

GARDEN BITES

A partnership between Common Threads and Big Green

Program Menu: Kindergarten through 2nd Grade

The Garden Bites curriculum consists of 15 lessons. There are seven **garden-focused** lessons that are 35 minutes and include time in your school's' garden. There are eight **nutrition-focused** lessons that are 60 minutes and include classroom cooking. During each garden-focused lesson, teachers will be prompted to spend time **harvesting** with their students in preparation for the classroom cooking portion of the nutrition-focused lessons. Harvesting should take approximately 30 minutes and produce should be cleaned and safely stored.

Lesson Number and Title	Lesson Duration	Recommended Recipe
Lesson 1: My 5 Senses	35 minutes	No Classroom Cooking
Harvest: (30 minutes) parsley, dill, green onions, fresh herbs, popcorn, and dippable garden crops		
Lesson 2: Chef's Plate	60 minutes	Ranch Dressing Mix
Lesson 3: Whoa, Slow, Go	60 minutes	Lemon Parmesan Popcorn
Lesson 4: Seeds We Eat	35 minutes	No Classroom Cooking
Harvest: (30 minutes) kale, parsley		
Lesson 5: Protein	60 minutes	Chickpea Kale Salad
Lesson 6: Roots We Eat	35 minutes	No Classroom Cooking
Harvest: (30 minutes) garden toppings for cracker snacks		
Lesson 7: Whole Grains	60 minutes	Cracker Snacks
Lesson 8: Stems We Eat	35 minutes	No Classroom Cooking
Harvest: (30 minutes) seasonal produce and seasonal herbs		
Lesson 9: Healthy Hydration	60 minutes	Infused Water
Lesson 10: Leaves We Eat	35 minutes	No Classroom Cooking
Harvest: (30 minutes) fresh herbs, salad base, and salad add-on ingredients		
Lesson 11: Fats	60 minutes	Create-a-Salad Dressing & Build-a-Salad
Lesson 12: Flowers & Fruits We Eat	35 minutes	No Classroom Cooking
Harvest: (30 minutes) beets, parsley, thyme		
Lesson 13: Fruits & Veggies	60 minutes	Beet Ravioli
Lesson 14: I Can Eat a Whole Plant	35 minutes	No Classroom Cooking
Harvest: (30 minutes) various plant parts for plant parts sandwich		
Lesson 15: Make it Happen	60 minutes	Plant Parts Sandwich