



SEED HARVESTING

Get Ready!

Place of Learning: The Garden

Grade Level: K

Objectives and standards:

- For students to understand the rules of the garden and their rationale
- For students to understand that plants have a life cycle--they go from seed to plant
- For students to understand how to behave in the garden
- *K-LS1-1 Observe and communicate that animals (including humans) and plants need food, water and air to survive. Animals get food from plants and other animals. Plants make their own food and need light to live and grow.*

Summary: Students learn how lettuce produces seeds for more lettuce plants through observation and harvesting lettuce seeds.

Materials:

Lettuce that has gone to seed

Scissors

Tape

Sustainable Nantucket Seed Pouch

Preparation:

- If picking the seeds off of a plant that is growing, the lettuce has to have been planted, sprouted and seeded before the lesson.
- If using dried plant cuttings for seed, the lettuce has to have been planted, sprouted, seeded then cut. This option allows for a bit more flexibility, especially if the weather can be an issue.
- If you plant lettuce sequentially and want to have some lettuce ready to be harvested so students can see the different life stages, time this to your lesson.



Let's Do This!

Introduction:

Have children sit on the garden benches and review main rules of the garden:

- 1) Walk in the Garden
- 2) Only Harvest after asking a grown up and the plant
- 3) Step on the grassy areas and paths only
- 4) Have fun!

Activity: Give students a tour of the garden then bring students to the lettuce. Ask if they can tell what phase of their lives these plants are in. For this age, a great visual would be if you had some lettuce that was ready to be harvested, so students could see it at different life stages. Harvest lettuce seeds from the school garden and put them in the seed pouches. Because of their age, either have pouches filled in already or leave them blank. Ask students to think about what the lettuce needed to grow this big. (*ANSWERS SHOULD INCLUDE: food, water, air, light and love*)

Wrap Up: Remind them that the next time we are together we will plant the seeds. Review student expectations when we plant the seeds--what will grow?