

# Plant, Grow, Eat, Share





# Agriculture in the Classroom NL



Agriculture in the Classroom-Canada (AITC) member organizations celebrate Canadian Agriculture Literacy Month (CALM) every March in classrooms across the nation. Agriculture comes alive in Canadian classrooms as students participate in activities to learn about, connect to and understand this important industry. Events and activities run throughout the month to celebrate the fact that agriculture is all around us, every day!

To learn about our school programs and teaching resources visit:

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Abby was excited about going to school today. Today, Farmer Rose was coming in and helping the class to plant seeds in their indoor classroom garden.

Abby loved having an indoor classroom garden. Last year she enjoyed taking her turn watering and caring for the plants. She was excited to come back to school after the weekend to see how much the plants had grown. Her favorite part though was at the end of the year when they harvested the garden and had a meal with all her classmates.



**BUS  
STOP**







As Abby sat at her desk waiting for Farmer Rose to arrive, her teacher, Miss Fields, entered the classroom with a new student by her side. "Good morning class," said Miss Fields. "Before Farmer Rose arrives, I would like to introduce you to Fabian. He will be joining our class. Fabian is new, not only to our classroom, but new to our province, so please make him feel welcome."

Miss Fields pointed to an empty seat next to Abby and invited Fabian to please join the class. As Fabian sat down next to Abby the two students smiled at each other.







# Plant, Grow, Eat, Share

LAWNS

Light, Air, Water, Nutrients, Space



"Okay," said Miss Fields, "let's get started." She turned around and wrote on the smart board, PLANT, GROW, EAT and SHARE. "When Farmer Rose arrives, she will help us plant our seeds in the peat pellets that we soaked overnight. First, we have to squeeze the excess water out of the peat pellets," she said. "Then we plant and water the seed and wait for it to germinate," she added. "Does anyone know what that means?" she asked the class.

"It's when the seed sprouts and comes up through the soil," Abby answered.



# Plant, Grow, Eat, Share

## LAWNS

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“Correct,” said Miss Fields, “and when the seedlings sprout their true leaves and are strong enough we will transplant them into earth boxes. It is your job to make sure your plants get light, air, water, nutrients and space (lawns) to help them to bloom and grow,” she explained. “When they are fully grown, we will harvest the plants and enjoy eating them!”







Finally, Farmer Rose arrived and the class began planting seeds in their new garden. Miss Fields instructed the class, "you will be planting in pairs, and you will remain partners until we harvest later this year. We will be planting cucumbers, peppers, basil, dill, tomatoes and other seeds!"

"Abby, you will be partnered with Fabian," Miss Fields added.



When their turn came, Abby poked a little hole in the peat pellet and Fabian dropped the seed in, then Abby covered it up. "Congratulations," said Farmer Rose, "you just planted Tiny Tim Tomatoes." The two slapped high fives and smiled at each other. That was the beginning of their friendship.







At recess time Abby finally got a chance to introduce herself to Fabian and welcomed him to her school and town.

Abby opened her lunch bag and took out a small bag of sliced carrots and dip. She noticed that Fabian had nothing for a snack. "Would you like to share my snack?" she asked.

Fabian nodded "yes," and they sat at the desk enjoying their snack.

"Where are you from?" asked Abby.

"A little town in Brazil," answered Fabian.

"Where is that?" Abby asked.

"Down in South America, way, way down," replied Fabian as he pointed down with his finger. "We moved here last week because my papa starts a new job next week," he added.

The next day at recess Fabian quickly opened his lunch bag before Abby started eating her snack.

"Wait," he said to Abby, "I want to share my snack with you."  
Fabian opened a small bag and took out 4 small bread rolls.  
"Here," he said, "two for you and two for me."

"What are these?" Abby asked.

"In English, I guess you would call them cheese rolls," answered Fabian.

Abby took a bite, "wow, that tastes so good!" she exclaimed.

"That is a popular snack where I come from," replied Fabian,  
"I'm glad you like it."





Over the next few weeks, the two friends became closer and closer while learning more about each other's culture. They continued caring for their Tiny Tim Tomato plant but something seemed wrong. The tomato plant started to wilt.

The next day Fabian said, "I know what we need to do, my dad told me. The tomatoes need more potassium and we should add more fertilizer to the soil."











Over the next few days, the tomato plant perked up and looked very healthy.

