

Lesson Ten: Tasting Lab Culminating Activity (50 min)

Driving Question: How do the land and weather in our state help plants grow?
Can we grow healthy food using just water and nutrients?

Vocabulary:

nutrition, vitamins, fiber, microgreens

Materials:

- Assembled Aquatree[®] Garden
- Paper plates
- Kitchen knife
- Scissors

Resources:

- [Seed to Salad Lab Books](#)

Background Knowledge:

Microgreens are tiny nutritional powerhouses! Packed with vitamins, minerals, and antioxidants. These young plants offer a concentrated burst of goodness. Compared to their mature counterparts, microgreens often contain higher levels of essential nutrients. They can help boost your immune system, improve digestion, and even protect your body from damage caused by harmful free radicals. Adding microgreens to your diet is a delicious and easy way to increase your nutrient intake.

Plant the Seed (warm-up):

1. Have students take out their [Seed to Salad Lab Books](#). Compare how the seeds grew in the soil pot to how they grew in water using the Aquatree[®] Garden. Did the plants grow at the same speed? Did the same number of plants grow in each? Let's discuss our observations.
2. Ask the students if they remember the fruit & vegetable tasting lab you created the day they drew their state produce map. Using guided questions, remind the students how you

displayed the fruit and encouraged them to sample the produce. Discuss what nutrients were in each type of fruit you had for samples and the location in the state the fruit was grown.

Grow Time (lesson):

1. The tasting lab can be set up in your classroom or home. Invite family, friends and neighbors to taste the microgreens and learn about their nutritional value.
2. Each student will be responsible for creating a tasting lab table for their visitors. Remind the students about their experience during the tasting lab set up by the teacher in Lessons 4 & 5 to model their lab.
3. Every table should include tasting samples, hydroponics explanation and nutritional information posters, and state posters.
4. To harvest a tray of microgreens (<https://www.youtube.com/watch?v=-S61r0z0i70>), use a scissors (or a knife) and cut the roots from the bottom of the tray. The microgreens will then be easily removed from the tray. Trim remaining husk and roots with scissors right before serving.
5. Give each group a tray of microgreens after the roots have been removed, and a plate to layout small amounts of greens at their table.
6. Display the two posters on the table with the microgreens samples and have visitors taste the microgreens and learn about their nutrition.

Food for Thought (reflection/assessment):

1. In the students' **Seed to Salad Lab Books**, they will answer the mastery question: *How did the students react when they tasted the microgreens? Why do you think people might not like to eat green vegetables? Even if some green foods look strange, why is it still important to eat them?*

Note: If you are unable to harvest on Day 9 follow these steps to ensure your plants remain healthy and maintain their nutritional value.

1. Remove the trays from the Aquatree. Cut off the roots that are growing under the tray for removal.
2. Place the microgreens in a sealable container and refrigerate for up to three days.
3. Before serving, cut a small piece of the roots off the end of the microgreens.