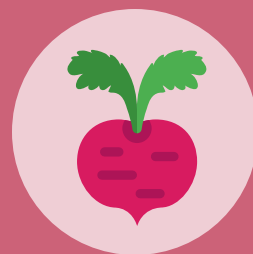


WEEK 11

BEET IT!



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 Beets: Can be harvested from the time they're about the size of a golf ball to the size of a tennis ball; larger roots may be tough and woody. Loosen the soil around the beet and gently pull it from the earth.

Watch this video on how to harvest beets:

[WATCH VIDEO](#)





ACTIVITY: **Roasted Beets**

Ingredients:

- 2 beets, peeled and thinly sliced
- 1 apple, cut into thin wedges
- ½ onion, thinly sliced
- 1 tablespoon honey
- 1 teaspoon lemon juice

Method:

1. Place the beets, apples, and onions in a large casserole dish.
2. In a small bowl, whisk together honey and lemon juice. Pour over the beets, apples, and onion. Mix well.
3. Place the casserole dish in a preheated 400 degree oven for 45 minutes.
4. Bake until beets are soft and can be pierced with a fork.



ACTIVITY: **DIY Seed Paper**

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

Try making your own seed paper by following this activity:

Seed Paper