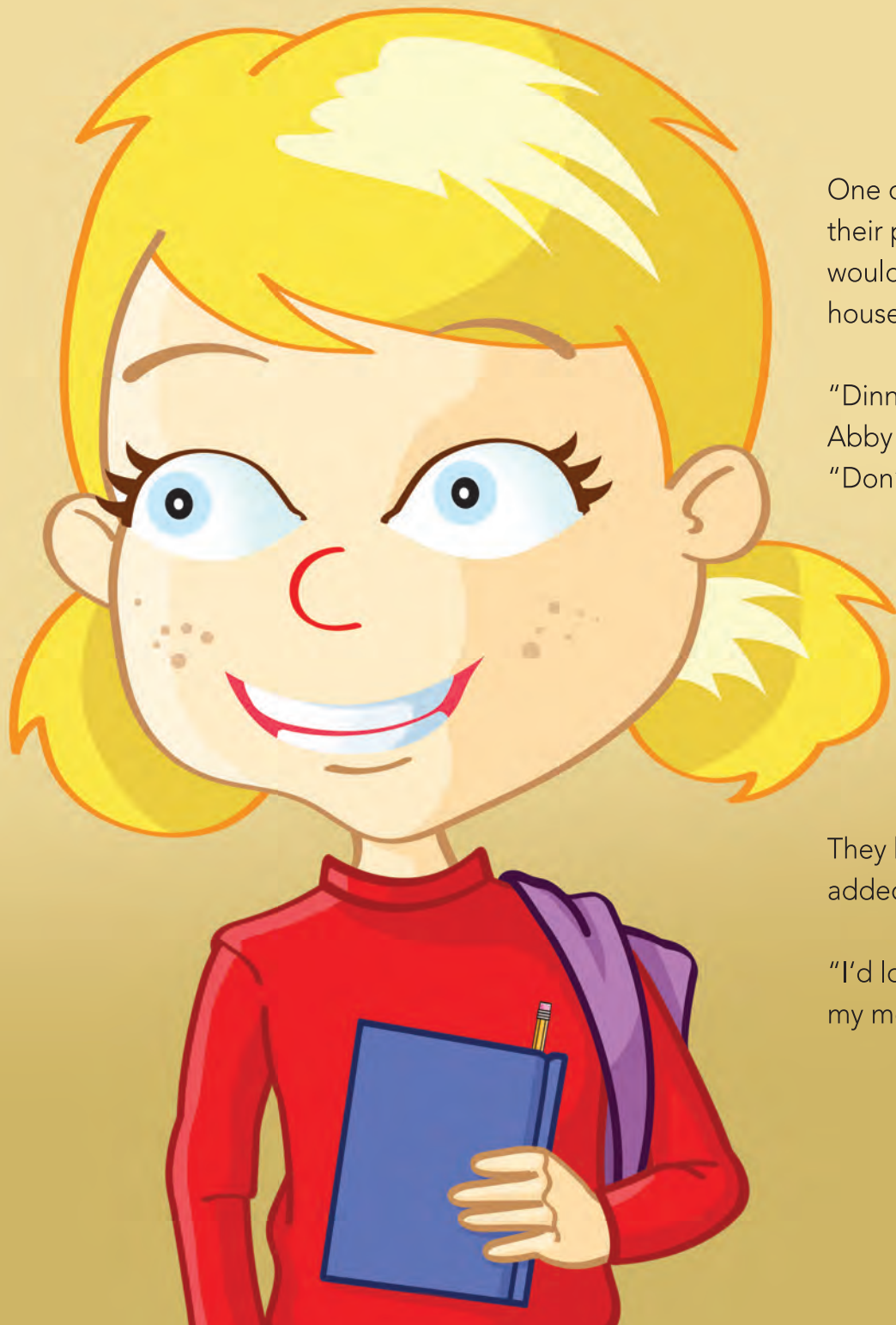
"Wow this plant is looking awesome! I guess your father knows a lot about plants," Abby said.

Fabian nodded, "I guess he does."









One day as they were caring for their plant Fabian asked, "Abby would you like to come over to my house for dinner tomorrow night?"

"Dinner tomorrow night?" asked Abby in a confusing tone.

"Don't you mean supper?"

They both laughed, "yes supper," added Fabian.

"I'd love to, but I'll have to ask my mom first," replied Abby.

The next night at supper, Abby didn't recognize any of the food that was on her plate. Fabian's mother asked, "is everything ok?"

