From the Field to the Table  
K- 2nd grade

Students will harvest vegetables from the farm, wash them and prepare them for snack. Students will distinguish between ripe and unripe vegetables. Students will learn proper post-harvest handling techniques and nutrition facts about the food they harvest.

What You Need

<table>
<thead>
<tr>
<th>What to do</th>
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<tbody>
<tr>
<td>Baskets or bowls</td>
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<td>Explain to students that they will be harvesting vegetables and/or fruits for today’s snack. In order to make sure that we get the tastiest veggies we must make sure that we harvest only ripe plants. Ask students to describe what to look for to determine ripeness, hopefully you will hear:</td>
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<tr>
<td>Washing bins</td>
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<tr>
<td>Ask students to describe what to look for to determine ripeness, hopefully you will hear:</td>
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<td>Veggie Scrubs</td>
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<td>Each plant is a little different, but there will usually be one or more of the above characteristics that determine ripeness. For example: tomatoes come in all sorts of colors, we must know the variety of tomato to know what color it should be when ripe (some are orange, red, yellow, and even green!)</td>
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<td>Cutting Boards &amp; Knives (optional)</td>
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<tr>
<td>● Size</td>
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<tr>
<td>● Color</td>
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<td>● Firmness</td>
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<td>● Ease of removal</td>
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Discuss the plant or plants you will be harvesting and how to tell if they are ripe. Show examples indicating what of the above list you are using to determine ripeness. Give clear instructions about how to harvest and how much each student can pick. When necessary, demonstrate harvest techniques (digging carrots, snapping off greens, etc)

Next, bring the students to the washing area. Explain that farmers must follow specific rules for handling produce after harvest. This involves washing things multiple times, that we why we have three bins. Demonstrate washing in each bin and placing in a clean bowl or tub. Before we wash, we wash our hands with soap and water!

If there is time, have students prepare the veggies for snack, this may mean cutting things, and/or preparing a dressing or dip.
Spring Snacks for K- 2\textsuperscript{nd} Harvest Snack Visits

**VEGGIES AND DIP**
Wash and cut or leave whole:
- Radishes
- Turnips
- Carrots
- Celery
Or any other vegetables harvested that day

Prepare Dip:

**Cream cheese and herb dip** - Combine 1 cup of cream cheese with 1 tablespoon of fresh herbs/ or 1 tablespoon of cracked pepper/ or 2 cloves of raw garlic peeled and smashed.

**Homemade Ranch**
- 1/3 cup mayonnaise
- 1/2 cup sour cream, plain yogurt or buttermilk
- 1 large clove garlic (or two small), minced
- 1 tbsp minced fresh dill (or 1/2 tsp dried)
- 1 tbsp minced fresh parsley (or 1/2 tsp dried)
- 1/2 tsp salt
- freshly cracked pepper, to taste

Whisk all ingredients together and store in a glass jar. This makes 1 cup, you may want to double the recipe.

**Hummus**
- 1 ½ Cups pre-cooked or canned garbanzo beans or other legumes
- ¼ water
- 3-5 T Lemon Juice
- 2-4 Cloves crushed garlic
- ½ t salt
- 2-4 T Olive oil

Combine ingredients in blender. Add parsley, cilantro or other herbs available at the farm.

**SPINACH SALAD**
Harvest young tender spinach
Thinly slice radishes, turnips or other roots
If strawberries are available, slice them into the salad
Dressing
1/4 cup salad oil
2 tablespoons red wine vinegar
1/2 tablespoons honey
1/2 teaspoon dried dill weed
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
1/8 teaspoon dry mustard
or any fresh herbs available at the farm

In a large bowl, toss spinach with other ingredients. Combine dressing ingredients in a screw-top jar; shake well. Pour dressing over salad mixture in bowl and toss gently to distribute well.

Stuffed Lettuce Leaves
Have the children mix 1 cup each of shredded radishes and celery (or you can finely chop also), add 5 tablespoons of crème fraiche or whole yogurt. Add a little bit of lemon juice, salt and pepper. Next mix in some sunflower sprouts, parsley, or cilantro, this will give it substance.

Wash lettuce well, being careful to preserve leaves in-tact. Have the children place a spoonful of the mixture in each leaf, and roll it up. Depending on how much lettuce there is, you may need to cut the rolls in two or three pieces when serving to make sure there is enough for everyone.

Chard and Kale Wraps
Harvest large kale and chard leaves, wash well and steam whole for 3-5 minutes. Let cool.

Have the children mix 1 cup each of shredded radishes and celery (or you can finely chop also), add 5 tablespoons of crème fraiche or whole yogurt. Add a little bit of lemon juice, salt and pepper. Next mix in some sunflower sprouts, parsley, or cilantro, this will give it substance.

Have the children place a spoonful of the mixture in each leaf, and roll it up. Depending on how much there is, you may need to cut the rolls in two or three pieces when serving to make sure there is enough for everyone.

Crackers- Dunbar Farm Only.
3 Cups Flour (grain of choice to be ground with children)
2/3 Cups of water
1/3 Cup of Olive Oil
1 tsp. Real Salt
You can add fresh herbs chopped and rolled into the dough
Sprinkle sesame seeds or seed of choice and roll into dough. Roll out and score in squares. Dough should be 1/8 to 1/4" in thickness. Prick with fork, bake at 350 for 10 min. or till lightly brown.

**Fall Snacks for 1st & 2nd Grade Farm Visits**

Bean dip with carrots

Have beans pre-cooked (point out that these are the same beans they harvested but they have been soaked and cooked)

4 cups cooked beans
2 small onion, diced
2 large tomatoes
2 bell peppers
2 cloves garlic
2 t cumin
1 t chili powder
1T cider vinegar

Mash or blend all ingredients together. Serve with carrots, turnips, celery, and/or other veggies appropriate for dipping!