

JULY 14

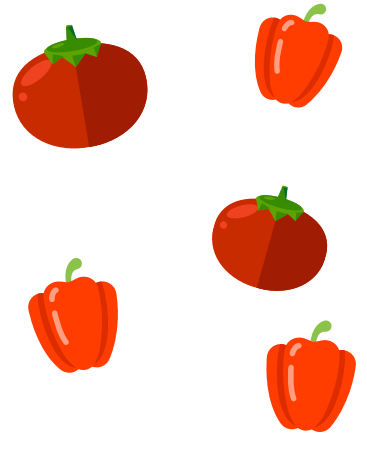
Week 2 - Kale Harvest



Lesson Plan #10 and review of last lesson

Check on your tomatoes and sweet peppers again! Do you see any new ones that look like they are ready to be picked?

Make sure to keep checking your plants to see if they are ready to be harvested!



Welcome to the tenth lesson of the Junior Garden Club! In the last lesson we learned how to harvest and cook with peppers.



This program is supported by:



Gardening tasks

Fill in your plant growth chart! Your plants may need an extra drink of water if it has been hot and sunny out. Check the soil first to see if it is moist. If it is dry, give it a drink of water!



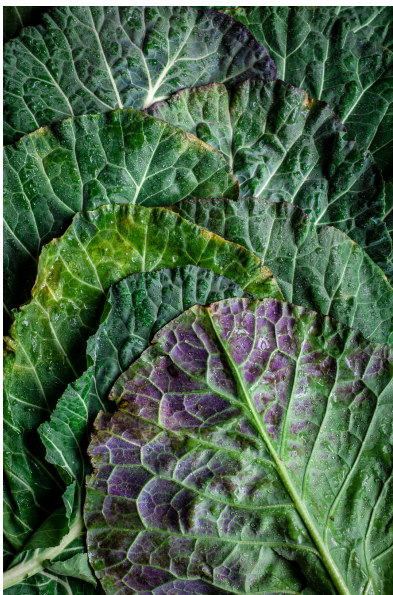
Contest:

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 Kale

You will know your kale is ready to harvest when the leaves are the size of your hand. Start on the lowest section of the plant, and harvest the oldest leaves. Do not pick the buds found at the top centre of the plant, because these will continue to grow and produce more kale.

The kale can be eaten right away, or it can be stored in a plastic produce bag in the refrigerator for up to one week.



This program is supported by:



Activity: Seed Paper

Seed paper is a type of handmade paper that includes seeds from different types of plants. The seeds can germinate and sprout when the paper is placed in the soil.

Supplies:

- Paper
- Water
- Seeds
- Mixing bowl
- Blender
- Strainer
- Microfibre towel



Instructions:

1. Gather paper, then tear and shred it into very small pieces.
2. Add the paper to a blender. Add twice as much water as paper.
3. Blend the paper and water mixture to a pulp, until there are no visible paper flakes remaining.
4. Add the mixture to a bowl and stir in the seeds. Mix the seeds well. Do not use a blender to add in the seeds, as this will damage them.
5. Lay down your towel and dump the pulp on top of it. Use a spoon to spread the pulp as thin as possible. You can use cookie cutters as molds to shape your seed paper.
6. After it has dried on one side, turn it over to dry on the other side.



This program is supported by:



Kale Chips with Cheddar Cheese and Smoked Paprika

A recipe by the Dairy Farmers of Canada

Ingredients:

- 4 cups packed torn kale (5 cm pieces), stems removed
- 1 teaspoon canola oil
- ½ cup Canadian old cheddar cheese, finely shredded
- 1 teaspoon smoked paprika
- Fresh ground pepper, to taste

Method:

1. Preheat the oven to 250°F.
2. Wash the kale and make sure that it is thoroughly dry; place the kale in a large bowl and massage the oil into the leaves with your hands.
3. Arrange in a single layer on a parchment paper-lined baking sheet; sprinkle with cheese, smoked paprika, and pepper. Place the baking sheet in the oven and bake for 20 to 25 minutes or until the kale and cheese are crispy.
4. Let cool for 10 minutes. With a spatula, transfer the kale and cheese to a serving bowl.



Keep an eye out for next week's lesson plan where you will learn about the importance of pollinators!

This program is supported by:



References:

The Old Farmer's Almanac—Growing Kale

<https://www.almanac.com/plant/kale>

Dairy Farmers of Canada—Kale Chips with Cheddar Cheese and Smoked Paprika

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/kale-chips-cheddar-cheese-and-smoked-paprika>



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