Learn, Grow, Eat, & Go Takes Flight with an Inexperienced Pilot

Karen Saake, Sage Garden Project

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Garden Program Director

THE SAGE GARDEN PROJECT

MASTER GARDENER ASSOCIATION SAN DIEGO COUNTY

Junior Master Gardener growing good kids℠

Learn, Grow, Eat & GO!


THE
SAGE
GARDEN
PROJECT

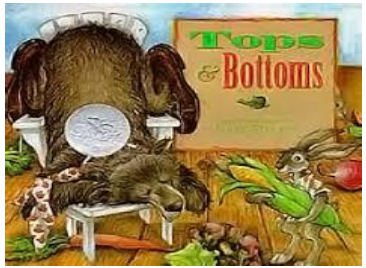
Sage Garden Project meets LGEG

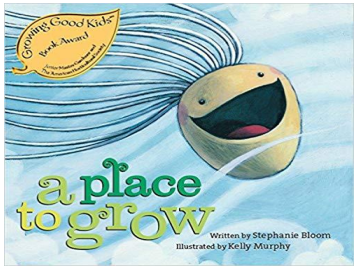
We funded 26 new School in 2019

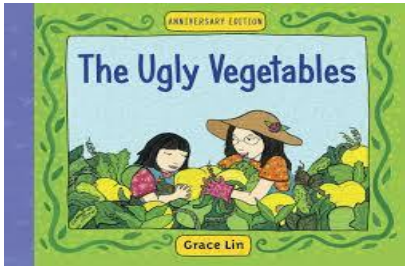
How would I choose?

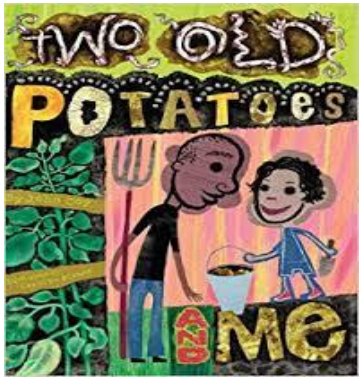
Beaumont Elementary School
Burbank Elementary School
Casita Center for Technology, Science, & Math
Crestwood Elementary School
Jamul Elementary School
Jefferson Elementary School
Lakeside Farms Elementary School
Sherman Elementary School
Valencia Park Elementary School
Vista Academy of Visual & Performing Arts
Watsonville Charter School of the Arts
Hawthorne Elementary School
LaFayette Elementary School
HA Hyde Elementary School
Ohlone Elementary School
Santa Rosa Academic Academy
Virginia Peterson Elementary School
Bel Air Elementary School
Gregory Gardens Elementary School
Rio Vista Elementary School
Sun Terrace Elementary School
Feaster Charter School
Otay Elementary School
Palomar Elementary School
Field Elementary Dual Immersion School
Whitman Elementary School

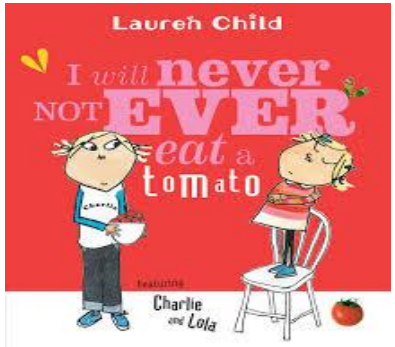
Literature Connection











Location, Location, Location

Obtaining a Classroom Teacher's Commitment

Actual start dates . . . ?

Offer an Incentive

Learn, Grow, Eat & GO! Base curriculum

Week 1
45 minutes – Know & Show Sombrero
30 minutes – 5 Senses Food, Tasting 1: Fresh carrots

Week 2
30 minutes – *Tops & Bottoms*, Plant Parts We Eat
45 minutes – Nutrients to Grow

Week 3
15 minutes – Don't Crowd Me
45 minutes – Paper Towel Gardening

Week 4
30 minutes – *A Place to Grow*, Home Sweet Home
45 minutes – Balloon Hot Potato

Week 5
30 minutes – Rules are Rules and Schedule It*
30 minutes – MyPlate

Week 6
60 minutes – Veggie Research and Garden Graffiti
30 minutes – GO, SLOW, WHOA Classification

Week 7
30 minutes – 10 in 2 Color Box
30 minutes – 1-Week Dinner Tracker

Week 8
40 minutes – Fruity Beauty and Blind Taste Test
40 minutes – *Ugly Vegetables*, The Tasty Unknown, Paper Chain

