
May Harvest of the Month: Pea Shoots

Pea shoots are easy to grow in the classroom to teach students about the different parts of the plant that we can eat. Try featuring them on the salad bar in the cafeteria this month.

Classroom curriculum based on grade level & subject:

Elementary School:

[How to grow pea shoots:](#) Thank you to Bunny Goodwin (Keene Central School) and the Adirondack Farm to School Initiative for putting this document together! Give a shout if you're interested in growing pea shoots in the classroom – we can get you set up with the kits.

[Plant parts that we eat:](#) From Oklahoma Ag in the Classroom, this lesson can be used alongside growing pea shoots.

[Pea tasting \(K-1\):](#) This lesson can be used alongside tasting pea shoots. The lesson can be adapted for pea shoots, or peas can be purchased (peas will not be local).

[Pea tasting \(2-3\):](#) This lesson can be used alongside tasting pea shoots. The lesson can be adapted for pea shoots, or peas can be purchased (peas will not be local).

[Pea tasting \(4-6\):](#) This lesson can be used alongside tasting pea shoots. The lesson can be adapted for pea shoots, or peas can be purchased (peas will not be local).

Middle School:

[How to grow pea shoots:](#) Thank you to Bunny Goodwin (Keene Central School) and the Adirondack Farm to School Initiative for putting this document together! Give a shout if you're interested in growing pea shoots in the classroom – we can get you set up with the kits.

[Growing Pulses:](#) This lesson introduces agriculture as a managed system that has environmental impacts, and how farmers employ practices such as growing pulses to minimize these impacts.

High School:

[How to grow pea shoots:](#) Thank you to Bunny Goodwin (Keene Central School) and the Adirondack Farm to School Initiative for putting this document together! Give a shout if you're interested in growing pea shoots in the classroom – we can get you set up with the kits.



Cafeteria Ideas!

Taste-test ideas

Raw pea shoots

Menu ideas

Add pea shoots on to the salad bar, or used as a garnish for hot foods.



Questions?

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