

FALL HARVEST ON KENTUCKY AVENUE

WRITTEN BY THE 5TH GRADERS AT THE GREEN SCHOOL



We have had a bountiful, rich harvesting season in our Organic Teaching Garden this fall! We harvested many things, but the things we harvested the most of were tomatoes, beets, carrots, Indian corn, popcorn, fennel seeds and sunflower seeds.

During our Investigation time, we have been doing lots of work learning about what color tells us about fruits and vegetables. We discovered that color tells us when tomatoes are ready to be harvested. When the tomatoes are green, orange or yellow, they don't have

a lot of juice, the seeds are very small, and they taste bitter. When they are bright red, they have more juice in them, the seeds have changed color, and the tomatoes taste rich and sweet.

One of the things we were most excited about was the seeds from the sunflowers. We harvested thousands and thousands of seeds and roasted them using this recipe. They were delicious!

1. Remove the seeds from the heads and pick out any pieces of stem or other debris.
2. Mix a quarter of a cup or so of plain salt to a quart of water, and soak the seeds in this overnight.
3. Spread them on cookie sheets and roast in a very low oven (150 to 200 degrees) until completely dry. Stir them once or twice during the drying time; this will take three or four hours.
4. The seeds are ready for eating right from the oven. If you intend to store them for any length of time, put them in jars while still warm and close tightly.

Kids at The Green School are doing lots of smart thinking about harvesting and investigating!