

Materials

- *Harvesting and cleaning:* 1 harvest knife, 3 large plastic buckets, 2 harvest bins (lettuce and turnips), 1 medium wicker basket (peas)
- *Food prep:* 1 large work table, cutting board and knife, salad spinner, grater, 2 wooden salad bowls, serving tongs, mason jar, olive oil, balsamic vinegar, salt and pepper
- *Serving:* 2 picnic tables, bowls and forks, hand sanitizer, napkins, trash bags

Preparation

- Make sure that lettuce, turnips, and peas are ready to be harvested
- Set up large table in a spacious area of the garden. Arrange kitchen materials on the table to create a smooth workflow. Set up picnic tables nearby.
- Fill (4) 5-gallon plastic buckets with water. Place 2 by lettuce bed(s), 1 by turnip bed(s), and 1 next to the work table.

PROCEDURE

Part 1: Harvest and Clean Produce

- As a class, gather around the food prep table. “Today, we are going prepare a fresh salad using ingredients from our garden. We are going to harvest three different crops for our salad – lettuce, turnips, and sugar snap peas.” Introduce the food prep tools and explain what each tool will be used for. Outline jobs that can be completed by students (cleaning, spinning salad, etc.) and jobs that will be completed by adults (cutting).
- “You will be split into three groups today. Each group is responsible for harvesting one of the featured garden crops.” As a class, move to the lettuce bed. Outline the lettuce harvesting process (*see attached station description sheet*). When finished, call on students to repeat each step. As a class, move to the turnip and snap pea bed(s) and repeat the process.
- As a group, return to the food prep area. Divide students into three groups and assign each to a harvest station. Assign an adult to work with the lettuce crew; turnip and snap pea groups can work independently. Provide turnip and snap pea groups with necessary materials and have them get to work. Then, accompany the lettuce crew to the garden bed(s). If you are the only adult present, assist the lettuce crew with harvesting, then return to the food prep area while students clean lettuce leaves.
- As groups finish harvesting, instruct them to return to the food prep table. If some groups finish sooner than others, engage students in some light weeding until all groups are present.

Part 2: Make Salad and Serve

- Pass out hand sanitizer. Then, divvy up food preparation tasks within each group (*see attached sheet*). Place cleaned lettuce leaves and trimmed peas in wooden bowls. Set aside whole and cut turnips.
- As students finish their food prep jobs, engage them in table setting and preliminary clean up duties such as dumping out buckets of water or transporting discarded lettuce leaves to the compost pile. Other tasks include: folding napkins, distributing bowls and forks, making a few bouquets of cut flowers, collecting edible berries for salad garnish, constructing a creative centerpiece, etc.
- Once the salad is finished, seat students around picnic tables. Select two students serve salad. Select two students to distribute homemade dressing. When everyone is served, give thanks to the garden and dig in!
- Discard of leftover salad in trash bags (if covered in dressing) or the compost pile. Collect used bowls and forks in an empty plastic bucket. Collect food prep materials in empty harvest bins for cleaning.

Make Salad with Peas and Turnips

Food & Technology

ENGAGE

“Today, we will be harvesting three different crops from the garden – lettuce, peas, and turnips. All of these plants started their lives as seeds.” Introduce small containers lettuce, pea and turnip seed, but do not identify them yet. “Do you know which is which?” Pass containers around for students to examine. Work together as a class to identify each seed. “Each crop features a different edible plant part.” Review the 6 plant parts. Starting with lettuce, work together as a class to name the edible plant part(s) for each features crop. (Lettuce leaves, pea seeds, and turnip roots.) Transition to Part 1.

Objectives

- Celebrating Plant Parts (Growing Food 72)

EXPLAIN

Celebrating Plant Parts

Congratulations! All those hours of weeding, watering, and monitoring have paid off and the long-awaited moment has arrived – its harvest time! A successful harvest is one of the gardener’s greatest rewards. What a treat it is to bite into plump, succulent snap pea or a crisp leaf of lettuce, knowing that you played a part in supporting the plant along its journey from seed to table.

As we covered before, plants contain one or more of the six edible parts – roots, stem, leaves, flowers, fruit, and seeds. In this lesson, students get to consume three different plant parts: roots/stem (turnips), leaves (lettuce), and seeds (peas).

ADDITIONAL CONTENT INTEGRATION *(see previous page)*

Part 1: On a piece of flip chart paper, list the different jobs/procedures for the salad making activity. Categorize jobs by group. (Ex. “Lettuce -- harvest, clean, sort, wash, trim, spin, etc.” Post sheets in food prep area.)
Part 2: Prepare small examples of shredded lettuce, trimmed peas, and cut turnips. Introduce examples before divvying up food preparation duties. “This is what the end result should look like.”

Additional Materials

- Extra lettuce, pea, and turnip seed (in small containers)
- Pre-prepped lettuce, peas, and turnips (example, Part 1)
- Extra mason jars (bouquets)
- Kid-safe knives

EVALUATE

Journal prompt: Name all of the different plant parts you ate today. If you could add an additional garden ingredient to next year’s salad, what would you choose?