



Inch by Inch, Row by Row

Grade Level: 3-5

Goal

Students will determine the space needed to grow the vegetables for a soup recipe. They will then make the soup using seasonal ingredients from a local farm as an optional extension activity.

Curriculum Alignment

Find a list of which Common Core State Standards and NC Essential Standards this lesson plan aligns with on the lesson plan page at www.growing-minds.org.

Materials

Books to read

Local Farms and Sustainable Foods by Julia Vogel

Who Grew My Soup? by Tom Darbyshire

Supplies for each group

Seed catalogue with planting instructions and yield information

Access to the Internet

Scale

One of each vegetable:

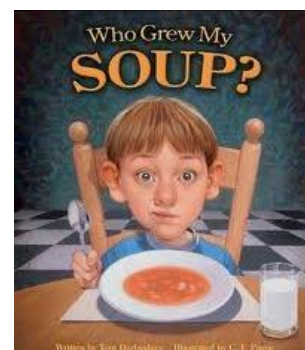
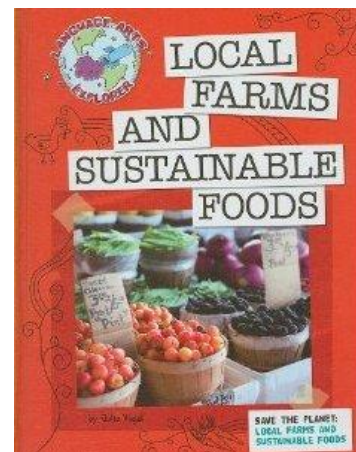
Potato

Carrot

Onion

Tomato

Green Bean



Activities

Read a book

Make the books Local Farms and Sustainable Food and Who Grew My Soup available to students.

Procedure

The class will be “growing” vegetable soup. The students will have to figure out how much of each vegetable to grow and how much space will be needed in order to make the soup recipe. You may want to demonstrate how to use the scale for weighing produce. Instruct students to use the seed catalogs and the Internet to calculate the average yield of each vegetable per square foot. Explain to students how to fill in the chart on the student worksheet and double check that they understand how to calculate how many of each vegetable they will need to prepare their soup.



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Extension (optional): Make the Soup!

Ingredients and Materials:

3 lbs. potatoes

2 lbs. of carrots

1 lb. onion

½ lb. green beans

2 lbs. tomato

8 bouillon cubes

10 cups water

3 bay leaves

½ cup parsley, chopped

2 tsp. dried marjoram

2 tsp. dried thyme

Salt and pepper

Large pot

Large spoon

Measuring cups

Measuring spoons

Large bowl

Hot plate

Sharp knife

Instructions

It is very important to review knife safety with students before proceeding. Students will slice onion and carrots into rounds. Cut potato into cubes. Cut beans into 1 inch pieces. Put in a large cooking pot. Set aside. Students will chop tomatoes into eighths. Put in a bowl. Set aside. Students will add bouillon cubes and water to cooking pot with vegetables. Teacher will be responsible for using the hot plate. Bring to boil.

Reduce heat to medium low and simmer, uncovered, about 10 minutes. Make sure students do not linger around the hot plate. Students will add tomatoes. Add herbs. Stir. Bring back to a simmer. Simmer, uncovered, about 30 minutes, until vegetables are crisp-tender.