GIKINAWAABI

LESSON 18

LESSON: GROWING FRESH FOODS

ACTIVITY 1: SEED TO SPROUT: GROWING FRESH FOODS AT HOME

ACTIVITY 2: BEAN SPROUTS

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LESSON 18
GROWING FRESH FOODS

LESSON OBJECTIVE

- The family will demonstrate the knowledge that our plant relatives can heal us, as both food and medicine. The family will identify the connection between eating nutritious foods and our health.
- The family will develop understandings of the process of growing nutritious foods at home.
- The child will foster deep connections to land and water, nurturing a bond with Earth.
- The family will explore seasonal changes and discover how Earth offers a variety of fresh foods year-round.
- The child will develop school-readiness, fine motor, and gross motor skills through hands-on activities associated with growing food.
- The family will identify the cultural traditions they already partake in involving food.

MEDICINE WHEEL WISDOM

Nourishing our bodies with foods and medicines from the land benefits our spiritual, mental, emotional, and physical well-being; by caring for and reconnecting to the land, we are gifted with plant relatives who nourish our bodies and spirits in return.

FAMILY OUTCOMES: PICCOLO

- **Attends to the child's actions**
- **Is physically close to the child**
- **Shows Enthusiasm for what the child is doing**

CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- **Uses language to express aspects and concepts related to growing food**
- **Is able to use words that have been introduced in the activity**
- **Shows respect in handling and caring for plants**
- **Demonstrates receptive and expressive language skills**

HOME VISITOR LESSON OVERVIEW

Materials Needed:

- **Lesson**
  - Growing Fresh Foods Brainstorm Activity Sheet
- **Activity**
  - Seed Kit
    - Seeds
    - Small planter
    - Soil
- **Activity 2**
  - How to grow bean sprouts handout
- **Leave Behind**
  - Growing Fresh Foods Brainstorm Activity Sheet
  - Seed Saving Tip Sheet
  - Cycle of a Seed Handout
  - Additional Resources handout

LESSON 18
GROWING FRESH FOODS

LESSON

1. Provide the family with the lesson objectives for Lesson 18 (verbally, or allow the family to read the objectives); have them consider which objective resonates most with them. At the end of the lesson, you will ask the family and determine a goal to accomplish their chosen objective for this lesson.

2. Support the caregiver in prompting a conversation with the child about what the child needs to grow strong and healthy. For example, "What foods are good for our bodies and health?"

[HV Note]: Children need connections to foods that nourish their minds, bodies, and spirits, in addition to water, rest, stimulation (playtime and learning new skills), and care to grow strong and healthy. Recall lessons 14/15: this is a great opportunity to reconnect to lessons which focus on healthy foods, such as Lesson 14's food activity and/or Lesson 15's recipes from the Companion Book.

3. Next, using the Growing Fresh Foods Brainstorm Activity Sheet, have the caregiver go through the reflection exercise with the child. Start with the first prompt on the activity sheet.

4. Before moving on to questions 2-4 in the Growing Fresh Foods Brainstorm activity sheet, provide information on traditional ancestral diets.

[HV Note]: Ancestral foods are grown, and typically not packaged. They typically contain less than four ingredients which come from the earth, usually a single ingredient. When thinking of "ancestral foods", think of foods that we can find in abundance around us that were grown or acquired naturally from the land, rather than packed foods from the store which can be full of unhealthy additives. For example, fish, meat, eggs, vegetables, fruits, or nuts and seeds are all examples of ancestral foods that we can easily find today.

5. Go through the remainder of the Growing Fresh Foods Brainstorm activity sheet with the family encouraging the family to explore their answers.

[HV Note]: Which objective do you feel most drawn to? What goal will you try to accomplish in the next month relating to the objective that most resonated with you? How will you accomplish this goal?

LESSON 18
GROWING FRESH FOODS

LESSON

ANCESTRAL FOODS ARE MEDICINE WHICH PROTECT OUR HEALTH AND NOURISH OUR BODIES. THE EARTH PROVIDES THESE FOODS FOR US, AND WE CAN RECIPROCATE THE GIFT THROUGH CARING FOR THE LAND AND PRACTICING GROWING OUR OWN FOODS,

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Miinikaan	mee-ni-kah-n	Seed
Gitigaan	gi-ti-gahn	Garden

LESSON WRAP UP

- **Prior to leaving, speak with the family about the lesson's objectives. Have the family choose which objective resonates most with them and ask how they will work on these concepts with the child over the next month. Touch base with them during the following visit on if they were able to achieve their goal, or what barriers existed that prevented them from achieving their goal.**

LESSON 18 ACTIVITY 1

SEED TO SPROUT: GROWING FRESH FOODS AT HOME

1. Provide the caregiver with a seed kit, and have the caregiver set up the kit with the child.

[HV Note]: As the family gets started with the seed kit, recall the conversation from earlier about what the child needs to grow; Now, have the child consider what the plant needs to grow.

