

Caring for
Your Salad Pot



Comox Valley Salad Pot Project

Your Salad Pot....

Facilitated by Barb Whyte, and supported by Indigenous Support Workers, Indigenous Educational Department of SD #71 for our Indigenous Education families.

How do I care for this Salad Pot?

Its important to keep the soil moist during the 1st week and thereafter water every other day or when the pot gets dry. Salad Pots need about 6 hours of sun or filtered sun. Plants can be harvested after a few weeks by cutting the leaves of the kale, spinach, lettuces, mustard, and swiss chard. And the others can be harvested shortly after, when they mature. They will be ready at different times. Enjoy!

Let us know what your favourite part of this project. Email your ISW and they will forward to Barb.

In the Salad Pot ✓	Item	Nutritional Value
	Kale	33 calories in one cup (250ml) of raw kale and has: <ul style="list-style-type: none"> • Nearly 3 grams of protein • 2.5 grams of fiber (which helps manage blood sugar and makes you feel full) • Vitamins A, C, and K • Folate, a B vitamin that's key for brain development • Alpha-linolenic acid, an omega-3 fatty acid. (While kale has far less omega-3 than fish, it is another way to get some of this healthy fat into your diet. • Lutein & zeaxanthin, nutrients that give kale its deep, dark green coloring and protect against macular degeneration and cataracts • Minerals including phosphorus, potassium, calcium, and zinc
	Spinach	It has been shown to improve oxidative stress, eye health, and blood pressure. Spinach is an excellent source of many vitamins and minerals, including: <ul style="list-style-type: none"> • Vitamin A: Spinach is high in carotenoids, which your body can turn into vitamin A. • Vitamin C: This vitamin is a powerful antioxidant that promotes skin health and immune function. • Vitamin K1: This vitamin is essential for blood clotting. Notably, one spinach leaf contains over half of your daily needs. • Folic acid (vitamin B9): this compound is vital for pregnant women and essential for normal cellular function and tissue growth. • Iron: Spinach is an excellent source of this essential mineral. Iron helps create hemoglobin, which brings oxygen to your body's tissues. • Calcium: This mineral is essential for bone health and a crucial signaling molecule for your nervous system, heart, and muscles. Spinach also contains several other vitamins and minerals, including potassium, magnesium, and vitamins B6, B9, and E.
	Lettuce	100 grams of lettuce is packed full of vitamins. <ul style="list-style-type: none"> • Vitamin A: 21% of the Recommended Daily Intake (RDI) • Folic Acid 18% of RDI • Vitamin C 5% of RDI Lettuce is also rich in important minerals such as iron, calcium and potassium. Iceberg lettuce contains slightly fewer vitamins and minerals than other lettuce varieties. Dark lettuce leaves often contain more nutrients than light-coloured leaves. Our tip; try a variety of leaves in your salad for the vitamins and a nice mix of soft and crunchy leaves.

