



Week 1: Welcome to the Garden! Salsa Fresca!!

Grade level: All grades

Thank you again for volunteering to help out with the garden program! Dedicated community members such as you make the Pioneer gardens a special place for our kids. This week, we will begin with a name game followed by a discussion about garden rules. Establishing behavior expectations for the students sooner rather than later is very important because it will set the tone for the remainder of the year.

The garden grew quite a bit over the summer, so after covering housekeeping items, students will take a walk through the garden. They will wash their hands, taste two types of herbs, harvest tomatoes and make salsa! We'll close with a loud CRUNCH as we taste the salsa on a chip and then give it a "thumbs up" or "thumbs down".

Garden Volunteer Tips (45 min lesson)

Volunteers: Setting the Stage

Please read the lesson plan ahead of time and arrive in the garden at least 10 minutes prior to your lesson so that you have time to set up and settle (the more familiar you are with the lesson, the more smoothly it will go). Find a comfortable spot and spread the blanket on the ground. This is where you will gather for your opening circle.

Greet the children at their classroom at the designated time. Ask the children to please walk in a line quietly, reminding them that there are other students hard at work in the neighboring classrooms. **It is critical that you establish this right when you meet them otherwise they may quickly become scattered and chatty.** Speak clearly and make good eye contact with the children.

Ask students to take a seat on the outer edge of the blanket that you have set up to form a circle. It may be helpful to use a quiet sign/signal/chant with the children. You can ask them what their teachers use or develop your own signal. (ex. Sing "5, 4, 3, 2, 1 silence signal" or say "1-2-3 eyes on me", they reply "1-2 eyes on you", "bah di dee bah bah" kids reply "bah bah!" etc). (See call and response info sheet in your notebook)

[Sitting on the blanket]

Opening Circle – (5 min)

→”To the students: Welcome to the garden! We are so excited to have you spend time outdoors learning about nature and food this year! Did your teachers mention anything about a changing schedule? [You will visit the garden every other week this year for 45 minutes instead of 30 minutes. That means you will have more time per session!]

→”I’d like all of you to remind me (and maybe new classmates) who you are. I am going to say my name, a garden word (fruit, vegetable, flower name, tool etc) that begins with the same sound as my first name and then something I like to do in the garden. I am Sheryl Shallot and I like to grow seeds in the garden. [repeat for each student].”

Garden Rule Review – (5 min)

“Most of you have had garden classes in the past and are familiar with some of the rules. Let’s think about (but not say) some of the rules [15 seconds]. Now you will have 30 seconds to turn to a friend or two and discuss the rules.

- Now, please remind **me** of some of the rules you thought of. [using whiteboard, record the responses].
- Why is it important to follow these rules?
- How can we remember to follow the rules?
- Consequences: 2 warnings then you will go back to class.



Visit the Garden (7-10 min)

→Following the rules we just discussed, we will take a walk through the garden.

→Since we are going to use our hands to harvest, let’s wash our hands.

- a. Students line up on white line near faucet in garden.
- b. Using a spray bottle, squirt hands with **soapy water**, ask children to rub hands together. **[volunteers, please wash your hands too!]**
- c. Rinse with water from hose into bucket and air dry by shaking in the air.
- d. Find the herb bed at the back of the garden (Bed #10/11).
 - Using eagle eyes what do we see in the garden (spread out your arms like an eagle)? (sunflowers, bees, insects, peppers, tomatoes, etc)
 - What looks different compared to end of the school year?
 - Using fox noses what do you smell (wrinkle your nose)?
 - Show children the **lemon verbena** and **another herb of your choice**.
 - Ask children gently pick a ½ leaf of lemon verbena and another herb of your choice, one at a time. Ask them to smell, feel, taste and discuss for a minute. (Tally vote on **whiteboard** and discuss). (5 min)
 - Ask which herb they like best: (volunteer’s choice)
_____ Lemon Verbena _____ Herb 2 _____ Neither

(note: it is okay if they don’t want to try and it is okay if they don’t like any of the herbs)

Make Fresh Salsa (20 min)

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| Materials: | Manual food chopper | Bowl |
| | 2 cherry tomatoes per child | dash salt, pepper |
| | Tray containing salsa ingredients (in cooler) | |
| | Paper muffin cups | Tortilla chips |
| | Dish soap | Tongs |

Instructions for making salsa with students

→ **Cherry Tomatoes** are ripe this time of year. Can you tell me where the cherry tomatoes are? [students find tomatoes]

1) Harvest Tomato

- Show students a ripe tomato: the cherry tomatoes are a RED SPHERE
- Each student picks 2 cherry tomatoes and places them in the jar.
- Rinse the tomatoes in the jar (parent volunteer)

2) Combine ingredients

a. **Students return to the garden circle blanket**

- Open food chopper jar. Using tongs, have each child add an ingredient from the tray (1/2 tsp, lime juice (~1/8 lime) , ~1T onion, slice green pepper, ~2T cilantro, add a dash of salt and a dash of pepper
 - Place 12 muffin cups and 12 chips on the serving platter
 - Optional: Decorate the serving plate with flowers (1 child pick 3 flowers) and places them on the serving plate.
 - Ask each child to press down the handle 3x to chop the ingredients in the jar.
 - Place 1 spoonful of salsa (with no juice) on each chip on the serving plate.
- Tell students that we are going to wait to taste the salsa until everyone has their sample. We are going to count down from 5 and then all **CRUNCH** at once!
 - Have children review the steps taken to make the salsa. Ask if there are any questions**
 - Pass out one chip and napkin per child (one volunteer passes out napkin, one volunteer passes out the chip).
 - 5-4-3-2-CRUNCH!!! Gather feedback about the pico de gallo/salsa fresca (fresh salsa) (Rate it! 5 fingers = 5 stars, 4 fingers – 4 stars, etc)
 - Children help fold the gathering circle blanket (1 or 2 children)
 - Finish early?** Have the students decorate a nametag for their garden journals using crayons and a notecard. My tag will read:

Sheryl Snail [with a picture of a Snail]

- **NOTE: IF THERE ARE NO MORE CHERRY TOMATOES on the plants, volunteers may harvest 3 medium or 1 large tomato at the beginning of class and cut tomatoes into pieces that will fit into the jar.**