

Walla Walla Public School Garden Lesson

Title: 3rd Grade- Spring Salad Harvesting and Salad Party

Standards addressed: Life Science Standards EARL LS1A/3.L.2.3 Life Cycles (describe the lifecycle of a plant from seed to sprout, to adult, to fruits, flowers and seeds).

Unit connections: Science: Plant Life Cycles

Description: Students harvest the greens, strawberries and radishes (as available) and will have a Salad Garden Party! Washing and cutting variety of salad greens, mixing salad dressing, and serving/eating salad.

Date: 3rd week in May (or when vegetables are ready)

Objective: Discuss the nutritional benefits of eating a variety of greens in a garden salad; introduce students to many different types of salad greens. Students participate in harvesting and using the vegetables that they planted from seed 5 weeks earlier. Review the parts of a plant.

Time Required:

90 minutes

Materials:

2 colanders, 4 knives, 2 cutting boards, 1 scrubby to wash radish, big bowl for mixed salad (you might be able to borrow this from the school cafeteria), salad spoons, medium bowl for mixing dressing (1 ¼ cup), , recipe for overhead, measuring cup, whisk, garlic press, measuring spoons, salt, pepper, vinegars of different varieties, oil, garlic, honey, dijon mustard, Bowls/plates and forks for eating, strawberry and radish if not growing in the garden.

Preparation: Separate the materials to the appropriate station – be sure to keep knives out of sight until there is adequate supervision. Place vinaigrette recipe on overhead to be turned on after breaking into groups. **Action**

1. **Salad Garden Party:** Hold a salad party 5-6 weeks after planting seeds with a lesson on making their own vinaigrette to top the salad of mixed greens with strawberries and radishes. Bring the greens descriptions to the classroom and later to the garden with the small group and have kids make the identification of the greens they planted.
2. Have all students wash their hands
3. Divide class into three groups. Each class takes about 45-60 minutes.
4. Group one makes the vinaigrette: ½ tsp salt, 1/8 tsp pepper, mixed with one clove of pressed garlic, ¼ tsp Dijon mustard, 1 Tbs. honey, ¼ cup vinegar, 1/2 cup olive oil and/or canola oil. Optional ingredients include honey, herbs, Dijon mustard, garlic, shallots. Try different types of vinegar or citrus juice like lemon or lime instead of vinegar.

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5. Group Two picks, washes and cuts up radish and strawberry (roots and fruit).
6. Group Three identifies, picks, washes and tears different types of greens. (leaves)

This requires two volunteers to monitor vinaigrette making and outside picking while the teacher monitors cutting of roots and fruits while group two picks and cleans. While groups are waiting for their turn or for the salad, they can copy down the vinaigrette recipe.

OR:

1. The whole class can go out to the garden. Every student comes through and identifies and picks 5-10 leaves (depending on how much your garden has and how many students you have), 5 radishes and 5 strawberries total. All leaves are put into a big bowl. Then everyone goes back to class and is then divided into the three groups.
2. Set up three stations in the classroom
 - a. Washing/tearing lettuce
 - b. cutting radishes/strawberries (teacher needs to supervise this station)
 - c. dressing making (parent volunteer)
3. Put salad together.. Eat. Discuss. Enjoy!

Wrap Up:

Discuss the different varieties of greens and how they each tasted. What did students like about the salad? What would they do differently next time?

Review the importance of eating a variety of color and a variety of plant parts for the best nutrition.