Just like people, plants need food, water, and love in order to grow strong and healthy. When we water the plant and care for it, we make sure the plant grows strong, so that one day, we can eat it and grow healthier and stronger. Our plant relatives feed our minds, bodies, and spirits.

Prompt the caregiver to have the child assess the seeds: How many seeds are there? What color are the seeds? What size or shape are the seeds? Do the seeds smell like anything? How to they feel? (smooth, waxy, etc). What is the word for seed/plant/growing in Ojibwe (miinikaan) or Potawatomi (minkan)? Have the child focus on the five senses (sight, touch, taste, smell, and hearing).

2. After having the child observe the seed characteristics, allow the child to fill the planter with the soil and encourage them to plant the seeds; Have the child poke a hole in the soil gently with their finger and place the seed in the hole. Cover the hole with soil. Then, have the caregiver help the child to water the plant, to avoid over-watering. The soil should be damp, not drenched.

[HV Note]: Have the family read the seed packet together; this will give information on how to plant the seed and when, as well as how frequently to water the plant. Check on the plant daily to monitor if it needs to be watered.

3. Together, find a sunny spot in the house where the plant can flourish. Most plants need a minimum of 4 hours of direct sunshine.

4. Encourage the caregiver to talk to the child about the plant as it grows and allow the child to check on the plant daily. Discuss any changes or observations the child makes about the plant, as these conversations teach the child observation skills, patience, and care.

GET THE CHILD INVOLVED IN THE WHOLE PROCESS TO TEACH THEM HOW GROWING FOOD CAN BE REWARDING AND BENEFIT OUR MINDS AND BODIES!

LESSON 18 ACTIVITY 2

BEAN SPROUTS

BEAN IS OUR RELATIVE

- **Growing Bean Sprouts can be a quick and fun way to watch plants grow while getting a little extra nutrition!**

- **Nutrition benefits of beans:**
  - Tiny nutrient powerhouses
  - High in fiber
  - Cardiovascular-boosting potassium
  - B vitamins
  - Folic Acid
  - Low-fat source of protein
  - Cholesterol free
  - Provides a complete protein when paired with corn
  - An affordable form of protein and fiber

- **Refer to the How To Grow Bean Sprouts handout to learn how you can grow your own bean sprouts at home in a jar without soil.**

- **This can be done anytime of the year!**

A SEED IS LIKE A NAPPING CHILD

CHILDREN UNDER 2 SHOULD NOT CONSUME RAW BEANSPROUTS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Mashkodesimin	Mush-koe-day-sih-min	Bean
Zaagigi	Zah-gih-gih	Sprout

GIKINAWAABI
LESSON 18
ADDITIONAL LEAVE BEHIND PAGES

- FAMILY BRAINSTORM ACTIVITY: GROWING FRESH FOOD AND MEDICINE
- HOW TO GROW BEANSPROUTS

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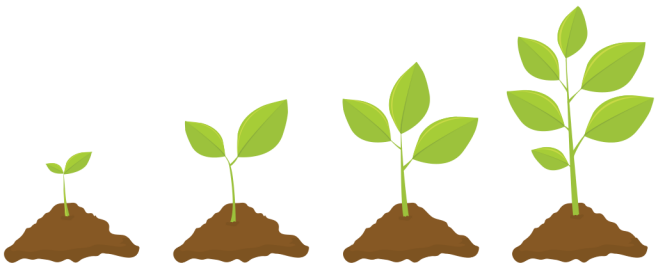
FAMILY BRAINSTORM ACTIVITY GROWING FRESH FOOD AND MEDICINE

1. What makes you excited about planting a seed(s)?

2. What do you think will happen after you plant your seed(s)?

3. How long do you think it will take your plant to grow?

4. Where do you think the plant will be the happiest in your house?



HOW TO GROW BEANSPROUTS

MATERIALS

- 1 canning jar
  - quart size works great but a smaller one is fine
- Mesh sprouting lid or cheesecloth
- A rubber band
- 1 tablespoon of dried beans
  - It can be 1 type or a mix
  - Examples: Mung, kidney, Broccoli, Lentil

