

## Fruits and Veggies Garden Activity

This is an activity for elementary age children. This activity works well for a group of 15-25 students, split into two groups by counting off “fruit, veg, fruit, veg, fruit, veg, etc”. Start the Veggie group discussing vegetables or the savory side of the garden. Start the Fruit group discussing the fruits of the garden, or the sweet edibles. Get them warmed up by asking what their favorite fruit/vegetable is and talk about whether these fruits/vegs can be grown locally, specifically in this garden. Take each group on a tour of the garden. When both groups have finished discussion and tour, switch. Finish up with samplings of garden produce and questions.



### Materials Used:

2 Aprons - One with fruits, one with veggies to distinguish group leaders

Knife and cutting board to cut up samples

Fruit samples cut up ahead of presentation, in containers

Coolers for food storage

Sampling supplies (cups for drinks, plates, tiny spoons if needed, we use taster sized spoons)

- I. Introduction and Etiquette 5 minutes
  - a. Walking on paths
  - b. No electronics in the Garden
  - c. Ask questions
  - d. Split into Fruit Team and Veggie Team
  
- II. Fruit Team 15 minutes

Questions to consider asking: What is your favorite fruit? Have you ever seen your favorite fruit grown? What do you think the plant looks like, does it grow above ground? Does it grow like a tree, like a vine, like a flower? Is it tall, is it short? Is there another part of the plant that you

can eat? Is there any part of the plant that you really shouldn't eat? What time of year does it grow? Does it grow around here or somewhere far away?

Discuss raspberries, blackberries, apples, and pears. Have samples set up at each area of apples, pears, and raspberries. Move over to strawberries and discuss with samples of strawberries.

### III. Veggie Team 15 minues

Questions to consider: What is your favorite vegetable? Have you ever seen your favorite veggie grown? What do you think the plant looks like, does it grow above ground? Does it grow like a tree, like a vine, like a flower? Is it tall, is it short? Is there another part of the plant that you can eat? Is there any part of the plant that you really shouldn't eat? What time of year does it grow? Does it grow around here or somewhere far away?

Discuss above ground, below ground growth. Show kohlrabi and tomatoes, pick a beet. Talk about garlic growing over winter. Move to herb section, smell and guess herbs. Discuss different structures in the Garden that help plants grow well, like tomato cages, bean trellis.

### IV. Sampling and Classroom 10 minutes

Cut up and sample kohlrabi, cukes, and cherry tomatoes with locally made hummus and serve with local apple cider. Leave time for questions and answers and enthusiasm. Ask students to share a piece of information they learned.

