A Feast for the Eyes: Food Art
All ages

Students will create sculptures out of vegetables that have outgrown their edibility. Students will identify and harvest vegetables in the field that have passed their prime

20-30 min

What You Need

What To Do

Baskets
Check in with staff before students arrive to familiarize yourself with the location of the appropriate vegetables for the project. With a group of students discuss what happens when vegetables stay on the vine too long: they get bigger, become less savory, and sometimes tougher, and even unhealthy to eat. When this happens there are a few things that farmers do:

- They may be able to still harvest the seed and save it for planting the following year
- They can feed it to animals on the farm
- They can compost it, making more nutrient rich soil for next year
- And we can make art with it! (and then compost it!)

Cutting boards/knives

Toothpicks

Overgrown veggies

Give the students clear instructions regarding which crops we can pick and how much of each they are allowed to harvest. Guide the students to the correct areas in the fields and instruct them in harvesting techniques. Always demonstrate the proper way to pick things. Bring harvested material to a picnic table. Instruct students on safe knife handling skills. Keep fingers safe by curling them under like a bear claw, move slowly, ask for help! Allow students to cut and attach vegetables together with toothpicks to make shapes and sculptures. Encourage them to think creatively about other plant parts they could use (leaves, sticks, etc). Take pictures! Students can take their sculpture home or leave it to be composted at the farm.