	Mesclun (mixture of baby greens) or Mustard Greens (Tah Tsai)	<p>A good source of:</p> <ul style="list-style-type: none"> • Protein • Thiamin • Riboflavin • Niacin • Iron • Magnesium • Vitamin A, C, E (Alpha Tocopherol), K and B6 <p>As a result, eating greens has many benefits for eye and heart health, as well as anticancer and immune-boosting properties.</p>
	Swiss Chard	<p>Although kale is often deemed the king of greens, Swiss chard is equally impressive in its wide array of nutritional benefits. One cup (about 36 grams) of raw Swiss chard nutrition contains approximately:</p> <ul style="list-style-type: none"> • 6.8 calories. 1.3 g carbohydrates, 0.6 g protein, 0.1 g fat, 0.6 fiber • Vitamin K (374% of RDI) • Vitamin A (44% of RDI) • Vitamin C (18% of RDI) • Manganese (7% of RDI) • Magnesium (7% of RDI) • Iron (4% of RDI) • Potassium (4% of RDI) • Vitamin E (3% of RDI) • Copper (3% of RDI)
	Tom Thumb Peas /Peas	<p>Green peas are not high in calories, but they have protein. Compared to other vegetables such as carrots, peas have higher levels of protein. Peas are a good source of:</p> <ul style="list-style-type: none"> • Fiber • Iron • Folate • Thiamin • Vitamin C, K, and A • Manganese <p>One of the health benefits of green peas is blood sugar control. This is important for people with diabetes, but it also affects those who do not have this disease. Spikes in blood sugar levels can affect your energy, and memory. The fiber and protein naturally found in peas helps control blood sugar levels. Protein and fiber can affect how quickly carbohydrates are absorbed in the body. Green peas may prevent high blood pressure. The magnesium, potassium and other minerals in peas are good for the heart.</p>
	Tomatoes	<p>Tomatoes are a good source of several vitamins and minerals:</p> <ul style="list-style-type: none"> • Vitamin C is an essential nutrient and antioxidant. One medium-sized tomato can provide about 28% of the Reference Daily Intake (RDI). • Potassium is an essential mineral, beneficial for blood pressure control and heart disease prevention. • Vitamin K1 (phylloquinone), is important for blood clotting and bone health • Folate (vitamin B9) folate is important for normal tissue growth and cell function. It's particularly important for pregnant women.
	Basil	<p>Basil is known as a herb that is virtually calorie-free. In addition to antioxidant vitamins and phenolics, is a rich source of:</p> <ul style="list-style-type: none"> • Vitamin K • Zinc • Calcium • Magnesium • Potassium • Dietary fibre <p>It adds a lot of flavour in a way that's waistline-friendly</p>
	Chives	<p>Chives are a nutrient-dense food, but high in beneficial nutrients, including vitamins, minerals, and antioxidants.</p>

		<p>That said, to get a significant amount of these nutrients, a person would have to eat a large quantity of chives. Instead, people often use chives as a garnish.</p> <p>1 tbsp (3grams) of chopped chives provides the following nutrients:</p> <ul style="list-style-type: none"> • Energy: 0.9 calories • Vitamin K: 5% of RDI • Vitamin C: 2% of RDI • Folate: 1% of RDI • Vitamin A: 1% of RDI • Calcium: 1% of RDI • Potassium: 1% of RDI
	Nasturtiums	<p>The leaves and petals are extremely nutritious. The leaves also have antibiotic properties which are at their most effective just before the plant flowers</p> <p>The leaves are high in</p> <ul style="list-style-type: none"> • Vitamin C (supports a strong immune system) • Iron <p>The flowers are plentiful in:</p> <ul style="list-style-type: none"> • Vitamins B1, B2, B3 and C • Manganese • Iron • Phosphorus • Calcium
	Oregano	<p>Oregano is a super spice because it has the highest number of antioxidants than any other spice. ... So, its a great spice to add into your diet. It is a good source of:</p> <ul style="list-style-type: none"> • Vitamin B6, A C E and K Potassium • Copper • Dietary Fiber • Calcium • Iron • Magnesium
	Mint/Chocolate Mint	<p>Mint is a calming herb that people have used for thousands of years to help soothe an upset stomach or indigestion. Mints are a good source of</p> <ul style="list-style-type: none"> • Protein • Thiamin • Niacin • Vitamin B6, A and C • Phosphorus • Zinc • Dietary Fiber • Folate • Calcium • Iron • Magnesium • Potassium • Copper
	Parsley	<p>Like other green leaves, Parsley is an excellent source of Iron that helps immune, digestion and heart. Two tablespoons (8 grams) of parsley provides:</p> <ul style="list-style-type: none"> • Calories: 2 • Vitamin A: 12% of RDI • Vitamin C: 16% of RDI • Vitamin K: 154% of RDI
	Peppers (sweet/bell)	<p>Bell peppers are loaded with various vitamins and minerals:</p> <ul style="list-style-type: none"> • Vitamin C. One medium-sized red bell pepper provides 169% of the (RDI), making it one of the richest dietary sources of this essential nutrient. • Vitamin B6. important for the formation of red blood cells. • Vitamin K1. (form of vitamin K), important for blood clotting and bone health.

