

GREAUING GARDENS LSU AG CENTER + CHILDREN'S COALITION

LESSON OF THE MONTH

Lesson Title:

Plants Have, Need, and Give: Planting Leaves We Eat

Objectives:

- Understand that we eat the leaves of some plants
- Discuss planting seeds and making labels

CLASS Focus: Concept Development, Language Modeling, and Quality of Feedback

CLASS TIPS

Concept Development:

What are the parts of a plant? Emphasis the parts of plants (roots, stems, leaves, and fruit) (analysis and reasoning)

What do plants need to grow? Only water? (prediction)
(Reinforce what plants need to grow and be healthy)
What are other things that plants give us, besides food?
(brainstorming)

Quality of Feedback:

Child: "I don't eat leaves!" Teacher: "There are plant leaves that we eat, lettuce is one of them." (specific feedback and expansion

Child: "I do eat leaves on my burger then. Teacher: "Yes, lettuce is a leafy vegetable and is used in salads and on sandwiches."

Language Modeling:

Tell me how lettuce tastes? Is it hard or soft?
(open ended questions)

Child: "It tastes like grass!"

Teacher: "Yes, it grows in the dirt like grass and tastes earthy!" (repetition and extension)



Photos from Tender Touch Nursery, Rayville +
Kiddie Magic Learning Academy, Monroe
Submit photos to sfloyd@childrenscoalition.org



THE LEAVES WE EAT

Source: eatright.org. Academy of Nutrition and Dietetics

Vegetables such as kale, chard, collard greens, arugula, spinach and dark leafy green lettuce are bursting with nutritious health benefits. People often get intimidated by cooking and eating darker varieties of greens due to their intense flavors. Try these tips for enhancing the flavor of different varieties to make them more enticing:

- Overcome the bitterness of collard and mustard greens by braising them at a low temperature for an extended period of time and adding a pinch of sugar at the end of cooking. Remove the tough stems to reduce cooking time and avoid over-cooked greens.
- Preserve nutrients by sautéing greens, rather than boiling. Saute blanched greens with olive oil, onion and garlic to add flavor. Add chopped nuts for additional heart-healthy fats. Sprinkle lemon zest over the sautéed greens to brighten the flavor. Do not use lemon juice as it will turn the leaves brown.
- Make a salad with tender greens such as spinach or baby kale. To introduce kids to dark greens, try tossing together a salad made half with familiar lettuce and half with a dark green one. Add a citrus-based dressing, which will help balance the strong flavor of the greens and aid in the absorption of iron found in the greens.

GARDEN TIPS | TIME TO PULL OLD PLANTS UP

Read more: <http://bit.ly/2KhXSSP>

Your plants are probably beginning look a little ragged. Things to do: keep the soil evenly moist as crops finish maturing, trim off any dead leaves to let the plants focus their energy on producing their last fruits and vegetables and even reduce or stop watering a week or 2 before you harvest to concentrate flavor.

What to Plant in August

Direct sow seeds (plant these directly in the beds if you have space or start in containers if your beds are still producing): snap beans, broccoli, brussell sprouts, cabbage, cauliflower, swiss chard, collards, cucumbers, mustard greens, Irish potatoes, lima beans, Southern peas, squash, turnips

Plant transplants (from the greenhouse on Hall St or from your local garden center): bell pepper & other peppers, tomatoes, plants sets of bunching onions. Cindy may bring you some starts from our greenhouse when she comes to visit or you can always pick up plants and garden skills on **Super Saturday, August 17**.