"I don't know if I like this," Abby answered.

"Well, these are foods that we would eat in Brazil. You don't recognize them because we grow different crops in Brazil than you grow here. The growing season is much longer because Brazil has a warmer climate so we can grow a wide variety of crops. You have a shorter growing season in Newfoundland and Labrador, so there are different crops that are easier to grow."

Abby took a small bite and was surprised by how much she liked it.

"I think I really like Brazilian food," she exclaimed and everyone laughed.







Abby thanked Fabian's Papa for helping them to save their tomato plant. "You're very welcome," Papa replied. "I don't know if Fabian told you but my new job is an Agronomist. That means researching how to extend Newfoundland and Labrador's growing season, growing new crops and soil research," he added.

"His crop research will help Newfoundland and Labrador farmers to grow different varieties of fruits and vegetables," Fabian replied.



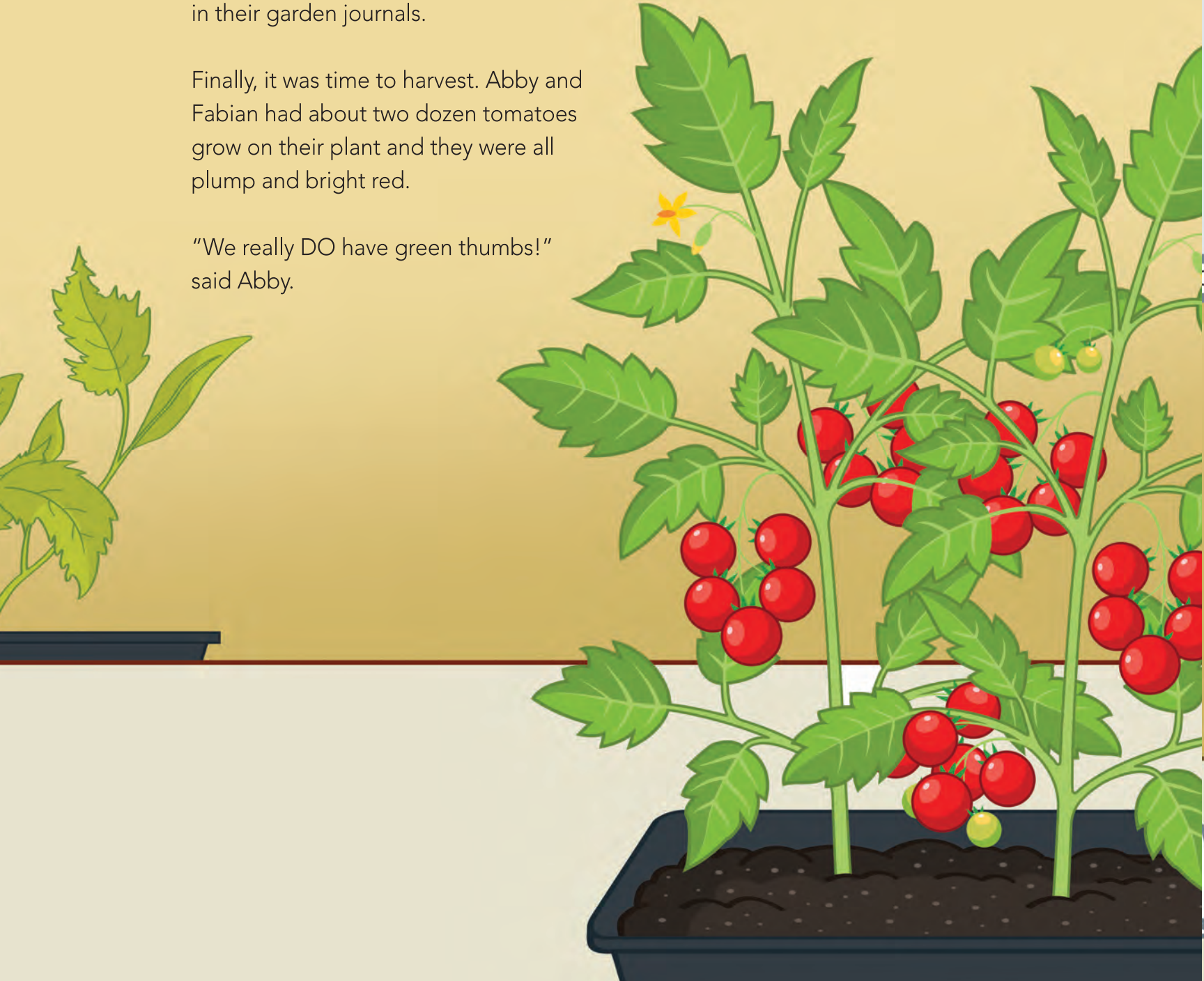




During the next few months Abby and Fabian continued caring for their Tiny Tim Tomato plant, making sure they tracked the plant's progress in their garden journals.

