

FALL -- CONTENTS

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FALL

MAIN LESSON - HARVEST

September

WEEK 1 -- FRUITS

DAY 1

Verse, Song, and/or Dance – Early fall – last flowers and fruits – harvest.

Activities

Outdoors – Detailed Observations – What’s Happening in the Garden -- Observe what is happening in the garden – weather station, soil water conditions, stage of plant growth, especially fruits ready to harvest. For example --

Corn / Beans / Squash - corn - flowers: tassels (male-pollen) and silk (female-ears)
beans - flowers; green beans (edible) and ripe (dry beans)
squash - male and female flowers; fruit set

* distinguish leaf and flower forms of each*

Vegetable Patch - onions - bulbs forming
red and green cabbages - insect activity
potatoes - in flower, potatoes forming underground
red and green lettuce - in flower, forming seed

Other - wheat - ready to harvest: pick, thresh, taste one stalk per child
alfalfa - smell, taste; note flowers, seed pods, seeds
bachelor buttons - note seeds
california poppies - in seed --
hollyhock flowers
spearmint - smell, taste

Compost - feel compost which is ready

Fall Watering -- This day, continue watering garden as needed. In general --

The annual crop plants will need less and less water during September, until they ripen and are harvested.

All perennial plants, including trees and shrubs, will continue to need watering periodically throughout the fall and winter, unless there is ample natural rain or snow.

When children go outdoors, they should continue to be aware of soil moisture, by feeling in the soil at the base of plants.

Art or Journal Work – Record and illustrate garden observations and activities.

MAIN LESSON - HARVEST

September

WEEK 1 -- DAY 2

Verse, Song – Continue and expand early fall – last flowers and fruits – harvest.

Story and Discussion – Harvest stories. Discuss what is happening in the garden in this season – the different stages of plant growth – which plants have finished their annual cycle, which have a ways to go yet. What are the creatures doing ?

Activities

Outdoors – Harvest -- Sample harvest activities – divide children into groups, each with a manageable number of children (ideally, not more than five per group), and an adult mentor. Rotate groups among the various outdoor activities. Harvest crops in order of which ones most need to be harvested right away, which ones can ripen longer. For example --

Harvest wheat -- each child one handful, tie with yarn into sheaf (mentor cut roots off)

Harvest dry brown pinto beans (1-2 bean pods per child) -- each child taste 1 bean

Harvest green cabbage: mentor cut off cabbage at base of head;
(put all parts not taken for food in compost; put cabbage head in wooden bowl)

As you harvest all the crops from any particular garden bed, have the children clean up the plant residues and take them to the compost. Rake the cleaned beds smooth. Select those beds where you will plant fall small grains, garlic, and last of all, fall bulbs.

Indoors – Crop Disposition – Clean up and prepare the harvested foods for drying or other storage, as well as those foods which should be eaten right away. For example --

Put wheat sheaves in colorful baskets, beans in glass jars (sorted by color) for storage in classroom until used;

Wash cabbage; cut up and bag portions for each child to take some home.

Art or Journal Work – Record and illustrate garden observations and activities.

MAIN LESSON - HARVEST

September

WEEK 2 -- FRUITS

DAY 1

Verse, Song, and/or Dance – Continue and expand early fall – last flowers and fruits – harvest.

Activities

Outdoors – **Field Trip to Local Orchard** – Take children to see a working orchard; pick some fruit, maybe bring back some windfalls for pie-making. Perhaps there are bee hives to see also, or a cider press with fresh cider to sample.

Art or Journal Work – Record and illustrate Field Trip observations and activities.

DAY 2

Verse, Song – Continue and expand early fall – last flowers and fruits – harvest.

Story and Discussion – Harvest stories. Who else is harvesting in the garden? Putting the garden to rest.

Activities

Indoors – Continue cleaning, sorting, storing harvested foods.

Thresh a portion of wheat or other small grains harvested, to be used for seed. Save most small grains to eat later.

Outdoors – **Planting Fall Wheat** -- You may now broadcast wheat or other hardy small grains (rye, oats, barley, triticale) in a cleaned bed. Rake seed to cover it, mulch lightly with straw or hay, water. If you want any of this planting to serve as a green manure crop (which you will turn under next spring, instead of letting the grain mature), you may want to scatter a few handfuls of clover, sweet clover, or other suitable pasture legume seed in with the grain, before you cover with the rake.

This is also a good time to plant garlic in prepared beds.