TIME NEEDED

- About 5-7 Days

STEPS

1. Place dried beans in canning jar with enough water to cover all the beans
2. Cover with the mesh lid or make a cloth lid with a cut piece of cheesecloth held on with a rubber band
3. Let sit overnight in a warm place to soften the seed coat on the seed
4. With mesh or cloth lid on, pour off the water
5. Pour clean tap water into jar and pour back off, to rinse the seed
6. Place jar upside, at a slant, in a bowl. This will drain excess water and keep seeds from remaining too wet
7. Cover with cloth to keep seed warm and dark
8. Morning and evening, rinse seed with tap water. The seed is alive, actively feeding and releasing waste.
   - Rinsing removes the waste and prevents rotting or spoiling from bacteria. Rinsing also refreshes the clean water supply for healthy growth
9. The seed types used will sprout at different times. The seeds will all sprout to their own call. Location in the jar will also affect their sprouting.
10. Allow seeds to sprout until some develop green seed leaves
11. The variation in sprouting will provide a good example for this lesson on how seeds become plants

SCAN THE QR CODE TO LEARN MORE!

CHILDREN UNDER 2 SHOULD NOT CONSUME RAW BEANSPROUTS

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BEANSPROUTS

It is possible to get sick from bean sprouts, especially if you eat them raw, because they grow in warm, moist environments that encourage the growth of bacteria. You can easily get rid of harmful bacteria by cooking your sprouts!

PREPERATION

- **Once your sprouts have grown, refrigerate them to avoid bacteria growth. It is best to use them sooner rather than later, so they are fresh!**
- **Choose sprouts that are firm, crisp, and light in color; avoid those which are floppy, wilted, slimy, or which have an odor.**
- **Remember to rinse them before using them!**
- **Note: Because of their high-water content, bean sprouts are not suitable to freeze!**

WAYS TO COOK

- Sauté
  - Add 1 Tbsp. of oil to a frying pan or skillet. Allow the oil to heat up a bit, then add your bean sprouts with any seasonings or additional veggies. Allow the sprouts to sauté for 3 to 5 minutes, stirring often. Serve and enjoy!
- Boil
  - Boil water over medium to high heat, ensuring there is enough to cover your bean sprouts. Once the water is at a boil, allow the sprouts to boil for 1 minute and 30 seconds, strain, and enjoy with your meal of choice!
- Microwave
  - Put your rinsed bean sprouts in a microwave-safe container with oil, salt, pepper, or any seasonings of your choice! Cover the bean sprouts loosely with plastic wrap with holes poked in the top to allow steam to escape. Microwave for 2-3 minutes and enjoy!
- **NOTE: Do not overcook bean sprouts, or their will lose their crisp texture and turn soggy!**

STORAGE

- **Keep them in a sealed container**
- **Keep them chilled once you are done growing them**

MEALS TO TRY THEM WITH

- **Stir fry**
- **Soup**
- **Salad**
- **Sandwiches**
- **Along with fish**
- **Mixed in with eggs**
- **Get Creative!**

CHILDREN UNDER 2 SHOULD NOT CONSUME RAW BEANSPROUTS

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LESSON 18
BONUS PAGES

BONUS PAGES OVERVIEW

- **Seed Saving Tip Sheet**
  - This page is intended to provide families with a fun way to interact with seeds.
- **Cycle of a seed**
  - Help children learn about the life cycle of a seed.
- **Additional Resources**
  - Provide families with information if they are interested in planting other seeds and exploring growing with their children.

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SEED SAVING TIP SHEET

Teaching children to save seeds not only creates a deeper connection to the land, but also teaches responsibility and care for the environment. Through hands-on activities, children can learn about the importance of preserving native seeds, promote biodiversity, and participate in practices that support the well-being of future generations.

1. Save seeds from self-pollinating plants, as self-pollinating plants are great for beginning seed savers. Note: Self-pollinating plants can grow without the help of insects or other vectors, like the wind, making them great for novice seed-savers!

Examples of these include beans, lettuce, peas, tomatoes, and peppers as well as grapes, strawberries, raspberries, blackberries, gooseberries, and currant plants.

2. Carefully remove seeds from fruit or vegetable of choice, using your fingers or tweezers.

3. Wash seeds and lay them on dry paper towel or newspaper to air dry.

Leave seeds out to dry from at least a week, ensuring seeds are kept in a cool, dry place.

4. Be sure to label the seeds, especially if you are saving seeds from multiple plants.

You can write on the paper using a writing utensil of choice.

5. Once seeds have dried fully, store them in an air-tight container, such as a mason jar, food storage bag, or food storage container.

Be sure to label each container so you know which seeds are inside!

6. Storing the seeds in the refrigerator is ideal. Keep them dry by adding 2 tablespoons of powdered milk wrapped in a facial tissue, then place the packet in the storage container with the seeds. You may also use silica gel. Replace the powdered milk packet or silica gel every five to six months.

