



EarthBox® Elementary Instructional School Gardens Improve Children's Lives in 40 Days!



Do you want to improve the quality of your students' lives? In just 40 days, 6 EarthBox® Ready to Grow Kits will feed 30 kids a spinach/radish soup, salad, or dip as a snack. In the meantime, instructors teach children where their food comes from, the sustainable features of the EarthBox system, soil composition, the nutritional value of produce, the water cycle, and the parts of a plant.

Grow Green, Grow Healthy, Grow EarthBox!

Table 1 lays out a six week instruction plan broken into nine, forty-five minute lessons.

Table 2 lists three easy to prepare recipes to feed 30 kids a delicious and nutritious snack with the produce they grow.

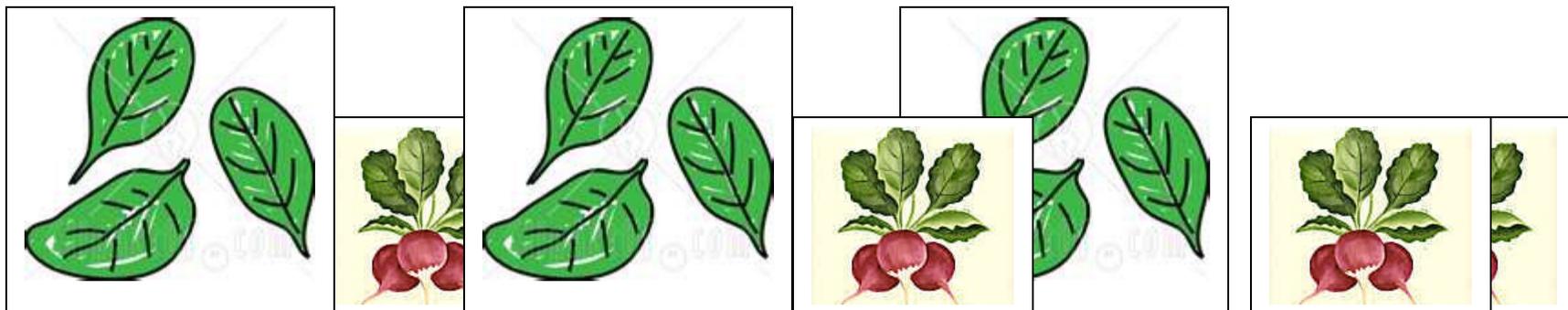
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**ELEMENTARY SCHOOL
EARTHBOX® GARDEN
SIX WEEK LESSON PLAN**

Goals	<ul style="list-style-type: none"> • The science behind the sustainable EarthBox Container Garden System • Learning the Parts of a Plant • The Water Cycle • The composition of soil 		<ul style="list-style-type: none"> • The nutritional value and health benefits of produce • To plant, nurture, and harvest, spinach and radishes • To prepare, serve and eat spinach and radishes • To learn where food comes from 				
Materials	<ul style="list-style-type: none"> • 6 EarthBox Ready to Grow Kits • Elementary School Curricula • Youth Garden Guide • 80 Spinach Seeds • 32 Radish Seeds 						
Standards Addressed	<ul style="list-style-type: none"> • Science 1, D.2; 1; 11; E.1; F.5 • Reading 1; 3 • Consumer Science 9.3; 9.5 						
Week by Week Schedule	45 Minute Periods	Activity Title	Completion of Activity Required for Project	Printed Source of Activity		Activity Location	
				Elementary School Curriculum	Youth Garden Guide	Classroom Activity	Garden Activity
1	1/2	How The EarthBox Works	Yes	Page 1		Yes	No
	1/2	How to Plant and Replant an EarthBox	Yes	Page 3		Yes	No
	1	Dirt is Different	No	Page 26		Yes	No
	1	Set up and Plant 5 EarthBox Container Gardens with Spinach	Yes			No	Yes
2	1	Introduction to the Water Cycle I	No	Page 5		Yes	No
	1	Introduction to the Water Cycle II	No	Page 5		Yes	No
	½	Set up & Plant 1 EarthBox Container Garden with Radishes	Yes				Yes
3	1	Learning the Parts of a Plant	No	Page 45		Yes	
4	1	What is the Nutritional Value of Produce?	No		Page 25	Yes	No
5	1	Can Playing Cards Improve Retention?	No		Page 31	Yes	No
6	1	Is there a Correct Way to Harvest?	Yes		Page 49	Yes	No
	1	Preparing and Eating Crops	Choose a Recipe from Table 2				

Table 1

**EARTHBOX® SUGGESTED
SPINACH & RADISH RECIPES
FOR 30 STUDENTS**

Spinach and Radish Soup

1 lb butter
 1 small finely diced onion
 16 radishes finely sliced
 30 cups water
 10 lbs Spinach leaves finely shredded
 10 yolks
 *(2) 16 ounce containers of heavy cream
 Salt & Pepper to taste
 Top with grated cheese
 *Substitute with regular milk, half and half or vegetable broth

Preparation

Melt the butter in a saucepan & sauté the onion for 5 minutes
 Add the water and simmer for 10 minutes
 Add radish and spinach to the soup and season
 Cook until the spinach is tender, but the radishes are slightly crisp
 Blend in a liquidizer
 Beat yolks with cream. Add a few spoonfuls of soup and stir into the rest of the soup. Serve in cups with grated cheese.

Spinach and Radish Dip

10 lbs spinach, coarse stems discarded and the leaves washed
 5 cups plain organic yogurt
 1 cup mayonnaise
 3 cups finely chopped radish
 1 cup minced onion
 2 large garlic clove minced and mashed to a paste with ½ teaspoon salt
 5 teaspoons white-wine vinegar

Preparation

Serve Pita toasts, crudités, celery or carrots as an accompaniment

In a large heavy sauce pan cook the spinach in the water clinging to the leaves, covered, over moderate heat, stirring once or twice, for 3 to 4 minutes, or until it is wilted, refresh it under cold water, and drain it well in a colander. Squeeze the spinach dry by handfuls and chop it fine. In a bowl sit together well the spinach, the yogurt, the mayonnaise, the radish, the onion, the scallions, the garlic paste, the vinegar, and salt and pepper to taste. Serve the dip with the pita toasts or the crudités.

Spinach and Radish Salad

1 /1/4 cup olive oil
 7 tbsp lemon juice
 10 tsp grainy mustard
 3 cloves of garlic minced
 1 tbsp salt
 1 tbsp pepper
 10 lbs torn spinach leaves
 16 sliced radishes
 3 cups shredded Swiss cheese

Preparation

Whisk together vegetable oil, lemon juice, mustard, garlic, salt and pepper
 Divide spinach leaves, sliced radishes, Swiss Cheese in large salad bowls. Toss.
 Pour even amounts of whisked ingredients over each bowl. Toss.

Table 2