

Seed to Snack®

Seed to Snack® brings the farm into the classroom and gives kids hands-on experiences with our local food system. The program traces food back to its origins and teaches young people about how local conditions bring a diversity of crops to their table all through the growing season. Our focus on nutritious snacks makes classes fun and tasty while helping youth make the link between the food they eat and their personal wellness.

A celebration of nature's bounty, Seed to Snack® is designed to show how a deeper relationship to food, where and how it is grown, who grew it and how to incorporate it into a healthy diet can help youth be an active part in contributing to the health of our communities and our planet.

2011-2012 Seasonal Curriculum Guide

All lessons meet the PA Academic Standards for Environment and Ecology: Agriculture and Society: 4.4.4. B

Learning Objective	Activity	Recipe
October		
<ul style="list-style-type: none"> To introduce and explore local foods grown in October. To introduce students to a local farm and the concept of seasonal food. 	<ul style="list-style-type: none"> Discussion of Hillside Farm – where it is and what grows on the farm. Taste Test: Fall greens Identify and analyze the tastes of spinach, arugula & various lettuces Make a salad and a simple dressing 	Maple Balsamic Vinaigrette: Olive Oil, Balsamic Vinegar, Maple syrup, mustard, garlic, sea salt
November		
<ul style="list-style-type: none"> To introduce and explore local foods grown in November To introduce plant parts, with a focus on root vegetables. 	<ul style="list-style-type: none"> Discussion of plant parts – leaves, stems, roots, etc. Taste Test: Potatoes Identify and analyze sweet potato, russet potato, and purple potatoes. Make sweet potato dip. 	Sweet potato dip: Sweet potatoes, maple syrup, cinnamon, apples for dipping
December		
<ul style="list-style-type: none"> To introduce and explore local foods grown in December. To understand how the seasons affect local farms. To introduce edible flowers (broccoli & cauliflower). 	<ul style="list-style-type: none"> Discussion of the farm in winter and what grows in December. Taste Test: Brassicas Identify and analyze cauliflower, broccoli, and kale. Make kale popcorn 	Kale Chip Popcorn: popcorn, kale, olive oil, sea salt, garlic powder

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January		
<ul style="list-style-type: none"> To introduce and explore local foods eaten in January. Students will understand what types of fruits and vegetables keep throughout the winter, and why. 	<ul style="list-style-type: none"> Discussion of hardy foods that stay fresh through the winter. Taste Test: Winter squash Identify and analyze butternut, spaghetti, and acorn squash. Make spaghetti squash spaghetti 	Spaghetti Squash Spaghetti: spaghetti squash, olive oil, sea salt, tomato sauce, parmesan cheese
February		
<ul style="list-style-type: none"> To introduce and explore local foods eaten in February. Students will understand how a seed grows. 	<ul style="list-style-type: none"> Discussion of how a seed grows and what it needs to survive. Taste Test: Legumes Identify and analyze peas, edamame, and chick peas Make Hip Dip 	Hip Dip: edamame, cilantro, garlic cloves, olive oil, lime juice, honey, sea salt
March		
<ul style="list-style-type: none"> To introduce and explore local foods grown and eaten in March. Students will understand what a root vegetable is, how it grows, and why it is nutritious 	<ul style="list-style-type: none"> Review parts of a plant. Discuss the different types of root vegetables. Taste Test: Root vegetables Identify and analyze beets, carrots, and radishes Make hummus 	Hummus: chick peas, lemon, olive oil, garlic, sea salt
April		
<ul style="list-style-type: none"> To introduce and explore local foods grown in April. Students will understand how a plant grows. Students will understand what an edible shoot is. 	<ul style="list-style-type: none"> Review parts of a plant, and the discuss the role of shoots in plant life. Taste Test: Asparagus, pea shoots, and garlic scapes Make asparagus with garlic scapes. 	Asparagus with garlic: asparagus, garlic scapes or green garlic, olive oil, salt, pepper, fresh parsley
May		
<ul style="list-style-type: none"> To introduce and explore local foods grown in May. Students will understand what a fruit is, and how it creates seeds. 	<ul style="list-style-type: none"> Discussion about fruits and what is happening on the farm in early summer. Taste Test: Berries Identify and analyze strawberries, blueberries, and raspberries Make a green smoothie 	Green Smoothies: frozen strawberries, blueberries, raspberries, yogurt, orange juice, bananas, spinach or other green
June		
<ul style="list-style-type: none"> To introduce and explore local foods grown in June. To review the October greens lesson and explore if and how students' taste preferences have changed. 	<ul style="list-style-type: none"> Taste Test: Spring greens Identify and analyze the tastes of spinach, arugula & various lettuces Make a salad and a simple dressing 	Maple Balsamic Vinaigrette: Olive Oil, Balsamic Vinegar, Maple syrup, mustard, garlic, sea salt