		<ul style="list-style-type: none"> • Potassium. essential mineral may improve heart health • Folate. (vitamin B9) • Vitamin E. essential for healthy nerves and muscles. • Vitamin A. Red bell peppers are high in pro-vitamin A (beta carotene), which your body converts into vitamin A
	Radishes	<p>Radishes come in a variety of colors, sizes, and types: Horseradish, Daikon radish, Korean radish, Wasabi, white & red European radishes are the types usually used in North American foods. All are similar in nutritional value, but preparation differs. We typically eat the root of the radish, but the leaves are also edible. Radishes are part of the mustard family and their greens are nutritious and tasty, like mustard greens. They can be eaten raw or cooked, just like the radish root itself.</p> <p>Radishes are an excellent source of:</p> <ul style="list-style-type: none"> • Vitamin C and B6 <p>Radishes also contain smaller amounts of folate and the minerals potassium, manganese, and calcium.</p> <p>Nutritional facts for 1 cup (250ml) of raw radish</p> <ul style="list-style-type: none"> • Calories 19 • Fiber: 1.9g • Sugar: 2.2g • Protein: 0.8g



Provided by community support through Indigenous Education and Nala’atsi Programs SD#71 (Comox Valley)

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City of Courtenay

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Read more at Gardening Know How: Growing A Salad Bowl Garden: Learn How to Grow Greens in A Pot:

<https://www.gardeningknowhow.com/edible/vegetables/greens/how-to-grow-greens-in-a-pot.htm>

3, 2, 1 Dressing

(K to 7)

Overview

Getting students excited about vegetables can be as easy as 1-2-3!

Students will make homemade salad dressing and increase their understanding about “foods to limit” that are used in small amounts. It’s also a fun way to get kids interested in salad.

Estimated time: 20 minutes

Food costs: \$3 to \$5 for the bag of spinach (other ingredients could be brought from home)

Materials

- Small bottle of vegetable oil
- Small bottle of white vinegar
- Small bag of sugar
- Small jar with lid
- Two tablespoons
- 1 bag of pre-washed spinach leaves

Procedures

Get everyone in the classroom to wash hands well. Select student volunteers to help with the following:

- Pour **3** Tbsp of vegetable oil into the jar.
- Pour **2** Tbsp white vinegar into the jar.
- Scoop **1** Tbsp of sugar into the jar.
- Seal the jar with the lid so it’s finger tight.
- Have the volunteers pass the jar around the classroom and give each student 3 “shakes” of the jar.
- Offer a leaf of spinach to each student in the class. Let the students decide if they would like to try it.
- Give each student the opportunity to dip their spinach leave into the jar of 3-2-1 dressing, making sure they’re careful to keep their hand underneath so it doesn’t drip on their desk!

3, 2, 1 Dressing

(K to 7)

More information for Teachers

To offset food costs, find out about [mini food grants](#).

Refer to [Kitchen Equipment for your Classroom](#) for more preparation and food safety tips.

Curriculum Links

This lesson supports Big Ideas and Learning Standards in the Physical and Health Education [BC curriculum](#) and can also link to other subject areas.

Background

The more often you expose children to a food, the more inclined they are to taste it. But don't pressure or reward children for trying new foods. Research shows that children who are pressured or rewarded when trying a new food are less likely to go back to it than children who are simply exposed to it and allowed to decide on their own whether or not to eat it.

Want to do more nutrition education with your class?

Explore our other [lesson plans](#) or book a [free 1-hour workshop](#)



HOW TO START SEEDS



BEANS Season: Warm season Exposure: Full-sun Zone: 3 and warmer

Timing: Seed directly in the ground from mid-May to the beginning of July. Try to plant during a warm, dry spell. Soil must be warm – Optimal soil temperature: 21-32°C .

Starting: Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. For a continuous harvest, plant at 3 week intervals. Seeds will sprout in 8-16 days.

Growing: Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Raised beds help with both drainage and warmth. Runner or pole beans will need a trellis structure to climb up, while bush beans do not.

Harvest: Pick beans regularly to keep the plant producing (if pods get fat with seed, the plant will stop flowering). The smaller the bean, the more tender they are.

SQUASH Season: Warm season Exposure: Full sun Zone: Not winter hardy.

***Note** - Summer squash includes soft skinned squash such as zucchini, crookneck and patty-pan. Winter Squash includes hard skinned squash that store well such as butternut, kabocha, and spaghetti**

Timing: Direct sow or transplant in late May or early June once the soil is warm. For transplants, start seeds indoors during the first two weeks of May. Optimal soil temperature: 25-35°C (77-95°F).

