

**Lesson Title:** Seasonality and Season Extension in the Garden**Time:** 40 mins x 2 days**Materials:**

- seed catalogs (have pictures of produce)
- video
- carrots to harvest
- carrot coin recipe
- cooking utensils

**Objective:**

Students learn what crops grow in Northwestern Pennsylvania and what time of year crops are grown in. They will understand what season extension is and the benefits of providing healthy food during more of the year.

**Opening:****Lesson Plan/Procedure/Activities:****Day 1: Harvesting and Seasonality***Activity 1: What grows in Pennsylvania? (10 min)*

Explain to students that we will be talking about something we call “seasonality” with our local food. You can have students try and guess what it means, but ultimately explain that it is when the peak of harvest or flavor of a crop is at its peak. This is when we tend to eat this crop.

Distribute seed catalogs to each table (the tables will be their groups). Each group cuts out 6 items that they think grow in Pennsylvania. The group goes up and presents what they chose--class decides as a group if it was grown in PA. Then, work together to put it in the right season that it grows/ or stores. You can close by asking students what surprised them most or which ones they felt like they knew and which they didn't.

*Activity 2: Watch video on season extension (6 mins)*

- <https://www.youtube.com/watch?v=Kj5LNQjTLNI>

*Activity 3: Go outside and harvest (30 min)*

- store carrots in shed?

**Day 2: Cooking lab**

- make carrot coin recipe
  - <http://www.massfarmtoschool.org/wp-content/uploads/2013/12/Recipe-Honey-Carrot-Coins.pdf>
- discuss/evaluate recipe

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# Honey Carrot Coins

Head Cook: \_\_\_\_\_

Head Cook Substitute: \_\_\_\_\_

Assistant Cook(s): \_\_\_\_\_

Dish Washer: \_\_\_\_\_

Dish Washer Substitute: \_\_\_\_\_

Dish Washer Assistant: \_\_\_\_\_

Dish Washer Assistant Substitute: \_\_\_\_\_

## Ingredients:

1 tablespoon honey  
 1 tablespoon butter  
 1 1/8 teaspoon lemon juice  
 Pinch of pepper  
 Pinch of salt

## Directions:

*\*\*Before beginning, be sure to spray the Lysol spray on all counter tops and use a paper towel to wipe off\*\**

*\*\*ALL group members must wash their hands and use a paper towel to dry them. Pull long hair back.\*\**

- \_\_\_\_\_ 1. Get a pot from the cupboard and add 1 cup of water to the pot.
- \_\_\_\_\_ 2. Place the pot on the stove top and turn in HIGH heat. Bring water to a boil.
- \_\_\_\_\_ 3. After the water begins to boil, carefully place the carrots into the pot.
- \_\_\_\_\_ 4. Boil the carrots until they are tender. (Approximately 5-10 minutes)
- \_\_\_\_\_ 5. Remove the pot from the stove top and place on pot holder on countertop.
- \_\_\_\_\_ 6. Add 1 tablespoon of honey to the pot with the carrots.
- \_\_\_\_\_ 7. Add 1 tablespoon of butter to the pot with the carrots.

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\_\_\_\_\_ 8. Add 1 1/8 teaspoon of lemon juice to the pot with the carrots.  
(1 teaspoon and then half of  $\frac{1}{4}$  teaspoon. If you need Miss McKissick or Miss Taylor to help you with this, please ask!)

\_\_\_\_\_ 9. Add a pinch of salt to the pot with the carrots.

\_\_\_\_\_ 10. Add a pinch of pepper to the pot with the carrots.

\_\_\_\_\_ 11. Gently stir all the ingredients in with the carrots.

12. Enjoy the Honey Carrot Coins! And then CLEAN-UP! ☺