Also -- continue harvest activities (saving the corn for last); also, continue cleaning up harvested beds.

Art or Journal Work – Record and illustrate garden observations and activities.

FALL

MAIN LESSON - SEEDS

September-October

WEEK 1 -- COLLECT AND STORE SEEDS

DAY 1

Verse, Song, and/or Dance – Fall - seeds.

Activities

Outdoors – **Seed Collections** – Observe which plants have seeds which may be harvested. This may include your corn crop, and probably many types of flowers. For example --

Children harvest Bachelor Button seeds from flower beds -- harvest only dry ripe seed heads (stem will be wilted just under head); Observe seeds; put entire seed heads in labeled envelopes
Parent collect envelopes

Harvest Lettuce seed from lettuce plants; harvest seeds which are showing "fluffy" (like dandelions);
Observe seed; put each cluster of seeds in labeled envelopes
Parent collect envelope

Continue harvesting crops as needed.

Corn – Harvest ears from the stalks, then pull and save stalks for later decorations. Husk ears of corn, and save corn husks for crafts projects. Set husked ears to dry.

Continue cleaning up garden beds for the winter.

Indoors – **Seed Storage** -- Part of children stay inside to color and label envelopes in which (for example) Bachelor Button , Lettuce and other seeds will be collected; put names on back of envelopes

You might want to make special labels for packets of seeds to be given as gifts. For example --

***PINE FOREST SCHOOL GARDEN PROGRAM
WINE DARK HOLLYHOCK***

*Seed from Flowers Planted, Tended and Harvested
by the 1st, 2nd and 3rd Grades, 2000*

***PERENNIAL - Plant 1/2 inch deep in April in full sun;
will grow 4 - 6 feet high; profuse wine dark blooms from
mid-summer to frost; may be started indoors 4 weeks
before last frost.***

Art or Journal Work – Record and illustrate garden observations and activities.

MAIN LESSON - SEEDS, STORAGE (September-October)

WEEK 1 -- DAY 2

Verse, Song – Fall - seeds.

Story and Discussion – Fall – seeds. What wild creatures also collect and store seeds (squirrels, chipmunks, mice, ants).

Activities

Indoors – Continue labeling, packing, storing seeds.

Outdoors – Continue harvesting and collecting seeds; cleaning up garden beds.

Art or Journal Work – Record and illustrate garden observations and activities.

MAIN LESSON - SEASON CHANGES

September-October

WEEK 1 -- DAY 1

Verse, Song, and/or Dance – Fall – season changes.

Activities

Outdoors – Field Trip to Autumn Leaves – Take the children out into the Forest, up on the Mountain, to find and observe and experience the changing autumn leaves. They may also observe and collect seeds of wild plants, as well as pine cones, berries, sprigs of leaves, interesting rocks and sticks, to use later in their handcrafts. Be sure only to take a modest amount from any one place. If you are not on public land, ask the owner for permission before collecting anything.

Art or Journal Work – What they saw on the Field Trip.

DAY 2

Verse, Song – Continue and expand Fall – season changes.

Story and Discussion – Stories about fall into winter season changes – How do we know? What do we see and feel is changing in the Sun, Air, Water and Earth ? Remember all those Cycles we talked about and drew.

Activities

Indoors – Finish cleaning, sorting, packing, labeling seed collections, including seeds collected in the wild.

Outdoors – Complete all school garden harvest and bed clean-up work.

Mulch all beds with hay or straw for the winter.

Clean all the garden tools and put them neatly away in the Tool Shed.

Art or Journal Work – Draw the season's changes.

FALL

MAIN LESSON - FOOD

October

WEEK 1 – BREAD AND SOUP

DAY 1

Verse, Song, and/or Dance – Songs about making and enjoying bread and soup.

Activities

Indoors – Grind Wheat – Set up threshing, winnowing and grinding stations, and have each child do each activity. Thresh remaining sheaves harvested; winnow grain, grind wheat into flour.

Also, prepare dry pinto beans and onions – clean beans, cut up a few onions, put them on to slow boil. They will take about six hours to be ready, so they should be cooked up the day before the first feast.

DAY 2

Verse, Song – Continue and expand bread and soup songs.

Story and Discussion – Bread and soup stories. What human beings like best to eat, what is healthiest. ‘Bread’ as standing for all food – “bread of life”, “break bread”.

Activities

Indoors -- Make tortillas and enjoy them with the boiled beans and onions. Also, prepare for corn bread: set up stations to shell, roast and grind dry corn. This should be refrigerated until needed.

