



Pepper

Pick _____ pepper fruit.

Wash

Slice in to bite size pieces.

Tomato

Pick _____ tomato fruit.

Wash

Slice in to _____ pieces.

Carrots

Pull _____ carrot roots.

Wash well.

Slice in to little pieces.

Lettuce

Harvest _____ heads of
lettuce leaves.

Rinse well and dry in salad
spinner.

Tear up in to bite size pieces.



Cucumber

Pick _____ cucumber fruits.

Wash

Slice in to thin slices.

Beans

Pick _____ seed pods of
beans.

Rinse

Cut in to 1/2 inch pieces.

Celery

Harvest _____ stems of celery

Wash

Cut in to bite size pieces.

Nasturtium

Pick _____ flowers of
nasturtium.

Rinse

Put on top of salad.

How to Use the Vegetable Harvest Cards:

Harvest cards are a great way to get all your students involved in creating a meal from the garden or from purchased produce. These cards were made for making a salad.

1. Cut apart the colored vegetable cards and laminate each one. (Note: make new cards as needed to reflect the vegetables in your garden.)
2. Determine the amount of each vegetable you want students to harvest from the garden (Note, these could also be used on a field trip to a grocery store or farmers' Market.) for the recipe you are making.
3. Using a grease pencil or erasable marker, write the numbers on the laminated cards.
4. Divide students into groups or pairs, as appropriate. Give each group or pair a card. Ask them to harvest the correct amount and prepare it according to directions.
5. Always use appropriate supervision with students using gardening and cooking utensils!