

Harvest Time!



Goals

Students will learn how to properly harvest produce from different garden plants.

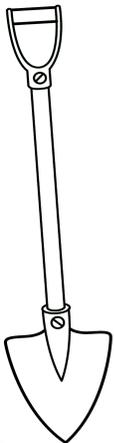
Objectives

Students will harvest produce from the garden to be taken home or immediately enjoyed.

Materials

- Clippers
- Shovels (for root crops)
- Baskets and/or bags
- Journals

Time: 20-30 minutes



Background Information

This activity can be followed by a cooking activity, such as making salsa. Garden produce is best enjoyed fresh. You may want to provide students with reusable bags that they can take back and forth from home with harvested vegetables for their families. Students can decorate the bags with their names and a healthy slogan to make them their own.

Introduction (5 min)

Have students turn to a partner near them and discuss their favorite vegetable or fruit and where they usually get them. *Do they go to the market with their parent(s)? Do they visit the farmers' market? Are these foods always in their kitchen ready to eat?*

Activity Steps (15 min)

1. Gather the students around a garden plot that has plants with fruits, vegetables and/or herbs ready for harvest. Explain that today they will be harvesting the fruits of their labors. Tell the students the purpose of the harvest (donation, snack, taking it home, etc.)
2. Point out several plants that are ready to be harvested. Explain to students how they can recognize produce that is ready for harvest. This will depend on the plant being harvested. For instance, some plants like squash are most flavorful and nutritious when they are smaller. Others, like corn, will have an indicator like brown tassels.
3. Have students look around them and point out other produce that is ready for harvest. Discuss their findings.
4. Demonstrate for the group the proper harvesting techniques for the produce you are picking. Encourage students to be very gentle with the plants and demonstrate proper use of any tools they might need to use for harvesting.
5. Give students bags or baskets and let them harvest some produce on their own. Monitor their work and provide guidance and praise when needed.

Conclusion (varies)

If students harvested tomatoes, onions, peppers, and herbs, it is very easy to make a quick salsa right in the garden. You will need a cutting board, knives, a large bowl, a large spoon, salt and a lime. Students can take turns cutting the ingredients and mixing them in the bowl. The fresh garden salsa can be served with chips.

Have students write in their journals about their harvesting experience. Possible prompts include:

- *Did you try any new food(s) today? What did you like about it/them?*
- *What are some benefits to eating home grown food?*
- *What do you plan to do with the produce that you take home today?*
- *What do you look forward to harvesting from the garden in the future?*
- *What did you learn about harvesting fresh food from the garden?*

Notes

