



## Book to Read



From Strawberries to Jam  
By Lisa Owings



My Family's Apple Farm  
By Katie Olthoff



The Vegetables We Eat  
By Gail Gibbons



Farmer Eva's Green Garden Life  
By Eva Sommaripa and  
Jacqueline Briggs Martin

## Monday

3 Try Strawberries.  
Use your five senses to explore  
and share

10 Try different  
types of apples  
and compare  
them

17 Try a spring  
vegetable like  
spinach

24 Try different  
types of herbs  
and compare  
them

## Tuesday

4 Watch A Visit to  
Annie's Acres  
Strawberry Farm in  
Bellevue, Iowa

11 Watch Choose  
Iowa's video  
from Apple  
Blossom Farms

18 Lesson Plan:  
Learn about corn  
production in  
Iowa

25 Learn about  
how Soil is  
Alive here

## Wednesday

5 Garden Yoga

12 Make  
applesauce in  
a crockpot at  
school

19 Plant a Garden  
in a Glove

26 Lesson Plan:  
Edible soil profile  
as salad dressing

## Thursday

6 Lesson Plan:  
Fruit Tasting

13 Sprout an  
apple seed

20 Lesson Plan:  
All Your Vegetables:  
What is a  
Vegetable?  
(& Lesson Eval Tool Here)

27 Plant herbs in a  
pot made of  
newspaper

## Friday

7 Try two different  
fruits and find the  
seeds in both of  
them to compare

14 Happy Pi Day! Make a  
pocket apple pie for a  
snack or dessert

21 Play fruit and  
vegetable  
BINGO

28 Construct a  
mini-compost  
bin

# More Resources

Click the underlined words to go to the website

## K-2 Lessons

- [A Taste of Leafy Greens](#)
- [Eating Plants](#)
- [Snappy Stems](#)
- [Dig 'Em Up](#)
- [Fabulous Flowers](#)
- [Freshest Fruits](#)
- [Supreme Seeds](#)
- [Edible Plant Game](#)
- [Fruit and Vegetable Bingo](#)
- [Plant Tops and Bottoms](#)
- [The Seed Match](#)
- [Parts of a Plant](#)
- [Fruta vs Verdura](#)
- [Mindful Tasting](#)

## 3-5 Lessons

- [Luscious Leaves](#)
- [Edible Plant Game](#)
- [Edible Numbers](#)
- [FoodMASTER: Vegetables](#)
- [My Life as a Fruit or Vegetable](#)
- [Vegetables: Tops and Bottoms](#)
- [Plant Parts We Eat](#)
- [Parts of a Plant](#)
- [Pinpointing Plant Parts](#)

## 4th-12th Lessons

- [Don't Toss It Grow It](#)
- [4-H STEM - Strawberry DNA Extraction](#)
- [March Seed Starting](#)
- [Seed Germination Necklace](#)
- [Watch Me Grow](#)
- [Reducing, Re-using and Recycling in the Garden](#)

## Plants in Space

- [Space Station Live: How Does Your Garden Grow in Space?](#)
- [Our World: Systems to Grow Plants in Space](#)

## Farm Chats and Other Events

Watch the IALF [Website](#) and [Facebook](#) for more information

## Recipes

- [Fruit Salsa](#)
- [Cinnamon Chips](#)
- [Strawberry Freezer Jam](#)
- [Crunchy Apple Roll-up](#)
- [Spring Vegetable Sauté](#)
  
- [Fruit and Vegetable Coloring Pages](#)

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- [Iowa State University College of Human Sciences](#)

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- [Casey's](#)