Week 9
40 minutes – *Two Old Potatoes & Me*, Growing New from Old
40 minutes – Greasy Grid Evaluation

Week 10
45 minutes – Kitchen Cotton Quantity Conversion
40 minutes – *I Will Never Not Ever Eat a Tomato*, Menu Mind Makeovers

Vegetable/ plant features: Carrots

Food exposures and physical activity features

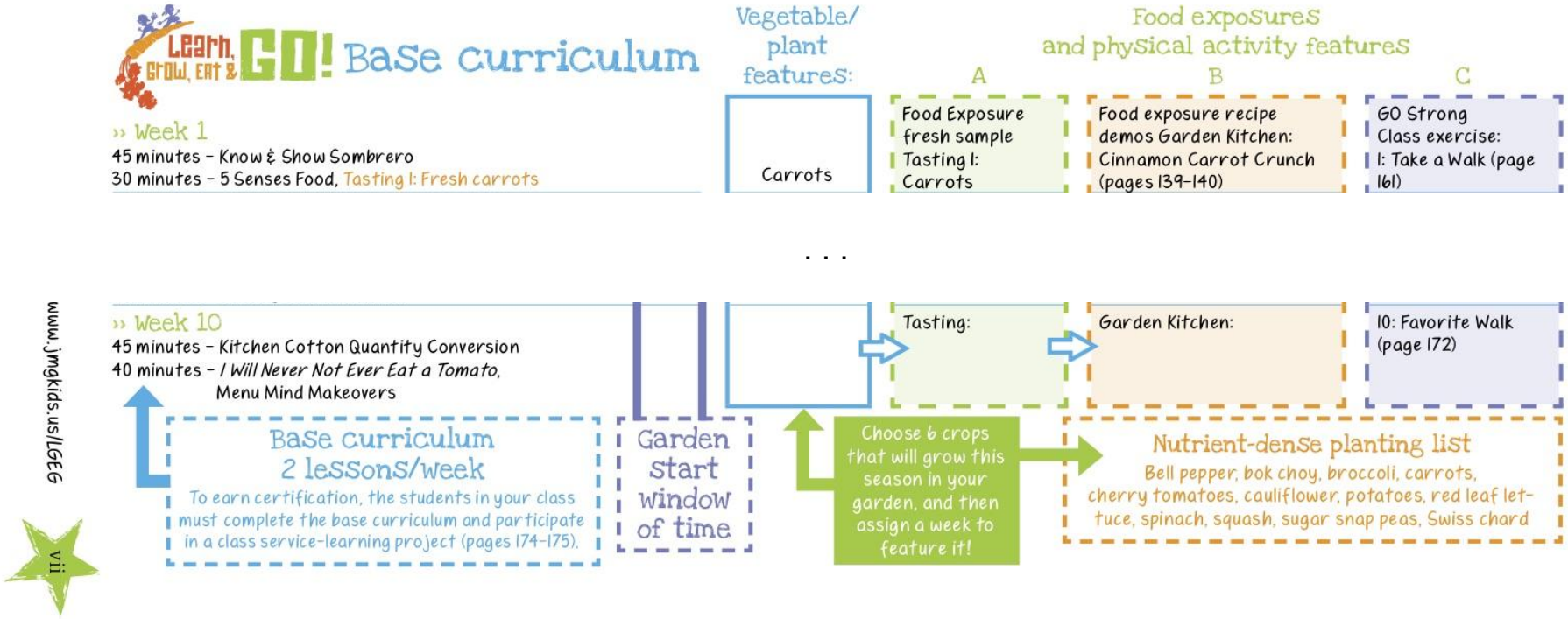
	A	B	C
Week 1	Food Exposure fresh sample Tasting 1: Carrots	Food exposure recipe demos Garden Kitchen: Cinnamon Carrot Crunch (pages 139–140)	GO Strong Class exercise: 1: Take a Walk (page 161)
Week 2	Tasting:	Garden Kitchen:	2: Team Bubble Burst (page 162)
Week 3	Tasting:	Garden Kitchen:	3: Hit the Deck Dash (page 163)
Week 4	Tasting:	Garden Kitchen:	4: 10x Multiplying Montior (page 165)
Week 5	Tasting:	Garden Kitchen:	5: Alphawalk (page 167)
Week 6	Tasting:	Garden Kitchen:	6: Scarecrow Tag (page 168)
Week 7	Tasting:	Garden Kitchen:	7: Playground Touch Map (page 169)
Week 8	Tasting:	Garden Kitchen:	8: Caterpillar Carry (page 170)
Week 9	Tasting:	Garden Kitchen:	9: Rainbow Relay (page 171)
Week 10	Tasting:	Garden Kitchen:	10: Favorite Walk (page 172)

Base curriculum 2 lessons/week
To earn certification, the students in your class must complete the base curriculum and participate in a class service-learning project (pages 174–175).

