



EARTHBOX ALL-AGE 25 DAY RADISH INSTRUCTIONAL PLAN

Goals	<ul style="list-style-type: none"> ● How Did Research Impact the EarthBox Set Up ● The fundamentals of gardening ● Learn how to collect, record and analyze valid and reliable garden-related data 		<ul style="list-style-type: none"> ● Plant, nurture, and harvest, radish ● Learn where food comes from ● Serve, prepare and eat radishes 				
Materials	1 EarthBox Ready to Grow Kit		32 Radish Seeds				
Standards Addressed	Science A1, C.5.b, E.2; F.1 Reading 1; 3; 5						
Week	45 Minute Periods	Planned Activity	Required Activity	Youth Garden Guide	Classroom Activity	Garden Activity	Recommended Activity
1	1/2	Plant 1 EarthBox Container Garden with Radishes.	Yes				Yes
1	1/2	What Data Will Be Collected? How and Why?	No	Page 66	Yes		Yes
	1	How Will the EarthBox Be Identified for Data Collection?	No	Page 69	Yes	Yes	Yes
	1	How Can Data on Water Usage Be Collected?	No	Page 70	Yes	Yes	Yes
2	1	How Can Daily Data Collection Support Garden Analysis?	No	Page 72	Yes	Yes	Yes
2	1	How Do Graphs Illustrate Data?	No	Page 74	Yes		Yes
3	1	Which Crops Used the Most Water and Why?	No	Page 76	Yes		Yes
3	1	Is there a Correct Way to Harvest?	Yes	Page 49	Yes	Yes	Yes
	1	Preparing and Eating Crops	Yes	USE THE RECIPES PROVIDED BELOW			Yes

**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.

