

Harvest Party

Topic: Harvest Party **Duration:** 15-60 minutes

Prepare in Advance:

- Evaluate what's growing in your garden.
- Look at SYG Recipe Page for ideas and decide how much time you have for a harvest party. Consider involving students in this process.
 - Recipes will take ~45 minutes total and One Bite Lessons will take ~15 minutes.
- Show students a cooking video.

Supplies Needed - varies based on recipe

- Plates
- Paper towels/Napkins
- Knife (kid-safe preferred)
- Bowl
- Spoon

One-Bite Recipes - fast & easy

- Rad Rabbit Wraps
- Pizza on a stick
- Salsa on a stick
- Cream cheese radish rounds

Recipes - no oven required

- Tangy Herb Dressing
- Grated Raw Beet Salad
- Garden Pesto
- Kale Apple Salad
- Homemade Ranch
- Radish Relish
- Fruit & Veggie Rainbow Smoothie
- Green Onion Cream Cheese
- Cucumber Tomato Salad

How to Party with your Harvest:

- Harvest and wash the vegetables from your garden.
- Gather other ingredients, according to your recipe.

OPTION 1 - Harvest Party

• Read the recipe with your students & involve them in making the recipe – removing stems, chopping, shredding, stirring, mixing etc.

OPTION 2 - Tasting: One Bite Party

- Read recipe with your students.
- Show correlating 'One Bite' YouTube video to class.
- Let students explore the garden, making their own 'one-bite recipe'.

Send the Party Home to Families: OPTION 3 - Send the Harvest Home

- Harvest but DO NOT WASH produce.
- Print out <u>Veggies on Board sheet</u> to send home for families. Also available <u>en español</u>.
- Consider sending home <u>recipe</u>
 <u>handouts</u> for families to try with
 their produce.

Other Helpful Harvest Resources:

- Food Safety Guidelines also available en español
- <u>Garden Recipe</u> Videos
- How to Harvest Videos
- <u>Family Harvest Day</u> Invite



DIGGING DEEPER

Topic: Eating the Rainbow

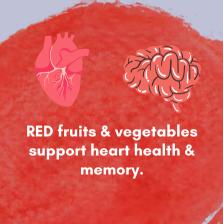
Duration: 5-10 minutes

Lesson Objective: To help students understand the importance of eating a variety of colorful vegetables and fruits.

- Vegetables and fruits contain special nutrients unique to plants called *phytonutrients*.
- Phytonutrients provide many different health benefits. Each color represents a different phytonutrient, so by eating different colors of vegetables and fruits, you can be assured that you're getting a wide array of phytonutrients too.

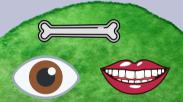
Instructions:

- 1. Have students identify the color of each vegetable they've harvested for their recipe(s).
- 2. Using the information below, discuss each color and their associated nutritional benefits with students.
- 3. Talk to students about how eating a variety of colorful fruits and vegetables helps the body in many different ways.

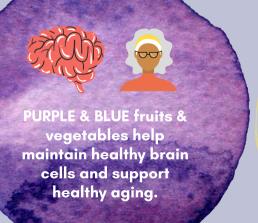




YELLOW & ORANGE fruits & vegetables support skin health by acting as a natural sunscreen and help the immune system stay strong and healthy.



GREEN fruits & vegetables help maintain good eyesight, keep bones and teeth strong, and support healthy detoxification.





WHITE & BROWN fruits & vegetables maintain heart and brain health & also support good gut bacteria for a happy digestive system.