Garden start window of time

Choose 6 crops that will grow this season in your garden, and then assign a week to feature it!

Nutrient-dense planting list
Bell pepper, bok choy, broccoli, carrots, cherry tomatoes, cauliflower, potatoes, red leaf lettuce, spinach, squash, sugar snap peas, Swiss chard


Learn, Grow, Eat & GO! Base curriculum
Vegetable/ plant features:
Food exposures and physical activity features
A
B
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Food Exposure fresh sample Tasting I: Carrots
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45 minutes – Kitchen Cotton Quantity Conversion
40 minutes – I Will Never Not Ever Eat a Tomato, Menu Mind Makeovers
Tasting:
Garden Kitchen:
10: Favorite Walk (page 172)
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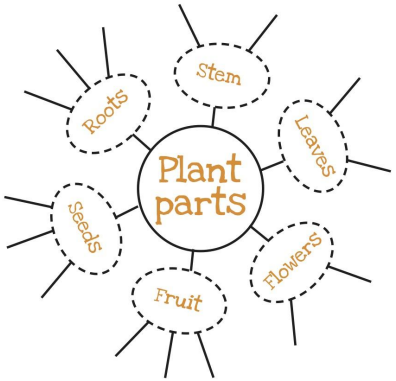
Learn - Week 1.A

Know and Show Thinking Caps

Learn - Week 2.A

Plant Parts We Eat

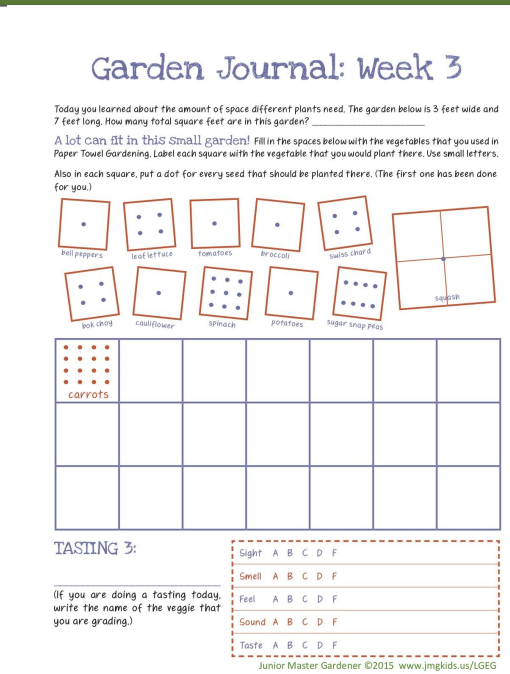
Plant Parts Web



Plant tags:	Corn	Radishes	Sunflower Seeds
Carrots	Celery	Asparagus	Lettuce
Spinach	Peppers	Tomatoes	Watermelon
Beet	Wheat	Broccoli	Cauliflower

Grow - Week 3.B

Paper Towel Gardening



Garden Journal: Week 3

Today you learned about the amount of space different plants need. The garden below is 3 feet wide and 7 feet long. How many total square feet are in this garden? _____

A lot can fit in this small garden! Fill in the spaces below with the vegetables that you used in Paper Towel Gardening. Label each square with the vegetable that you would plant there. Use small letters.

Also in each square, put a dot for every seed that should be planted there. (The first one has been done for you.)

TASTING 3:

_____

(If you are doing a tasting today, write the name of the veggie that you are grading.)

