



## OBJECTIVES

In this garden activity, students will learn how to plant a garden using their favorite foods.

## ESSENTIAL QUESTIONS

1. What is a themed garden?
2. How do I choose the right theme for my garden?
3. What are some of the most popular themes for gardens?
4. How do I make a themed garden?
5. What are some tips for gardening in a themed garden?

## MATERIALS NEEDED

*Seedlings for Each Themed Garden:*

### TEA GARDEN

rosemary, lemon balm, chamomile, mints, lavender, sage, lemongrass, stevia

### SALAD GARDEN

arugula, spinach, lettuce, kale, carrots, radish, chives

### SMOOTHIE GARDEN

kale, carrots, beets, strawberries, blueberries, raspberries, mint

### PIZZA GARDEN

tomatoes, spinach, parsley, basil, oregano, bell pepper, onion

*Garden space 4ft x 4ft x 12in*

## LESSON

Choose a garden theme and plant the seedlings in a garden space of 4ft x 4ft. If you have time, harvest some of the produce and try an attached recipes. All garden plans and recipes are attached to this lesson.



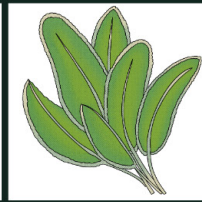













# THEMED GARDENS: TEA, PIZZA, SALAD, AND SMOOTHIES

## Tea Garden Layout

### Tea Garden

Garden growing space 4ft x 4ft

1 square = 1 square foot

	A	B	C	D
1				
2				
3				
4				
1	<u>Chamomile</u>	<u>Stevia</u>	<u>Sage</u>	<u>Lemon balm</u>
2	<u>Mint</u>	<u>Lavendar</u>	<u>Rosemary</u>	<u>Stevia</u>
3	<u>Stevia</u>	<u>Lavendar</u>	<u>Rosemary</u>	<u>Mint</u>
4	<u>Lemon balm</u>	<u>Stevia</u>	<u>Sage</u>	<u>Chamomile</u>
	A	B	C	D

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# Herbal Tea

## Recipe

### Ingredients

**Chamomile**  
**Mint**  
**Rosemary**  
**lavender**  
**Sage**

**Stevia**



### Instruction

- Take about 2-5 leaves of herbs or your choice( you can also make your own blend) and 2-3 stevia leaves for sweetness
- Add to 8oz boiled water in the tea cup and steep the leaves for 5-10 minutes
- Taste the tea to make should it has enough sweetness.
- Enjoy!

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# Salad Garden

Garden growing space 4ft x 4ft

1 square = 1 square foot

	A	B	C	D
1				
2				
3				
4				
1	<u>Arugula</u>	<u>Arugula</u>	<u>Arugula</u>	<u>Arugula</u>
2	<u>Chive</u>	<u>Kale</u>	<u>Kale</u>	<u>Chive</u>
3	<u>carrots</u>	<u>carrots</u>	<u>Radish</u>	<u>Radish</u>
4	<u>Spinach</u>	<u>Spinach</u>	<u>Spinach</u>	<u>Spinach</u>
	A	B	C	D

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# Salad

## Recipe

### Ingredients

1/2cup Arugula  
1/2cup Kale  
1/2cup Spinach  
1/4 cup beet  
1/4 cup carrot  
salt  
pepper  
lemon  
Olive oil



### Instruction

- Wash all ingredients before you chop them.
- Add all the leafy greens in a salad bowl
- sprinkle some salt pepper and massage the greens
- squeezes fresh lemon and add some lemon juice to the mix
- add the root vegges on top
- drizzle some olive oil
- Serve and enjoy




