



Plant to Plate Workshop Agenda

Day 1, 9:30AM - 3:30PM

9:30 **Welcome, Introductions**

9:45 **Manure to Meadow to Milkshake**

In this sample activity, participants arrange props (dry manure, a worm puppet, a strawberry plant, a cow, etc) to tell a story about where food comes from. This particular story starts with manure and ends with a milkshake.

10:00 **The Power and Purpose of Garden-Enhanced Nutrition Education**

In this presentation, participants look at research that demonstrates how gardens can be used effectively to increase children's preference for, and consumption of, fruits and vegetables.

10:20 **Eat a Rainbow**

In this sample nutrition activity, participants learn about phytonutrients. They then look for a range of natural colors in the garden and discuss the importance of variety both in the garden, and in our diets.

10:50 **Break**

11:05 **Preparing a Healthy, Seasonal, Rainbow Snack - Homemade Tortillas and Salsa**

In this cooking activity, participants discuss tips and tools for engaging children of different ages in safe food preparation; and then they work together to use fresh produce from the garden to make a healthy, seasonal snack, employing tools and strategies recommended for children in our outdoor kitchen.

12:05 **Lunch**
Song: "Dirt Made My Lunch"

12:35 **Optional: Farm Tour**

1:00 **Choosing Plants and Planting Times**

In this session, participants learn about annual and perennial plants. They find important planting and planning information on seed packets, and then work together to plan out when they would need to plant a variety of crops in order to achieve their harvest at the desired time.

1:30 3 Types of Comparative Tastings

In this session, participants practice teaching! Each of 3 groups will prepare and then lead us in a different type of tasting activity:

- Blindfold Taste Test
- Mindful Tasting
- Voting for Your Favorite

2:15 Break

2:30 One-Bite Lessons

In this session, we'll walk around the farm discussing and practicing safe on-farm food handling. We'll also engage in fun, quick harvest activities like making "Pizza on a Stick" or Go, Grow, Glow Sticks" with farm-fresh produce.

3:10 Reflection Time

3:25 Wrap-Up