Sight	A	B	C	D	F
Smell	A	B	C	D	F
Feel	A	B	C	D	F
Sound	A	B	C	D	F
Taste	A	B	C	D	F

Eat - Week 11

Cinnamon Carrot Crunch

A. Cinnamon Carrot Crunch

Prep time: 15 minutes
Serves: 12
Serving Size: 1/4 cup

Utensils needed
- Peeler
- Knife
- Cutting board
- Large mixing bowl
- Measuring spoons
- Measuring cup
- Mixing spoon

Nutrition Facts
Serving Size 1/4 cup
Servings Per Container 12

Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 1g	
Vitamin A 70%	• Vitamin C 6%
Calcium 4%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Ingredients
4 medium carrots, grated
2 medium apples, chopped
1 celery rib, chopped
1 tablespoon of lemon juice
3/4 cup of raisins (soak them overnight in 1 cup of water in the refrigerator)
3/4 cup of vanilla yogurt
1 teaspoon of cinnamon

Directions
1. Wash your hands and clean your cooking area.
2. Wash the carrots, apples, and celery.
3. With a knife or peeler, peel the carrots.
4. Chop the carrots, apples, and celery, and place them in large mixing bowl.
5. Add the lemon juice, raisins, yogurt, and cinnamon to the bowl of chopped carrots, apples, and celery.
6. Stir them until they are coated evenly.
7. Chill the salad before serving it.

Kitchen math and Science
1. Carrots are a great source of what vitamin? Vitamin _____
2. On average, how many pounds of carrots does a person eat each year?_____ (Hint: Use your *Veggie Mania Research Chart*)
3. In 5 years, how many pounds of carrots does the average person eat? _____
   Show your work here:
4. How many cups does 1 stalk of chopped celery fit into? _____
5. Circle the bigger measure:
   teaspoon tablespoon

How the children can help: Wash the produce, peel the carrots, measure the ingredients, and stir the salad

A. Crocante de Canela y Zanahoria

Tiempo de preparación: 15 minutos
Raciones: 12
Tamaño de la ración: 1/4 taza

Utensilios necesarios
- Pelador de verduras
- Cuchillo
- Tabla de cortar
- Tazón grande para mezclar
- Cucharas medidoras
- Taza medidora
- Cuchara de mezclar

Datos de Nutrición
Tamaño de Ración 1/4 taza
Raciones por Envase 12

Cantidad por Ración	
Calorías 70	Calorías de Grasa 0
	% Valor Diario*
Grasa Total 0g	0%
Grasa Saturada 0g	0%
Grasa Trans 0g	
Colesterol 0mg	0%
Sodio 30mg	1%
Carbohidrato Total 17g	6%
Fibra Dietética 2g	8%
Azúcares 14g	
Proteína 1g	
Vitamina A 70%	• Vitamina C 6%
Calcio 4%	• Hierro 2%

*Los porcentajes de valor diario están basados en una dieta de 2.000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

	Calorías	2.000	2.500
Grasa Total	Menos de	65g	80g
Grasa Saturada	Menos de	20g	25g
Colesterol	Menos de	300mg	300mg
Sodio	Menos de	2.400mg	2.400mg
Carbohidrato Total		300g	375g
Fibra Dietética		25g	30g

Calorías por gramo:
Grasa 9 • Carbohidrato 4 • Proteína 4

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Ingredientes
4 zanahorias medianas, ralladas
2 manzanas medianas, picadas
1 tallo de apio, picado
1 cucharada de jugo de limón
3/4 taza de pasas (dejar en remojo durante la noche en 1 taza de agua en el refrigerador)
3/4 taza de yogur de vainilla
1 cucharadita de canela

Directions
1. Lave sus manos y limpie su área de cocina.
2. Lave las zanahorias, las manzanas y el apio.
3. Con un cuchillo o pelador, pele las zanahorias.
4. Corte las zanahorias, manzanas y apio, y colóquelos en un tazón grande de mezclar.
5. Agregue el jugo de limón, las pasas, el yogurt y la canela a la taza de zanahorias picadas, las manzanas y el apio.
6. Revuelva hasta que estén bañados uniformemente.
7. Enfríe la ensalada antes de servir.

Matemáticas en la Cocina y ciencia
1. ¿Las zanahorias son una gran fuente de cuál vitamina? Vitamina _____
2. En promedio, ¿cuántas libras de zanahorias come una persona cada año?_____ (Sugerencia: Use su Gráfico de Verdura-Manía)
3. En 5 años, ¿cuántas libras de zanahorias come la persona promedio? ? _____
   Muestre su trabajo aquí:
4. ¿En cuántas tazas cabe 1 tallo de apio picado? _____
5. Circule la medida más grande: :
   cucharadita cucharada

Cómo los niños pueden ayudar: Lavar el producto, pelar las zanahorias, medir los ingredientes y revolver la ensalada

Go - Week 12

Team Bubble Burst

Parent Letters

Semana 1

Estimados padres de familia,

Esta semana nuestra clase inició la unidad de estudios de jardinería llamada *Aprende, Cultiva, Come & ¡Vamos!* Durante las próximas 10 semanas su niño va a aprender acerca de las plantas, incluyendo por qué son importantes para nosotros, cómo cultivar una huerta y cómo proveerle a las plantas lo que necesitan para crecer. Al comenzar la preparación para hacer crecer nuestra huerta escolar también vamos a estar aprendiendo cómo las plantas nos proveen lo que nosotros necesitamos.

