

### 3<sup>rd</sup> Grade Week 6 - Salad Party:

Objective: Students learn to make a salad and vinaigrette while discussing variety of traits (characteristics) of their salad greens and nutrition

Preparation: gather materials, purchase radish or strawberry if not available this year in the garden.

#### List of materials needed:

Greens description sheets

2 colanders, 4 knives, 2 cutting boards, 1 scrubby to wash radish

Salad spinner – in the kitchen supply bin at 4 elementary schools (Edison, GP, Sharpstein and PP)

Big bowl for mixed salad

Medium bowl for mixing dressing (1 ¼ cup)

Salad servers

Recipe printed or written out for overhead

Measuring cup, Whisk, garlic press, measuring spoons,

salt, pepper, vinegars of different varieties, oil, garlic, honey, Dijon mustard,

Bowls/plates and forks for eating.

Three groups of students in each class; each class takes about 45-60 minutes.

It is important that students wash their hands before they begin the lesson. The whole class can go to the garden to pick greens, strawberries, radish and flowers.

Group one picks the flowers in the garden and makes the vinaigrette: ½ tsp salt, 1/8 tsp pepper, mixed with one clove of pressed garlic, ¼ tsp Dijon mustard, 1 Tbs. honey, ¼ cup vinegar(s), ½ cup olive oil and/or canola oil. Optional ingredients include honey, herbs, Dijon mustard, garlic, shallots. Try different types of vinegar.

Group two picks, washes and cuts up radish and strawberry (roots and fruit) and picks edible flowers.

Group three picks, washes and tears different types of greens. (leaves and stems)

While students eat their salad or are waiting for the salad to be served, it is a great time to discuss the nutritional value of the salad (See Farm to School write up below), the importance of diversity in your salad, and if all the plant parts are represented in the salad?.

It is fun to reflect on the parts of a plant and how many are represented in your salad. Many gardens also have edible flowers that can be added.

To touch back on the greens and lettuce trial lessons, review that in each kind of organism there is variation in the traits, and different kinds of organisms may have different versions of a trait. Students observe a large variety of traits in their salad greens – color, thickness, taste, smell, resistance to heat and nutrient content.

# WW Valley Farm to School-Salad Greens

Thomas Jefferson, 3<sup>rd</sup> president of the United States, grew 19 varieties of lettuce in his home garden.



## Salad Greens – Variety is the spice of life

Salad greens can include a variety of different types of leaves including lettuces like green butter lettuce, red oak leaf lettuce and romaine lettuce; Asian greens like mizuna mustard or tah tsai; the European green kale; and spinach and peppery arugula originating from the Mediterranean. Most common salad greens are cold weather crops, growing best in the cool temperatures of spring and fall. Here in Walla Walla, plant your spring greens mid March.

## Health and Nutrition

Not all greens are created equal. The darker the leaves, generally, the more nutrition they contain. Iceberg is the least nutritious, but still provides fiber and a little vitamin A and C. Arugula contains more A and C but also provides calcium. Spinach and kale take it to another level nutritionally. Spinach is also rich in iron which helps to transport blood around the body to keep muscles working efficiently. One cup of kale has amounts of calcium similar to a glass of milk and 6 times the recommended amount of daily vitamin K.



*Sharpstein 3<sup>rd</sup> graders harvest many types of salad greens to make a spring salad in class!*

## Other Fun Facts

- Lettuce is a member of the sunflower family.
- Lettuce was discovered as a weed growing around the Mediterranean – Egyptians have been eating lettuce for more than 4500 years as seen in Egyptian tomb paintings.
- Romaine lettuce was named by the Romans who believed it had healthful properties. In fact Emperor Caesar Augustus put up a statue praising lettuce.
- Mizuna is the Japanese word for “water vegetable”.
- In 1533, [Catherine de' Medici](#) became queen of France; she so fancied spinach, she insisted it be served at every meal. To this day, dishes made with spinach are known as "Florentine", reflecting Catherine's birth in [Florence](#).

When we are eating salad greens, what part of the plant are we eating?  
The Leaves!

