



**MIDDLE SCHOOL  
EARTHBOX® GARDEN  
TWELVE WEEK INSTRUCTIONAL PLAN**

<b>Goals</b>	<ul style="list-style-type: none"> <li>● The Science behind the EarthBox Container Garden System</li> <li>● The Fundamentals of Gardening,</li> <li>● Collecting Reliable and Valid Data</li> <li>● Graphing</li> </ul>	<ul style="list-style-type: none"> <li>● Learn where food comes from</li> <li>● Nutritional value and health benefits in produce</li> <li>● Plant, nurture, and harvest, broccoli and spinach</li> <li>● Serve, prepare and eat spinach and broccoli</li> </ul>			
<b>Materials</b>	6 EarthBox Ready to Grow Kits 48 Broccoli Seeds	Youth Garden Guide 60 Spinach Seeds			
<b>Standards Addressed</b>	Consumer Science: 9.3 and 9.5, 14.2, 14.3, 14.5 Science: Unifying Concepts and Processes A.1, A.2, C.4.e, C.6.d E.1, E.2, F.1, F.3, F.5, G.1 Mathematics: Number and Operations, Data Analysis and Probability, Measurement Reading and Writing: Students read a wide range of print and non print texts to build an understanding of texts, of themselves and of the culture of the United States and the world.				
<b>Week</b>	<b>45 Minute Periods</b>	<b>Planned Activity</b>	<b>Youth Garden Guide</b>	<b>Classroom Activity</b>	<b>Garden Activity</b>
1	1	How Do Instructional Booklets Build Success?	8	Yes	
2	1	How Will Each EarthBox Be Identified for Data Collection?	69	Yes	
3	1	How Can Data on Water Usage Be Collected?	70	Yes	
4	1	Plant 3 EarthBox Container Garden Systems with Broccoli.			Yes
5	1	How Did Research Impact the EarthBox Set up?	11	Yes	
6	1	What is the Nutritional Value of Produce?	25	Yes	
7	1	Plant 3 EarthBox Container Systems with Spinach.			Yes
9	1	When Will Seeds Germinate and Produce Crops?	40	Yes	
10	1	Is There a Correct Way to Harvest Crops?	49	Yes	
11	1	Prepare and Serve a Meal!		Yes	
12	1	Which Crop Type Used The Most Water and Why?	76	Yes	

\*\*\*\* Be sure to assign students to water the EarthBox Containers on a daily basis using the Watering Schedule in the Youth Garden Guide



# Grow Green, Grow Healthy, Grow EarthBox!

## EARTHBOX® SUGGESTED SPINACH & BROCCOLI RECIPES For 30 STUDENTS

Spinach and Broccoli Soup	Spinach and Broccoli Dip	Spinach and Broccoli Casserole
<p>3 Tbsp olive oil 18 green onions chopped (white and green parts) 1 red sweet pepper chopped 4 cloves of crushed garlic 4 tbsp. flour 10 cups water 3 lbs. fresh broccoli-wash, chop coarsely 5 lbs of fresh spinach washed and drained 3 cups milk 18 ounces soft tofu 1 tsp white pepper</p>	<p>24 ounces of cream cheese 3/4cup mayonnaise 6 tablespoons milk 3 can artichoke hearts, rinsed, drained, chopped 3 lbs of fresh, cooked, chopped spinach 10 tablespoons of grated Parmesan cheese 1 1/2 cups broccoli heads 3 garlic cloves, minced 3 teaspoon dried basil 3/4 cup shredded mozzarella cheese Salt and Pepper to taste Serve with fresh vegetables or tortilla chips</p>	<p>5 lbs of spinach chopped 3 lbs of broccoli chopped 1 cup of water 3 (16) ounce containers of half and half 1 cup of bread crumbs 1-1/2 cups grated Parmesan cheese 1-1/2 cups grated cheddar cheese 3 cloves crushed garlic 1 grated onion Salt and pepper to taste</p>
<p style="text-align: center;"><b>Preparation</b></p>	<p style="text-align: center;"><b>Preparation</b></p>	<p style="text-align: center;"><b>Preparation</b></p>
<p>In a deep sauce pan, heat olive oil Add &amp; stir onions, red pepper, garlic for five minutes Add &amp; stir tofu and broccoli for two minutes Dust on flour and mix well Add water Bring to a boil; reduce heat for 15 minutes Add spinach and cover; cook for 5 minutes Puree mixture in a blender in several batches Add milk and pepper to taste Reheat</p> <p>Add paprika and serve with whole wheat bread, muffins, fruit or salad.</p>	<p>In a large bowl, beat the cream cheese, mayonnaise and milk until smooth. Stir in the artichokes, spinach, 6 tablespoons of Parmesan cheese, broccoli, garlic, basil, salt and pepper.</p> <p>Transfer to ( 3 ) 9-inch pie plates coated with cooking spray. Sprinkle with mozzarella cheese and remaining Parmesan cheese. Bake uncovered at 350 degrees for 20-25 minutes. Serve immediately. Yield: 9 cups.</p>	<p>Steam broccoli and spinach for 10 minutes Stir in remaining ingredients. Place in 3 large casserole dishes and cover with bread crumbs. Bake at 350 degrees for 35-40 minutes</p>