



Rutgers Cooperative Extension Master Gardeners  
of  
Somerset County

**Seeds to Salad Program**  
Whiton Elementary School  
**Spring 2018**  
Parent Information Guide

## **WHAT IS THE SEEDS TO SALAD PROGRAM?**

Every third grade class is assigned (2) 4' by 8' plots in either the enclosed Whiton School courtyard or the outside garden. Each plot is divided into sections and a different vegetable is planted in each section. Every week, the gardens are tended (planted, weeded, watered, etc.) by the children, teachers, parents, and Master Gardeners. Meanwhile, students will be learning about plant growth and development in their classroom lessons and from impromptu lessons given by the Master Gardeners and teachers in the garden. On harvest day, the crops are picked, cleaned, and prepared. To celebrate the end of the program, there is the "Salad Extravaganza" where everyone feasts on the salad made from vegetables grown in the school garden!

## **WHAT CAN PARENTS DO?**

On **GARDENING DAYS**, **parents should report to the garden fifteen minutes before their class is scheduled to work.** Parents should sign in at the Main Office and enter the garden through the courtyard doors. The Master Gardeners will instruct the parents and teachers on what is to be completed in the garden each session. Parents will supervise groups of 10-11 children and assist them in completing the gardening tasks assigned by the Master Gardeners. Most of all, parents can enjoy the time working with the children and learning about gardening! Parents can volunteer to assist for just their child's class or volunteer for the entire afternoon.

**Parents & children should wear dirt tolerant clothes and shoes on gardening days. Sunscreen and hats are recommended. Gardening gloves and/or hand tools are welcomed.**

On **HARVEST DAY**, all the produce from the garden is collected by the children during their usual gardening time. After the children return to the classroom, we need a team of volunteers to trim, wash, prepare, and store the vegetables in preparation for the "Salad Extravaganza". This can take one or more hours, depending on the number of volunteers. All vegetables will be rinsed thoroughly. We will spin lettuce, spinach, and Swiss chard in salad spinners, pat dry with paper towels, and store in plastic bags in the school refrigerator. Radishes, onions, carrots, beets, etc. will be washed, finely chopped, and stored in Ziploc bags. Lettuce and Swiss Chard will be washed and patted dry with paper towels and then stored in plastic bags.

If you volunteer for Harvest Day, and have the items below, please bring them:

- Salad Spinners
- Large Aluminum Pans
- Cutting Boards and Knives
- Food Processors (for finely chopping vegetables)

On **SALAD EXTRAVAGANZA DAY**, 2-4 parents per class will be needed to help toss the salad and serve the salad feast. Parent volunteers are also needed for set up and clean up. More information will follow closer to the date.

**In the event of rain, please contact the main office for directions. The program usually runs in drizzly weather ☒ 908-371-0842.**

## 2018 Whiton School Seeds to Salad Garden Schedule

Tuesday Group	Moor	Santangelo/Forsyth	Pernini & VanHorn	Outside Garden Activity			
<b>April 3</b>	12:55-1:25 (for each date)	1:35-2:05 (for each date)	2:15-2:45 (for each date)	<b>Planting Day +</b>			
April 10				Maintenance			
April 17				Maintenance			
April 24				Maintenance			
May 1				Maintenance			
May 8				Maintenance			
May 15				Maintenance			
May 22				Maintenance			
May 29				Maintenance			
June 5				Maintenance			
<b>June 12</b>							<b>Harvest++</b>
<b>Fri. June 15th</b>				2:30PM	2:30PM	2:30PM	<b>Salad Extravaganza</b>

+Rain date for planting is 4/4

++Rain date for harvest is 6/11

Thursday Group*	Janiec	Everson & Sydowski	Flood	Courtyard Garden Activity			
<b>April 5</b>	12:55-1:25 (for each date)	1:35-2:05 (for each date)	2:15-2:45 (for each date)	<b>Planting Day +</b>			
April 12				Maintenance			
April 19				Maintenance			
Wed. April 25				Maintenance			
May 3				Maintenance			
Wed. May 9				Maintenance			
May 17				Maintenance			
May 24				Maintenance			
Wed. May 30				Maintenance			
June 7				Maintenance			
<b>June 14</b>							<b>Harvest++</b>
<b>Fri. June 15th</b>				2:30PM	2:30PM	2:30PM	<b>Salad Extravaganza</b>

\*Please note Wednesdays during the Thursday group

+Rain date for planting is 4/6

++Rain date for harvest is 6/13

**Parents wishing to volunteer, please email your child's homeroom teacher by Friday, March 2 with the day(s) that you are available. Since we ask for two parents per session (more needed for planting, harvest, and salad extravaganza), we ask that you please make note of your volunteer days.**

***Whiton Elementary School Contacts:***

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