Starting: Sow seeds 2cm (1") deep. Sow 3 seeds in each spot where you want a plant to grow, and thin to the strongest plant. Space summer squash 45-60cm (18-24") apart in rows 90-120cm (36-48") apart. Give winter squash and pumpkins even more room with a minimum of 90-120cm (36-48") apart in rows 120-180cm (48-72")

Growing: Ideal pH: 6.0-6.8. These big plants need lots of food. Use 1 cup of complete organic fertilizer worked into the soil beneath each plant.

Harvest: Summer Squash: pick when small, if fruit gets big the plant stops producing. Check the plants regularly! Winter Squash: Fruit is ripe if your thumbnail doesn't mark the skin and the stem is dry and brown. Cut the stem about 4cm (2") from the fruit. Squash survive a light frost, but store better if harvested before frost.

SALAD GREENS Season: Cool season Exposure: Full sun to partial shade Zone: 2-12

Timing: Seed every three weeks from March to September for a continuous harvest.

Starting: Plant in a wide row. Sprinkle the seeds evenly over prepared, moist soil. Try to space seeds about 1cm (½") apart. Cover lightly with soil, and press firmly.

Growing: Moderately fertile soil – particularly if you're planning multiple harvests. Dig in 1 cup of complete organic fertilizer for every 3m (10') of row.

Harvest: There are two methods of gathering salad greens. You can use scissors to cut everything about 2-5cm (1-2") from the ground, when the plants are about 10-15cm (3-4") tall. Or, you can pick individual leaves as they're needed.

PEAS Season: Cool season Exposure: Full sun to partial shade

Timing: Peas prefer cool weather. Plant as early in spring as the soil can be worked, from mid-February to the end of May. Sow again from July to mid-August for a fall crop. Optimal soil temperature: 10-20°C (50-70°F). Seeds should sprout in 7-14 days.

Starting: Sow seed 2cm (1") deep. After April 15th, sow seed 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin.

Growing: Plant most varieties along a trellis or fence for support as they climb.

Harvest: Pick when pods fill out and peas are bright green. Make multiple sowings or grow several varieties to extend the harvest season.



LUSH VALLEY

For more information on this seed library please website: lushvalley.org or email: communitygarden@lushvalley.org



REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



palm and back of each hand



between fingers



4

Rinse well



under nails



5

Dry hands well with paper towel



thumbs



6

Turn off tap using paper towel



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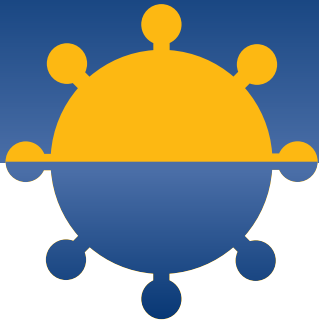


Public Health
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Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

**SOAP OR ALCOHOL-BASED
HAND RUB: Which is best?**



**Either will clean your hands:
use soap and water if hands
are visibly soiled.**



Remove hand and wrist jewellery

HOW TO HAND WASH



1
Wet hands with warm
(not hot or cold)
running water



2
Apply liquid or foam soap



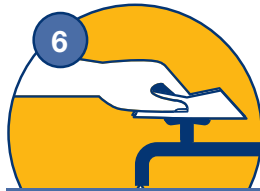
3
Lather soap covering
all surfaces of hands
for 20-30 seconds



4
Rinse thoroughly
under running water



5
Pat hands dry thoroughly
with paper towel



6
Use paper towel
to turn off the tap

HOW TO USE HAND RUB



1
Ensure hands are visibly
clean (if soiled, follow hand
washing steps)



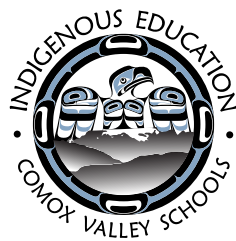
2
Apply about a loonie-sized
amount to your hands



3
Rub all surfaces of your hand
and wrist until completely
dry (15-20 seconds)

COVID19_HH_001





Salad Pot Project

Chettie Macdonald, Indigenous Education Coordinator
Indigenous Education - Comox Valley Schools (SD71)



Comox Valley Schools

A Community of Learners
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