

WEEK 5

COOKING WITH PARTS OF THE PLANT



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? Record any changes.
- Make sure to water your plant and don't let the soil get too dry or wet! You may also need to start thinning your plants.
- By now your beet leaves may have started to grow. If the greens look like they are big enough (refer to growing guide) then it is time to thin the beets!
- Before you dispose of the beet leafs try making a yummy beet leaf salad. It may surprise you to know that beet leafs are very good for you and they taste delicious!





ACTIVITY:

Beet leaf recipe

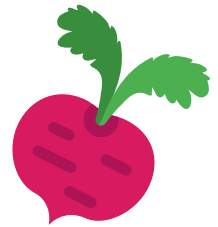
Beet Leaf Salad

Makes: 2 servings

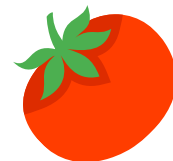
Ingredients:



- 3 cups beet greens
- ¼ cup feta cheese
- ¼ cup dried cranberries
- ½ cup tomatoes, chopped
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of balsamic vinegar
- 1 clove garlic, minced



Method:



1. Wash and chop the beet greens into bite sized pieces.
2. In a large bowl, combine the beet greens, feta cheese, dried cranberries and tomatoes.
3. In a small bowl, mix together the extra virgin olive oil, balsamic vinegar and garlic. Whisk together.
4. Drizzle the dressing over the salad. You can add more or less of the dressing depending on your preference. Enjoy!





ACTIVITY:

Homemade Wind Chimes

Homemade Wind Chimes

What you will need:

- sticks
- sanding block
- acrylic craft paint
- craft varnish
- small screw eyes
- yarn (or fishing line, jute, twine etc.)



Instructions:

- Collect and snap sticks into lengths of about 8-10 inches. Peel the bark off the sticks. Sand the sticks quickly to remove any remaining bits of bark.
- Brush the sticks with two coats of acrylic paint and let dry in the sun. Brush with varnish/sealant to protect from elements.
- Screw the screw eyes into one end of each stick.
- Tie a long length of acrylic yarn to each hook and fasten to a branch. Listen carefully!

