

## Teaching Garden Lesson Descriptions

### **Farm Tour:** (Choose One\*)

#### **Five Senses:**

*Recommended for elementary*

Students will develop their observation skills by using their five senses to explore the garden. They will learn some of the ways that farmers use their senses every day to properly take care of their plants.

#### **Farm Friends & Enemies:**

*Recommended for all ages*

Students will search for and observe insects and animals that either benefit or harm our plants. They will learn how farmers work with or against these creatures.

#### **Seasons**

*Recommended for 3<sup>rd</sup> grade and above*

Students will learn about seasonality and the climate of New York City by observing plants in different stages of growth. They will make connections and comparisons between what they see on supermarket shelves and what is ready for harvest.

#### **Ethnobotany**

*Recommended for middle and high school only*

Students will observe, taste, and smell various plants in the garden and learn about how humans, for generations, have used them for cooking, healing, building, wearing, or ceremonial purposes. They will begin to learn the importance of crop diversity and understand some of the ways in which humans are reliant on plants and the natural environment.

### **Cooking:** (Choose One\*)

#### **Health & Nutrition**

*Recommended for all ages*

Students will prepare a simple snack made with fruits or vegetables harvested from the garden. They will discuss the benefits of a (naturally) colorful diet. They will learn the difference between, and differing nutritional values of, processed and unprocessed foods.

#### **Food Justice**

*Recommended for middle and high school only*

Students will prepare a simple snack made with fruits or vegetables harvested from the garden. They will discuss food access, food sovereignty, and food systems, as it applies to residents of NYC. They will discuss the health benefits of different food choices.

### **Additional Topics:** (Choose Two\*)

#### **Rainwater Harvesting**

*Recommended for all ages*

Students will learn about water conservation and rainwater harvesting systems on the farm. They will test how a rainwater harvesting system works, why it's important for our environment and water supply, and practice watering the garden with harvested rainwater.

#### **Flowers & Pollinators (June-September)**

*Recommended for all ages*

Students will observe pollinators at work in the garden. They will dissect a flower to learn the basics of plant reproduction. They will learn about the different uses for flowers.

**Compost & Decomposers***Recommended for all ages*

Through observation and a hands-on activity, students will learn how to make compost and why farmers call it “black gold”. They will learn about the bacteria, fungi, and insects that help with this process.

**Earth as Art***Recommended for all ages*

Students will learn how humans have drawn creative inspiration from nature throughout history. Depending on plant availability, students may decorate a fabric with natural dye, build a weed bouquet or a flower crown, or make a flower press collage.

**Soil not Dirt***Recommended for middle and high school only*

Students will learn how soil is made and about its different components, both organic and non-organic. They will learn about the difference between dirt and living soil, the nutrients in the soil that plants need to grow, and how the pH level affects nutrient intake. Activities may include soil pH testing, mixing potting soil, or amending beds.

**\*Note: We will do our best to accommodate your choices, but final lesson decisions will be based on farm needs, seasonal availability, and staffing.**