

# HARVEST of the MONTH

Seasonal snacks from garden to classroom

## April 2019 – Sunflower Sprouts

The CSG Educational Roots Framework (RootEd™) is grounded in our core values, and is intended to provide garden-based, experiential learning opportunities and leadership development that: cultivates gardening skills, promotes health, nurtures social & cultural development and enhances academic learning.

### Trivia Question and Sprouts Facts

 **Question:** “This month’s crop is the young seedling of a plant. This plant is plucked and eaten just days after the seed was put in the ground. They are a great way to add a *crunch* to a salad or sandwich.”

 **Facts:**

- Sunflower Sprouts are one of the sprouts that require soil to grow. Once they begin growing and have begun to a second set of leaves, you cut the sprout at the base; removing it from the roots. The roots and dirt can be placed in the compost bin because they will not grow a new sprout.
- The first set of “leaves” that you see on sprouts are not “true leaves” but are a part of the plant called the *Cotyledons*.
- Sunflower sprouts are compact and dense with nutrients.

### Sunflower Sprouts Garden Lessons and Activities

#### Classroom Sunflowers - Science 2.4

**Lesson:** Have students start sunflowers in the classroom in April. Sunflowers are an easy plant to start indoors in the spring. You can begin the process by providing each of the students a paper cup to grow the flower in, some soil and a seed. Have each of the students start this process and place them on the window sill (make a few extra to accommodate if some seeds don’t germinate). Have students monitor the cups as the seed germinate, as the stem and leaves grow. As each plant part emerges, talk about discuss the role of each part and why it is needed to make the Sunflower. Make sure the plant is regularly watered. Once the plants have established, take a trip out to the garden and have students find a place where their sunflower will get a lot of sun with room to grow tall. Transfer the sunflowers outside and watch as the process continues (with flowers and seeds).

### Other Sprouting Lessons and Activities

#### Peas in a Pod- Math 1.10, 1.12, Science 1.1, 1.4

**Lesson:** Have students germinate pea seeds in a bag in different classroom locations to conduct a simple experiment. Students will use their observation data to decide which location in the classroom was the best for germinating pea seeds. Have students place 3 pea seeds in small sandwich bags with a wet paper towel. Students will then need to choose where in the classroom to germinate their seeds, including: attached to a string hung across the windows, in a dark closet, or on a shelf in the room. After one week check on the seeds. The seeds should have germinated. Students can then compare the different location in which the peas were placed and its effects on the sprouts. Once the experiment is complete, students can plant the sprouted pea seeds in small cups inside or out in the garden to continue their observations as the plants grow. See City Schoolyard Garden’s Website for a more detailed description.

 **Storybook Suggestion:** *Plant the Tiny Seed* by Christie Matheson