

Overview

How can I grow the vegetables to make slaw for a Mother's Day picnic?

Activities

Step 1

Announce a Mother's Day (or another event) picnic.

Select the date and healthy menu for the event.

Choose a recipe: Determine a slaw recipe that you would like to make that includes 3-4 crops that can be grown in the garden.

- Example: <http://joylovefood.com/kohlrabi-carrot-and-apple-slaw/>

Step 2

How much slaw do we need to make?

How many people do we need to serve?

Determine how many the recipe will serve and how many recipes will you need.

Step 3

How many of each crop do we need to grow?

Based on the recipe, determine how many of each crop we will need.

Should we plant some extra? Why or why not?

Step 4

How much space will we need to grow the slaw?

Determine how much garden space we will need to plant the crops for the slaw.

What fraction of the bed do we need? What fraction of the bed does each crop represent?

Can multiple classes share one bed?

Grade Level: 4

Subject Area: Math / Health / Science

Materials:

Ingredients for slaw, based on recipe chosen

Standards:

4.NP.1.1, 4.NP.1.3,
4.NPA.1.2, 4.NPA.1.3
4.NF.2, 4.NF.3, 4.NF.4
4.MD.3
4.L.2

Will we need to use other beds or containers to grow the necessary quantity of vegetables?

Step 5

When will we need to harvest the crops in order to prepare the slaw for the event?

Determine the appropriate harvest date.

Step 6

Create a planting plan.

Determine the planting method and how we will plant each crop. Will we start from seed or purchase transplants?

When do we need to plant each crop in order to have it ready for harvest by the harvest date determined in Step 5?

Don't forget to add the germination time to the days to maturity in order to determine how long it will take before they are ready to harvest. Remember that temperature can affect how long it takes to grow a crop to maturity. Make sure to allow some wiggle room.

Step 7

Plant the crops according to the plan; be sure to keep the seeds moist through the germination process.

Step 8

While you wait for the crops to grow, research each crop and create a nutrition label.

What vitamins and minerals does each crop contain? How are those vitamins and minerals essential to the growth and development of the body?

Create a QR code that links to the nutrition label and place it on a stake in the garden bed so others can see the nutrition components of each crop.

Step 9

Make an invitation for your guests and plan the rest of your event. Include an RSVP on the invitation and collect data from each class in the grade.

Step 10

Harvest your crops and obtain any additional ingredients you will need.

Step 11

Make the slaw.

Be sure to wash your produce and wash hands properly before preparing.

Step 12

Enjoy the slaw with your guests.

You may want to create recipe cards for your guests to take with them.

Your Notes & Ideas