Estaré enviando cartas semanales a su casa para ofrecerle actualizaciones sobre lo que su niño está aprendiendo en este proyecto. Las cartas incluirán los temas principales de la semana así como algunas preguntas que puede hacerle a su niño, ¡o cosas que usted puede hacer para aprender más en casa!

En esta primera semana aprendimos las seis necesidades básicas de las plantas: un lugar para crecer. Luz, aire, nutrientes, agua y tierra. También hablamos de los sentidos (además del sentido del gusto) que utilizamos cuando comemos.

Si quiere saber más sobre lo que aprendimos, quizás quiera hacerle a su niño las preguntas siguientes:

- ¿Cómo recuerdas las necesidades básicas de las plantas con las letras PLANTAS?
- ¿Qué calificación le diste a la zanahoria basándote en lo siguiente?

Vista Olor Sabor Sonido Tacto

Los estudios de investigación muestran que las personas usualmente necesitan ver o probar un alimento nuevo muchas veces antes de empezar a comerlo con regularidad. Esta semana su niño ha degustado y evaluado un trozo de zanahoria cruda y fresca. Durante las semanas siguientes, la clase podría calificar más muestras de las verduras que se están sembrando en la huerta.

¡Gracias por su interés! Si usted desea aprender más acerca de nuestro proyecto Aprende, Cultiva, Come & ¡Vamos! y las cosas que su familia puede hacer en casa, visite www.jmgkids.us/LGEG. ¡Asegúrese de buscar la carta de actualización de la próxima semana!

Atentamente,

Week 1

Dear Parents,

This week, our class began a unit of garden study called *Learn, Grow, Eat & Go!* Over the next 10 weeks, your child will learn about plants, including why they are important to us, how to grow a garden, and how to give plants what they need to grow. As we begin preparing to grow our school garden, we will also be learning about how plants provide for our needs.

I will be sending home weekly letters to update you on what your child is learning in this project. The letters will list the main topics from the week and will include some questions that you can ask your child or things you can do together to learn more at home.

This week, we learned the six basic plant needs: a place to grow, light, air, nutrients, water, and soil. We also discussed the senses—in addition to our sense of taste—that we use when we eat.

If you would like to know more about what we learned, you could ask your child these questions:

- How do you remember the basic plants needs with the letters PLANTS?
- What grade did you give the carrot for:

Sight Smell Feel Sound Taste

Research shows that people often need to see or try a new food many times before they will want to start eating it regularly. This week, your child has sampled and graded a bite of a fresh, raw carrot. Over the next several weeks, the class might grade more samples of the vegetables being planted in their garden.

Thanks for your interest! If you want to learn more about our Learn, Grow, Eat & Go! project and things your family can do at home, go to www.jmgkids.us/LGEG. Be sure to look for next week's update letter!

Sincerely,

Tastings - Week 2.A

Plant Parts We Eat

Garden Journals

_____'S
Garden Journal

Junior Master Gardener
growing good kids

Garden Journal: Week 1

Write a plant need beside each letter below:

P
L
A
N
T
S

Your teacher has given you a seed. What might it grow into if you plant it and give it everything it needs? Maybe it will grow into a tree, a flower, or some tasty new veggie that you've never even seen before.

1. Draw a picture of what you think this seed might become one day.
2. Write 2 sentences to describe what you think the plant would look like when it's grown. (Include at least 3 describing words in these sentences.)
3. Write one more sentence to tell how this grown plant might be useful to you.

TASTING 1: Carrots

You've learned that eating something is not just tasting—it's using all 5 of your senses! Today you will give a report card to a carrot. Give it a separate grade for each sense—sight, smell, feel, sound, and taste.

Sight	A	B	C	D	F
Smell	A	B	C	D	F
Feel	A	B	C	D	F
Sound	A	B	C	D	F
Taste	A	B	C	D	F

Challenges

- Time
- Teacher commitment
- Volunteers
- Full class engagement

Takeaways / Recommendation

- Start with the Base Curriculum page
- Parent Letters
- Literature connection
- Go
- Plan

Q & A

Discussion

Thank you!