Pine Forest School TORTILLA RECIPE

Ingredients

*2 cups flour (part whole wheat, part white)
1/3 cup shortening
1 teaspoon salt
1/2 teaspoon baking powder
1 cup very warm water **

- 1. Mix dry ingredients together*
- 2. Work in shortening with finger-tips until the dough looks like small peas*
- 3. Make a well in the center of the dough and pour in warm water*
- 4. Mix with a fork only until blended -- DO NOT OVER-MIX !*
- 5. Squeeze off balls of dough and roll out until thin on a floured surface*
- 6. Cook on hot (iron) skillet, turning only once*
- 7. Buen apetito !*

** If needed, add more flour or more water to make dough easier to roll out*

Art or Journal Work – record activities, recipe.

MAIN LESSON - FOOD

October

WEEK 2 – BREAD AND SOUP

DAY 1

Verse, Song, and/or Dance – Continue and expand bread and soup songs.

Activities

Indoors -- Make and enjoy Corn Bread. Also, to prepare for Pie, bake pumpkin (squash).

Pine Forest School CORN BREAD

1 cup roasted ground Navajo corn meal

1 cup white wheat flour

4 level teaspoons baking powder

– teaspoon salt

– cup white sugar

– stick butter

1 cup milk

2 eggs

Mix dry ingredients together.

Melt butter in frying pan.

Mix milk and eggs together and then with dry ingredients.

Pour in melted butter and mix all together.

Pour batter into 9 inch pan; bake at 375 for 30 minutes or until done.

Voila !! Enjoy !!

Outdoors – **Fall Bulb Planting** – Prepare beds for fall bulbs – daffodils, tulips, hyacinths, crocuses, grape hyacinths. Use same methods as for Spring bulbs (planted in March).

Art or Journal Work – Record activities, recipe.

MAIN LESSON - FOOD

October

WEEK 2 -- DAY 2

Verse, Song – Pie songs!

Story and Discussion – Bread and fruit, pie stories.

Activities

Indoors -- **Pumpkin (Squash) Pie** – Work with the children to make pumpkin pie.

Sacred Mountain PUMPKIN PIE

*Ingredients for Two (2) Pies: 3 cups baked pumpkin
1 tablespoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1/2 teaspoon salt
1 cup sugar
2 cups canned evaporated milk
4 eggs
1 tablespoon vanilla*

- 1. Pre-heat oven to 400 degrees*
- 2. Mix pumpkin, spices, salt and sugar together*
- 3. Add and mix together the milk, eggs and vanilla*
- 4. Pour into unbaked pie shells*
- 5. Bake for 10 minutes at 400 degrees*
- 6. Turn oven down to 350 degrees and bake for 50 minutes more*

Outdoors -- Plant fall bulbs in prepared beds – just as Spring bulbs were planted.

Art or Journal Work – Record activities, recipe.

FALL

MAIN LESSON - CELEBRATION

November

This Main Lesson completes the year's Garden Program cycle. So much has been explored, experienced and learned by the children. Now they may work to finish up any gaps in their Garden Books (Journals), complete any outstanding projects, and make ready to show and share what they have learned and done and harvested with parents and the whole school during the Thanksgiving time celebrations.

WEEK 1 -- PREPARATIONS

DAY 1

Verse, Song, and/or Dance – Acknowledgments, giving Thanks.

Activities

Indoors – **Acknowledgments** – Review with the children the year's work, what needs to be finished, what they want to share. Discuss and plan displays, exhibitions, puppet shows, gifts, food preparations.

Outdoors – **The Garden is Asleep** – But it may still need water, or maybe a bit more mulch here and there. The children should check.

Art or Journal Work – Finish up, prepare exhibits to share.

DAY 2

Verse, Song – Continue and expand acknowledgments, giving Thanks.

Stories and Discussion – Every culture in every time has wonderful and deep stories about acknowledging and giving thanks for the year's abundance, harvested and wild. What did not come to full ripeness has been composted, and will nourish the seeds, plans and dreams of the next cycle.

Activities

Indoors – Continue work to prepare displays, exhibitions, puppet shows, gifts, food preparations.

WEEK 2 -- DAYS 1 AND 2

Verse, Song, and/or Dance -- Continue and expand acknowledgments, giving Thanks.

Activities

Indoors – **Thanksgiving Celebration** – Displays, exhibitions, puppet shows, gifts.

Acknowledgments, Thanksgiving, Feast !