Finally, it was time to harvest. Abby and Fabian had about two dozen tomatoes grow on their plant and they were all plump and bright red.

"We really DO have green thumbs!" said Abby.













Abby remembered the delicious meal she had at Fabian's house and thought of a wonderful idea.

She shared the idea with Fabian and they both went to see Miss Fields. Abby told the teacher the idea she had for the harvest and Miss Fields replied, "I think that would be fabulous!"







The next day at the harvest celebration, Abby and Fabian surprised everyone with a tasty and fresh Brazilian salsa made from the tomatoes they had grown. Miss Fields was so proud of her class, not only because of the vegetables they had grown but because her students had grown and were accepting and welcoming of another culture.

Abby and Fabian smiled and gave each other high fives.



## Growing Terms:

- Peat:** is the surface organic layer of a soil that consists of partially decomposed organic matter, derived mostly from plant material. Also known as turf.
- Peat Pellet:** is a compact peat disc that stimulates growth. Pellets expand when soaked in water. They hold enough moisture to germinate seeds, but drain well so the seed does not drown.
- Germination:** is the beginning of growth, as of a seed, spore, or bud. The germination of most seeds and spores occurs in response to warmth and water.
- Seedling:** is any young plant, especially one grown in a nursery for transplanting.
- True Leaves:** are leaves of a seed plant that contain vascular tissue. They are the second set of leaves to emerge from a plant. Unlike seed leaves (the first leaves), true leaves tend to be quite low on the stem and are normally produced after the seed leaves.
- Transplant:** is to remove a plant from one place and plant it in another.
- Potassium:** is a key nutrient found in fertilizers required to strengthen plant roots and increase crop yields.
- Fertilizer:** is a substance containing nutrients (as manure or a chemical) used to make soil produce larger or more plant life.
- Photosynthesis:** is the process by which plants use sunlight, water, and carbon dioxide to create oxygen and energy in the form of sugar.
- Agronomist:** works in the field of agronomy which is an agricultural science that deals mainly in field-crop production, soil and land management, and water resources.



# Make your own Salsa

## **Ingredients**

1/2 lime  
1 medium onion  
4 cups Tiny Tim tomatoes  
or 3 large tomatoes  
1/4 cup cilantro or parsley (optional)  
Tabasco sauce (optional)  
Pinch of salt

## **Preparation**

Using a pull hand chopper, chop onions and tomatoes to desire size. You can also dice by hand, or use scissors to cut tomatoes and onions for scissor salsa!

Mix onions and tomatoes in a bowl and squeeze the juice of 1/2 a lime on top. Add tabasco to make it as hot as you like. Mix again. "It's best that teachers handle the tabasco."

Optional: chop 1/2 cup of parsley or cilantro - try using the scissors to chop! Mix with other ingredients.

Enjoy! Salsa will store a few days in the refrigerator.

## **Did you know?**

'Salsa' is the Italian and Spanish word for sauce. English speaking countries often refer to the sauces typical of Mexican cuisine as salsas. The Aztecs were the first to combine chilis and tomatoes into what we would call salsa today!

There are over 10,000 different varieties of tomatoes in the world! Try combining different types of tomatoes in your salsa recipe. You can even use yellow, purple or orange tomatoes to give your salsa a rainbow appearance!



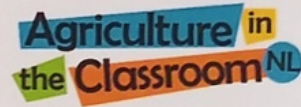
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NEW BRUNSWICK



NEWFOUNDLAND & LABRADOR



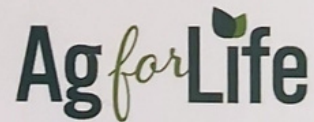
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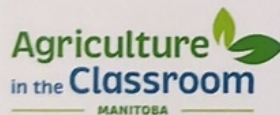
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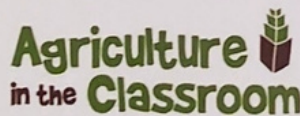
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