

*The World in a Garden's
Seed to Table Educational Program*



www.theworldinagarden.com

SAMPLE LESSON PLAN:

Lesson 6: A Spring Harvest Celebration

INTRODUCTION:

- Review of what is happening in the garden and what needs to be done
- Talk on the cultural and nutritional benefits of a Harvest Celebration
 - o Discuss different cultural backgrounds in the class
 - o Present and ask about the different cultural significance of various harvest celebrations of the class and others from around the world
 - o Review the healthy diets of traditional cultures and the nutritional balance
 - o Discuss lettuce history, native lettuce and nutrients
 - o What nutrients are in our FRESH food?
- Review of what they have planted and related harvest times (ie: corn in the fall)
- How is the garlic growing? Why is it taking so long?

ACTIVITIES:

- Garden Maintenance (water, thin the plants/crops and weeding)
- Harvest and washing of lettuce, herbs, kale, chard and edible flowers
- Harvest blessing and...eat salad!

Equipment/Supplies needed:

- Recycled lettuce containers for harvesting
- Large salad bowls for serving
- Salad tongs
- Salad spinners
- 3 washing bins
- Plates, forks and napkins (from school)
- Fold up table (from school)
- Salad dressing

"One who plants a garden, plants the seeds of hope"

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- Garden lettuce, garden herbs, croutons, dried cranberries and croutons
- New key/lock for storage bin

Coordination:

- Each class will be divided into their 4 garden groups
- All groups will harvest and be placed in 4 stations for washing the lettuce.
- There will be a handout for kids to work on as well. This activity will be time dependant and can be completed later in class if we run out of time.

Blessing for the meal:

Thank you for the world so sweet;
Thank you for the food we eat;
Thank you for the birds that sing;
We thank you, for everything.

"One who plants a garden, plants the seeds of hope"