

**Session One Outline: Harvest and Storage Group  
Activity: Sowing Knowledge**

**INSTRUCTOR NOTE: This is a good activity as a starting point for your Club Garden!**

**Introduction**

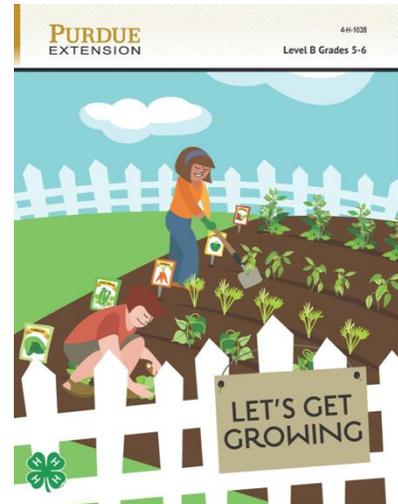
Many vegetables and herbs can be grown in the garden, and each has different maturity characteristics and dates

**Goals**

Demonstrate abilities to harvest vegetables in an appropriate manner

**Learning outcomes**

- Demonstrates knowledge and skills of harvesting vegetables
- Through gardening, organizing and planning skills are enhanced
- Understand that different vegetables and herbs have different maturity characteristics and dates



**Activity: Harvest and Storage group activity -Sowing Knowledge**

In this activity youth will create an informational flyer or brochure to educate their club, family, or other community members about proper harvesting for various vegetables and herbs

**Material list:**

1. Plain printer paper (or colored and/or construction paper)
2. Pencil
3. Markers
4. Old seed catalogs (optional)
5. Letter stencils (optional)
6. Computer with publishing software (optional)

**Activity time:** up to 1 hour

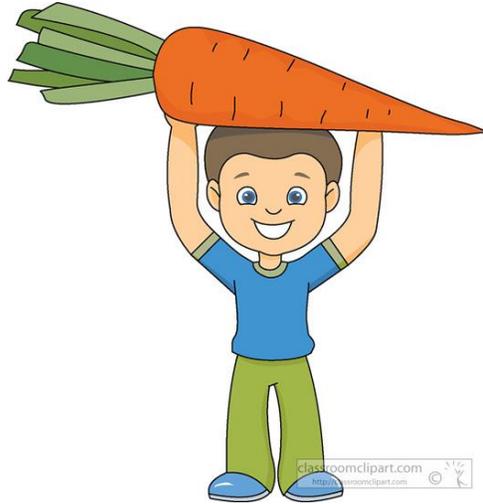
**Activity Instructions:**

1. Alone or with partners, have the youth choose three 3-4 vegetables or herbs. Review the vegetables and herbs at the beginning of the unit, or provide internet access to view those available from seed companies (Alternately, provide seed catalogs)



## GARDENING: HARVEST AND STORAGE GROUP ACTIVITY

2. Encourage the youth to choose vegetables that are related for example peppers, onions, and tomatoes can be used to make salsa
3. Explain that for each of these vegetables or herbs, the youth will create a brochure, flyer, or other creative display that tells the following information:
  - Describe the vegetable or herb
  - What does the mature form look like?
  - What is the average maturity date?
  - When should it be planted in your area?
  - What are the best ways to store it?
  - What are its culinary uses?
  - Any other special facts or information
4. Provide the youth with paper (printer paper, construction paper, cardstock, etc) poster board, pencils, markers, or if available, a computer with publishing software to create their informative piece- a brochure, a poster, or even a website.
5. Before they begin, encourage them to first think about their audience
  - Will their piece be for youth or adults?
  - Will it be displayed in a public place, handed out at a workshop, or shared digitally?



### **Discussion:**

Ask participants to:

**Share:** How did you choose which vegetables or herbs to use? What did you learn about your vegetables or herbs as you worked on your piece?

**Process:** How did you choose your presentation method for your informative piece?

**Generalize:** What are some other methods you have used to share information? Why is it important that your piece shares accurate information?

**Apply:** How can you educate friends or family members about proper harvesting and storage of vegetables and herbs?