



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 Veggies on Board sheet to send home for families. Also available en español.
- Consider sending home recipe handouts for families to try with their produce.

Other Helpful Harvest Resources:

- Food Safety Guidelines - also available en español
- Garden Recipe Videos
- How to Harvest Videos
- Family Harvest Day 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.