7. Dried seeds will typically last about 3 years, but not all seeds with germinate, and some seeds are only viable for a year or two.
The more seeds you save, the greater likelihood you will have using them in the future.

Experiment with different types of seeds and learn from experts in your community!

CYCLE OF A SEED

1. **Seed:** First stage in the growth cycle. The seed coat protects the leaves inside the seed.

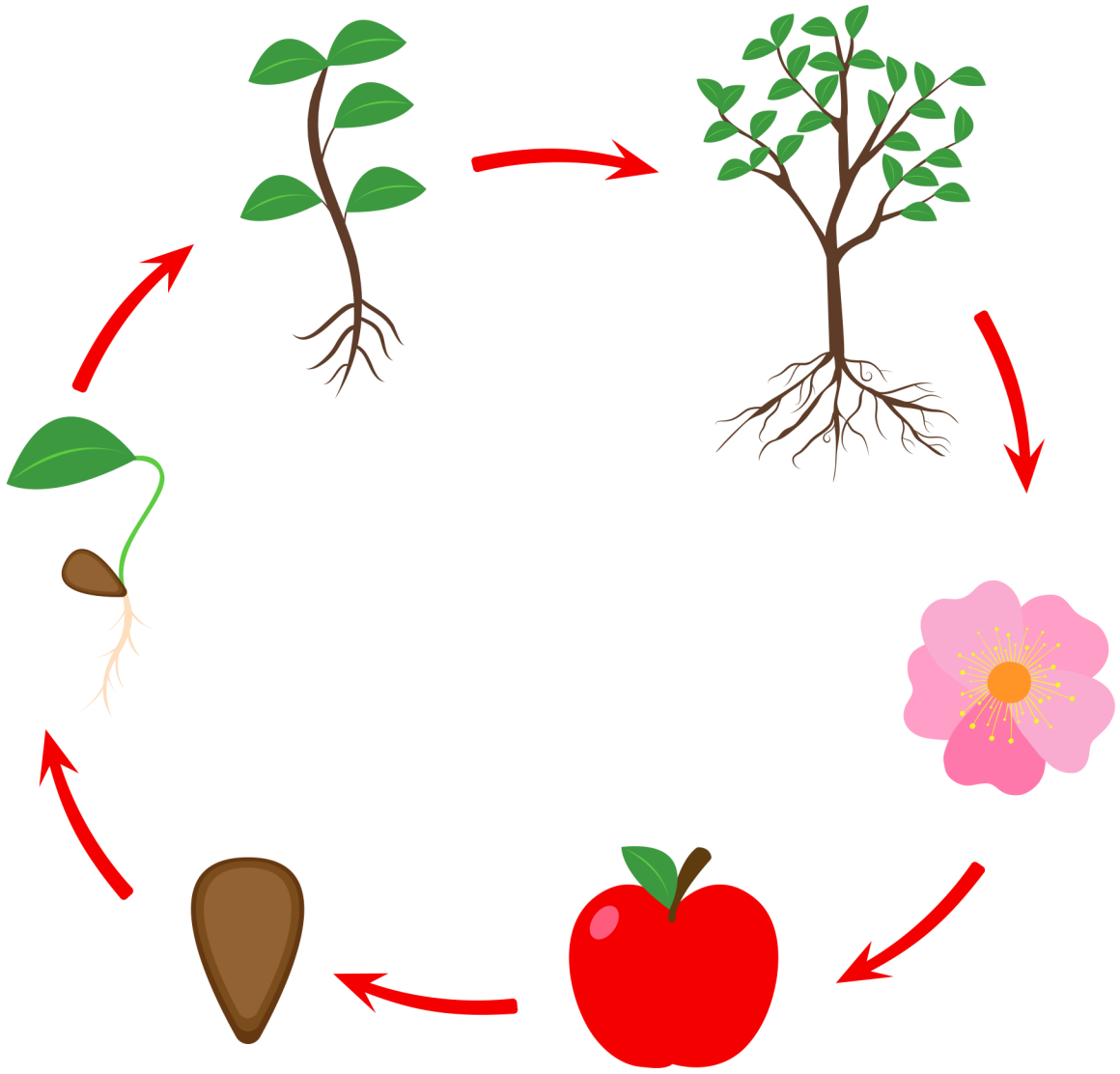
2. **Seedling:** Once the see is germinated (needs: water, oxygen, and warmth), the roots will start to grow and anchor the plant to the ground. The roots absorb water and minerals from the soil.

