



# PLANNING A HARVEST MEAL

## IDEAS FOR INSPIRATION



**BACKGROUND:** Harvest meals come in many different forms, but the key ingredients are to cook the food you worked hard to grow, give thanks, and enjoy a meal with your community.

### ACTION PLAN

**What's on the menu?** Look at your garden produce and decide what you could make. Salad? Soup? Veggies and dip? There may be a need to purchase additional ingredients. Consider sourcing those additional ingredients from staff, families of students, community gardens, or local farms.

**Harvest.** Many hands make light work, so head out with a whole class to harvest the garden. Look for ways to cover math or writing outcomes while you are at it!

**Prepare.** Preparing food is an essential life skill. Young students can easily wash and pull off tops and roots, while older students can handle the peeling and chopping. Assign each grade an age-appropriate part of the meal preparation process.

**Make your meal.** Encourage many students to get involved. Have volunteers available to help with the preparations.

**Serve your meal.** Ask students to bring in reusable plates, mugs, utensils and napkins to use during their meal. Don't be afraid to ask for community and parent volunteers to serve and enjoy the meal with the students and staff. Invite anyone who contributed to the school garden program and harvest meal, such as farmers and business owners.

