



GrowingGreat Veggies & Fruits

A National STEM Education Program

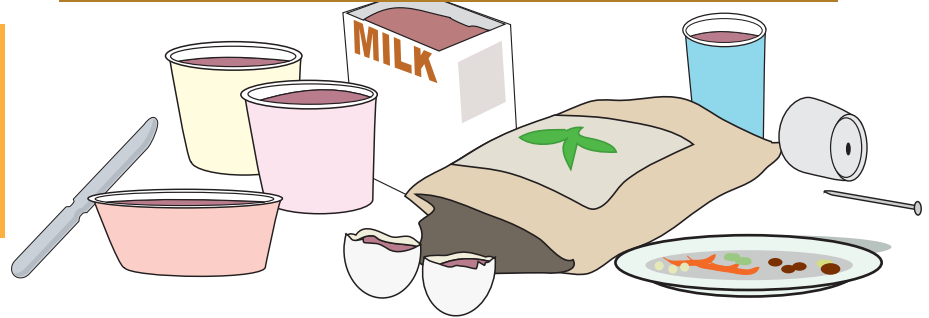
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Planting in the Kitchen

The Challenge

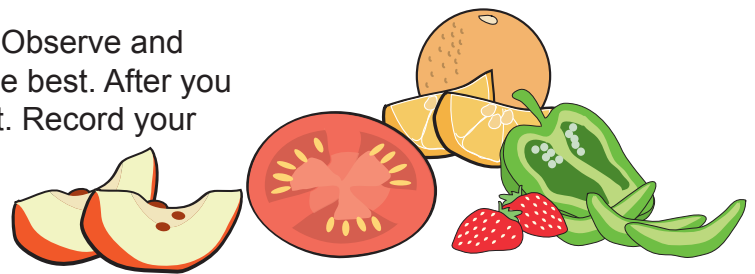
To grow new plants from veggie and fruit scraps



Taste Test



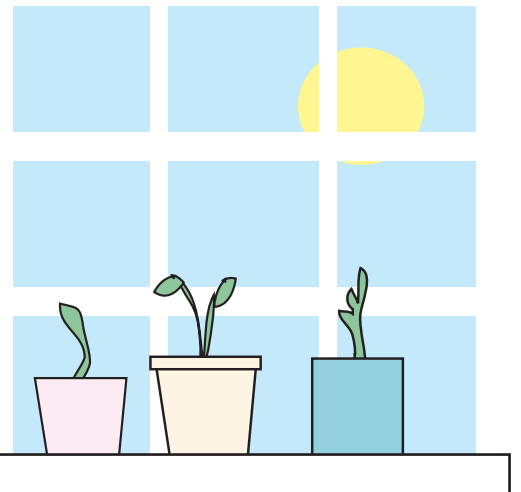
How about a snack before you search for seeds? Observe and discuss which veggie or fruit you think will taste the best. After you taste, discuss whether your prediction was correct. Record your descriptive words about each veggie and fruit.



You Will Need:

Seeds from veggies and fruits you have at home (e.g. tomatoes, bell peppers, strawberries, apples and oranges), knife, potting soil, homemade pots (e.g. yogurt/pudding cups, milk carton, egg shells), and a nail

1. Clean out the container completely and allow it to dry.
2. Using the nail, poke a small hole in the bottom of each container.
3. Fill container mostly full with potting soil.
4. Dissect uneaten food scraps and remove seeds.
5. Plant 2-3 seeds 1/4 inch deep in each container.
6. Moisten the soil and place the container in a warm location.
7. Once the seeds germinate, in 1-2 weeks, move the seeds to a sunny window. Continue to keep soil moist.
8. Transplant seedlings outside after any danger of spring frost or continue to care for them indoors.



What Do You Think?

Did your fruits have different numbers of seeds?
 Why do you think some had more than others?
 How are the seeds you observe similar or different?
 What environmental factors do you think helped the seeds germinate?
 Did any of the seeds never germinate? Why might a seed not germinate?
 In nature, how do you think fruit seeds get into the soil to grow?

PARENT PAGE

Your child was a scientist today – making hypotheses, solving problems, measuring, recording data, learning about veggies and fruits, and eating their experiments!



Seeds are a plant's unit of reproduction, and provide health benefits for people, too! Seeds contain protein, healthy fats, vitamins, minerals, fiber, and phytochemicals. Research suggests regular consumption of seeds can improve cardiovascular, digestive, immune, and bone health, and contribute to regulating blood sugar and appetite. So next time you're looking for a nutrient-rich powerhouse food, grab some seeds -- such as chia, flax, hemp, pepitas, (pumpkin seeds), sunflower and sesame seeds. They are great for snacking on their own, or added to yogurt, smoothies, or salads for pops of color and crunch.

-- Sarah Minkow MS RD



You can regrow veggies without soil! Cut the tops off lettuce or celery and place the base in a dish with an inch of water, in a sunny window. Water every other day. What happens?

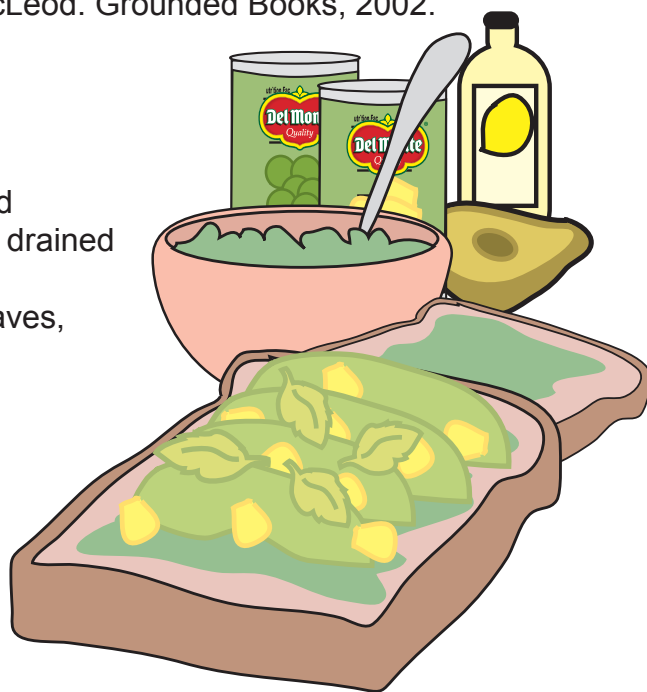


Want to discover the plant world from home? Investigate with these colorful reads: Botanicum by Kathy Willis. Big Picture Press, 2017. Lessons from Mother Earth by Elaine McLeod. Grounded Books, 2002.



Avocado Sweet Pea Toast

- medium bowl; fork; toaster
- 1 can Del Monte® Sweet Peas, drained
- 1 can Del Monte® Whole Kernel Corn, drained
- 1 ripe avocado
- 1 Tbsp. chopped fresh mint or basil leaves, plus more for garnish
- 4 tsp. lemon juice
- 1/4 tsp. salt
- 2 slices whole wheat bread
- 1 Tbsp. olive oil



Smash peas in a bowl with the back of a fork. Add pitted avocado, oil, mint or basil, lemon juice and salt and keep smashing. Spread on toast, top with corn and enjoy!

Written by Claire Lannoye-Hall and Meghan Nealon

Illustrated by Dennis Smith

Museum Partner: Detroit Zoological Society



GrowingGreat is a California nonprofit with the mission to empower children to make healthy food choices through hands-on science and garden education. Does your school have a garden or nutrition education program? Email info@growinggreat.org for more information.

