

WEEK 9

PARTS OF THE PLANT



LESSON PLAN INFORMATION



Activity:
Gardening Tasks

Fill in your plant growth chart.



Have you noticed any changes with your plant? Can you see any signs of growth?

Do you notice any growth in your plants that shouldn't belong there? This could be a weed! Weeds are plants that grow in places they aren't wanted. To learn how to get rid of weeds read the How to Weed manual.

Harvest: Do you have any plants that need to be harvested this week? Make sure to refer back to the growing guide from week 1 to see what vegetables might need to be harvested. Check the radishes, spinach, and even your microgreens (if they are still growing).

To harvest use a sharp knife or large pair of scissors.

Grip the microgreens lightly and slice off in inches leaving $\frac{1}{4}$ to $\frac{1}{2}$ inch of stem.





ACTIVITY:
Sunflower Yoga

Pretend it is early morning and the flowers are sleeping –bend down from your hips, arms hanging low.

As the sun rises, the sunflower gets up and starts to follow sun –stretch to your left, lifting arms higher and higher. At noon, the sun is all the way up –reach as high up as you can and stand on your toes.

Then the sun starts setting – arms come down on your left. At night, flowers rest again – bend down on your hips. Repeat!





ACTIVITY: **Parts of the Plants That we Eat**

Which parts of the plant do we usually eat? The seed? The fruit? When we eat asparagus, we are eating the stem of the plant. When we eat spinach or lettuce, we are eating the plant's leaves. We eat the fruit of squash, cucumber and tomato plants.

With some plants we eat more than one part. The root of the beet plant is what most people like to eat, but the leaves are also good to eat—in salads, when the leaves are young and tender, and cooked when they get bigger.

Some of the plants we eat are poisonous—if we eat the wrong part. The leaves of tomato plants are poisonous. For many years people would not even eat tomatoes, because they thought the entire plant was poisonous. Now we know that the fruit of the tomato plant has vitamins that are very good for us. They are also delicious—sliced or chopped fresh into salads, cooked into spaghetti sauce or processed into ketchup.