

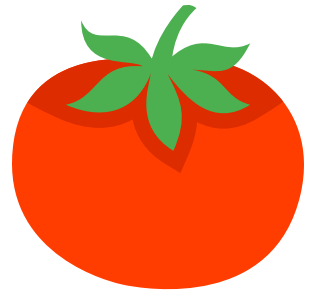
# JULY 7

## Week 1 - Sweet Pepper Harvest



### Lesson Plan #9 and review of last lesson:

1. Check on your tomatoes again! Do you see any new tomatoes that look like they are ready to be picked?
2. It is okay if your plants are not ready yet.
3. When the time is right for your plant, you can refer back to this lesson plan.



Check back on your plant often as you may have ripe cherry tomatoes to harvest every few days!

Welcome to the ninth lesson of the Junior Garden Club! In the last lesson, we learned how to harvest and cook with tomatoes.



This program is supported by:



## Gardening tasks

By now you are becoming a gardening expert! Can you remember which gardening tasks you need to follow? Some tasks need to be done every day, while others only need to be done every now and then. List a few of the important gardening tasks:

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## Contest:

Have you been keeping careful track of your plant growth and growing tasks? We are having a Junior Gardener Growing contest! Keep track of your plants in your growth chart and submit a photo of your growth chart and plants to our website by July 21st to win a gardening package. [Click here to learn more!](#)

## How to: Harvest and Store Peppers

Your sweet peppers will be ready to harvest once they have reached their desired size or colour. The longer bell peppers stay on the plant, the sweeter they become. To take them off of the plant, use a sharp knife or scissors to cut them off. Do this carefully so that you do not damage any fruits that are still developing.

Peppers can be refrigerated in plastic bags or in the crisper (the drawer in your refrigerator meant for produce) for up to 10 days after harvesting.

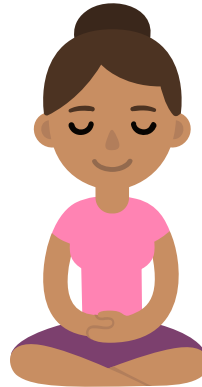


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# Activity: Sunflower Yoga

Pretend it is early morning and the flowers are sleeping—bend down from your hips, arms hanging low.

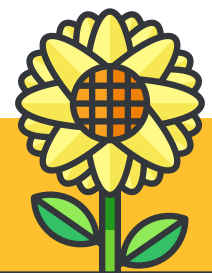
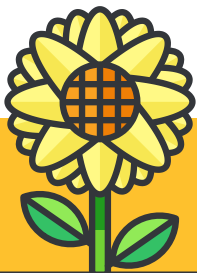


As the sun rises, the sunflower gets up and starts to follow the sun—stretch to your left, lifting arms higher and higher.

At noon, the sun is all the way up—reach as high up as you can and stand on your toes.



Then the sun starts setting—arms come down on your left. At night, flowers rest again—bend down on your hips. Repeat!



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# Canadian Havarti “Croquettes” with Sweet Pepper Salsa

## A recipe by the Dairy Farmers of Canada

### Ingredients:

- 1 ½ lb. Canadian Havarti Cheese
- 2 eggs, beaten
- 1 cup dry bread crumbs
- 1 teaspoon dried thyme
- 4 cups canola or peanut oil

### Sweet Pepper Salsa:

- 2 red bell peppers, diced
- 2 yellow bell peppers, diced
- 16 cherry or grape tomatoes, finely chopped
- 1 small red onion, diced
- 1 lime, juiced and zested
- ½ cup fresh coriander or fresh parsley, chopped
- 1 garlic clove, minced
- 2 tablespoon cider vinegar
- 1 tablespoon liquid honey
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- Freshly ground pepper, to taste

### Method:

1. Cut Canadian Havarti cheese into 24 pieces about 2 inch by 2 inch; set aside.
2. In three bowls, place flour, egg, and bread crumbs combined with thyme. Coat each piece of cheese first with flour, then with egg, then with the bread crumb mixture, turning to coat all over. Place on a plate and refrigerate for 30 minutes.
3. In a deep fryer or heavy deep saucepan, pour oil and heat to 375°F (190°C) on a deep fryer thermometer. Working in batches, fry coated cheese pieces for 2 minutes or until golden brown. Remove with a slotted spoon; drain on paper towels. Repeat with remaining cheese pieces.
4. Serve immediately with 1 tbsp of Sweet Pepper Salsa on top of each croquette.

### Sweet Pepper Salsa:

- In a medium bowl, gently stir together peppers, tomatoes, onion, lime zest and juice, coriander, garlic, vinegar, honey, Worcestershire sauce, salt, and pepper. Let sit at room temperature for 30 minutes.



*Keep an eye out for next week's lesson plan where you will learn how to harvest and cook with kale.*

This program is supported by:





## References:

The Old Farmer's Almanac—Growing Bell Peppers

<https://www.almanac.com/plant/bell-peppers>

Dairy Farmers of Canada—Canadian Havarti 'Croquettes' with Sweet Pepper Salsa

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/canadian-havarti-croquettes-sweet-pepper-salsa-cooking-club-size>

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