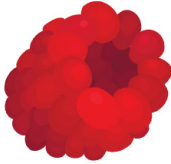
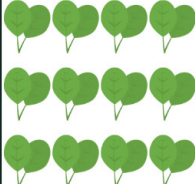
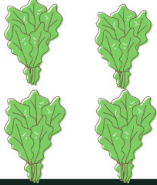
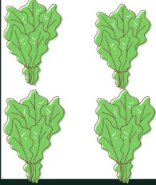
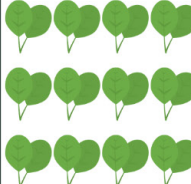
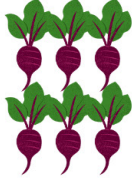
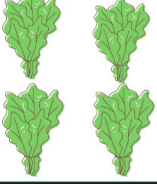
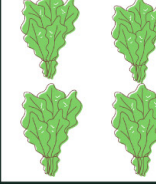
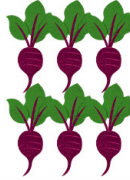




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# Smoothies Garden

Garden growing space 4ft x 4ft

1 square = 1 square foot

	A	B	C	D
1				
2				
3				
4				
1	<u>Arugula</u>	<u>Arugula</u>	<u>Arugula</u>	<u>Arugula</u>
2	<u>Chive</u>	<u>Kale</u>	<u>Kale</u>	<u>Chive</u>
3	<u>carrots</u>	<u>carrots</u>	<u>Radish</u>	<u>Radish</u>
4	<u>Spinach</u>	<u>Spinach</u>	<u>Spinach</u>	<u>Spinach</u>
	A	B	C	D

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# Smoothies

## Recipe

### Ingredients

1/2 cup almond milk

1 cup leafy greens  
kale or spinach

1 cup fruits  
Strawberry,  
Blueberry or  
Raspberry

1/4 cup root veggie  
(beet or carrot)

2 leaves of mint



### Instruction


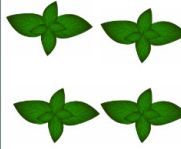
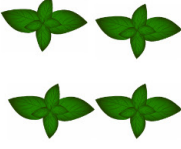


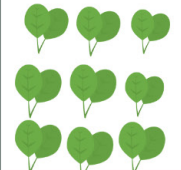
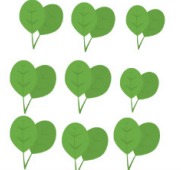


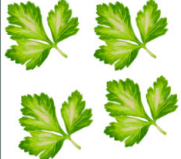






- Wash all ingredients before you chop them.
- Add all ingredients to a blender and blend until smooth
- pour into a cup with ice and enjoy

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# Pizza Garden

Garden growing space 4ft x 4ft

1 square = 1 square foot

	A	B	C	D
1				
2				
3				
4				
1	<u>Tomatoes,</u>	<u>Basil</u>	<u>Basil</u>	<u>Onion</u>
2	<u>Tomatoes,</u>	<u>Spinach</u>	<u>Spinach</u>	<u>Bell pepper</u>
3	<u>Tomatoes,</u>	<u>Parsley</u>	<u>Parsley</u>	<u>Bell pepper</u>
4	<u>Tomatoes,</u>	<u>Oregano</u>	<u>Oregano</u>	<u>Onion</u>
	A	B	C	D

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# Pizza Sauce

## Recipe

## Ingredients

2lbs Tomatoes  
1/4 cup Red pepper  
1/4 cup Onion chopped  
1 Tbsp Olive oil  
1 Tbsp Parsley chopped  
1 Tbsp Garlic chopped  
1 Tbsp Oregano chopped  
1 Tbsp Basil chopped  
1/2 Tbsp salt  
1/2 tsp pepper  
honey



## Instruction

- In a sauce pan add olive oil and on low heat.
- Add chopped garlic and cooker 1 minute until you can smell its fragrant
- Add chopped tomatoes ,red pepper, onions, salt, pepper and honey.
- Bring to a boil, stir frequently and reduce heat to low
- Simmer uncovered for 90 minutes
- Stir chopped parsley, basil and oregano.
- Blend with an immersion blender or puree in a regular blender until smooth.
- No spread the some sauce over pizza crust and top it with cheese, onions, red bell pepper, and the herbs.
- Bake in 350F temp oven for 15 minites
- serve and enjoy

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