3. **Young plant:** Young leaves grow and will be replaced by the true leaves once they develop. These leaves turn sunlight into energy for the plant to keep growing.

4. **Adult plant:** Adult plants can flower and grow fruits or vegetables! Not all plants will grow flowers.

5. **Flower:** The plant can self-fertilize or become fertilized through pollination,

6. **Fruit:** Fruits are the last stage of the growth cycle! Enjoy what your plant relative has created. Fruits contain seeds, which restart the growth cycle!



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LESSON 18

ADDITIONAL RESOURCES

Growing food at home can be inexpensive! Get creative with your materials and try your hand at growing fresh foods at home!

RECOMMENDED MATERIALS

PLANTERS

Use what is available to you! We recommend getting creative with your planter: use an old boot, a coffee mug, a small basked or bin, or even a bucket! You can also plant your seeds outside if you are interested in growing larger crops, but this will require more time and effort to nurture.

SOIL

Try finding a safe area in your yard to dig up some soil from Mother Earth! You can also purchase enriched soils, which may have more nutrients for plants to grow healthy and strong!

SEEDS

Use your resources! Consider speaking to Elders in your community who can connect you to local Seed Keepers! You can also gather seeds from existing plants and save them, or you can find them at most local stores.

GARDENING TOOLS

Don't be afraid to get your hands dirty! You can use your hands to plant seeds in soil! You can also use tools, such as gardening gloves and a small shovel to help you plant your seeds. Water plants with what is available to you, such as a watering can or even a cup! Just be sure not to over- or under-water your plant.

ADDITIONAL RESOURCES

SEEDS

Before buying seeds, ask around in your community who may know where you can get seeds or talk with local Seed Keepers! You can also try your hand at growing food from seeds you collect from fruits and vegetables, if you prefer!

Nature & Nurture Seeds

Nature & Nurture Seeds is a farm-based seed company located in Michigan which provides high-quality, heirloom, organic/sustainable & non-GMO seeds

Indigenous Seed Keepers Network

The Indigenous Seed Keepers Network (ISKN) provides educational resources, mentorship training, outreach and advocacy support on seed policy issues, and organizes national and regional events to connect with communities.

FEDCO SEEDS
Garden • Farm • Orchard

Fedco is a Maine-based worker/consumer-owned cooperative specializing in gardening, farming and orcharding supplies

POTTING SOIL

Similar to finding seeds in your community, you can find soil in many places! Source soil from a safe area nearby, such as your back yard, and use it to plant your seeds! You can also purchase potting soil if you would like; below are a few we recommend:

Espoma Organic Seed Starter Premium Potting Soil Mix

Spade to Fork Organic Indoor & Outdoor Potting Mix Multi-Pack

ADDITIONAL RESOURCES

WEBSITES

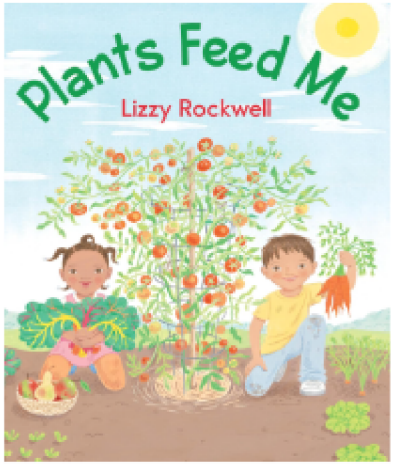
5 Tips to Help Your Kids Learn About Growing Food by Back to the Roots

Reclaiming Food Sovereignty by We R Native

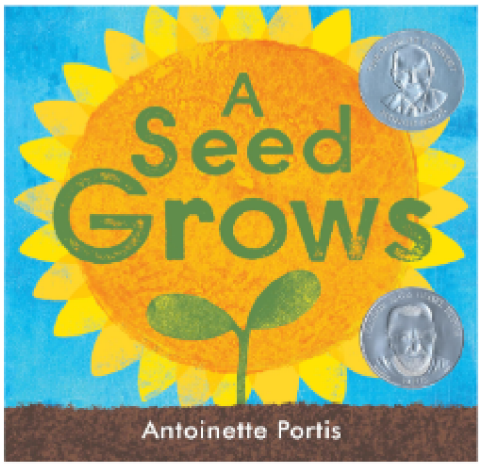
Don't Toss It, Plant It! 12 Vegetables You Can Regrow From Scraps by Farmers' Almanac

BOOKS

How Does Our Food Grow?
By: Brooke Jorden, Kay Widdowson, & Kitchen Connection



Plants Feed Me
By: Lizzie Rockewell



A Seed Grows
By: Antoinette Partis