17, 18, and 19
4:30-6:30pm

Summer Learning Garden Workshop
May 19, 20, and 21
4:30-6:30pm
Wrap Up and Evaluations

- Evaluations – We will collect them!
- Supply pick up - Don’t forget your garlic!

Thanks for coming!