



**EARTHBOX
MIDDLE SCHOOL
SIX WEEK INSTRUCTIONAL PLAN**



Goals	<ul style="list-style-type: none"> ●The Science behind the EarthBox Container Garden ●System ●The fundamentals of gardening, ●The water cycle ●The composition of soil 		<ul style="list-style-type: none"> ● Nutritional value and health benefits in produce ● Plant, nurture, and harvest, spinach and radish ● Serve, prepare and eat spinach and radishes ● To learn where food comes from 				
Materials	6 EarthBox Ready to Grow Kits 180 Spinach Seeds	Middle School Curriculum	Youth Garden Guide 32 Radish Seeds				
Standards Addressed	Science 1, D.2; 1; 11; E.1; F.5 Reading 1; 3; 5						
Week	45 Minute Periods	Planned Activity	Required Activity	Middle School Curriculum	Youth Garden Guide	Classroom Activity	Garden Activity
1	1	How did Research Impact the EarthBox Set Up	Yes		Page 11	Yes	
	1	Does Teamwork Lead to Great Design?	Yes		Page 23	Yes	
	1	Plant 5 EarthBox Container Gardens with Spinach	Yes				Yes
2	1	Introduction to the Water Cycle Part I	No	Page 3		Yes	
	1	Introduction to the Water Cycle Part II	No	Page 3		Yes	
	1/2	Plant 1 EarthBox Container Garden with radishes	Yes				Yes
3	1	Characteristics of Soil	No	Page 47		Yes	
4	1	What is the Nutritional Value of Produce?	No		Page 25	Yes	
5	1	Can Playing Cards Improve Retention?	No		Page 31	Yes	
6	1	Is there a Correct Way to Harvest?	Yes		Page 49	Yes	
	1	Preparing and Eating Crops	USE THE PROVIDED RECIPES				

**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.

