

WEEK 7

EVERYTHING GREEN



LESSON PLAN INFORMATION



Activity: Gardening Tasks

- Fill in your plant growth chart.



- Have you noticed any changes with your plant?
- Can you see any signs of growth?
- Make sure to water your plant and don't let the soil get too dry or wet!



- **Harvest Spinach:** Spinach is ready to harvest when the leaves are 3-4 inches long. Individual leaves can be picked at any time until the plant has started to bolt. The whole plant can be cut at once, and cut at the base, or leaves may be picked off plants one layer at a time, giving inner layers more time to develop.
- Watch this [VIDEO](#) on how to harvest radishes.





ACTIVITY: Fresh Summer Salad



Use your spinach to complete the Fresh Summer Salad Recipe!



Fresh Summer Salad

Ingredients:

- 2 cups spinach
- ½ cup strawberries, chopped
- ¼ cup feta cheese, crumbled
- ¼ cup slice almonds



Method:

In a large bowl toss the spinach with the strawberries, feta and sliced almonds.

Drizzle with a dressing of your choice! (Hint: Try mixing olive oil and balsamic vinegar to make a yummy vinaigrette).

Enjoy!





ACTIVITY:

Plant Microgreens

Microgreens

Microgreens are edible young greens and grains.

They are a just like normal plants, except they are harvested at a much younger date than most edible plants.

Depending on the seeds you choose they can be harvested in 5-14 days. They are relatively easy to grow at home in a container and they can be harvested up to 3 times. They are a quick and easy way to get some added vitamins and minerals into your meals.

Follow the microgreen growing instructions on the next page.



ACTIVITY: Plant Microgreens

Plant Microgreens



Seeds you can use: Alfalfa seeds, broccoli sprouts, radish sprouts, pea shoots, microgreens , swiss chard and baby kale

Containers: You can use most household items as long as they hold soil and water. Plastic, pottery and wood are all household items that you can use to make a container garden. Plastic is the most plentiful and it is cheap. You can try using egg cartons, old plastic containers or cups. You can also buy clamshell containers to use.

Soil: You do not need very much soil to grow microgreens because they are harvested so early in their life. They get most of the nutrients that they need from the seed itself. Avoid large particles in the soil as they disrupt the even growth of the microgreens.





ACTIVITY:

Plant Microgreens

Materials Needed:

- Potting soil
- Seeds (microgreens, baby lettuces, sprouts, radishes, kale, broccoli)
- Labels
- Plastic clamshell containers OR household containers such as egg cartons or plastic containers
- ~¾ cup water



Activities:

1. To 'pre-moisten' your soil, add some water into the bottom of your tray before adding the soil.
2. Add in 1"- 1 ½" of soil to your container. Flatten and level the soil but don't over-compress it.
3. Cover the soil with seeds. Spread as evenly as possible. You can either cover the seeds with a thin layer of soil or cover them with a clear lid or plastic wrap until the seeds are sprouted.
4. Spray with water to trigger the germination process. The soil should just be dampened.
5. After your seeds have started to sprout, put them in an area where they get some air circulation.
6. Microgreens are delicate - make sure to mist them a few times a day.
7. The sprouts should be ready to harvest in 7 days.
8. To harvest use a sharp knife or large pair of scissors. Grip the microgreens lightly and slice off in inches leaving ¼ to ½ inch of stem.
9. Remember to be careful or ask an adult to help!