

# Greener Partners



Connecting communities through food, farms & education

## Deaver Farm Explorers

### Lesson 2 : *Parts of a Plant*

This week we are catching up on some exciting things that have happened on the farm - plants are growing, potatoes have been planted, seeds have germinated, and our first flowers have bloomed! We will learn all about what plants are made of and visit the different roots, stems, leaves, flowers, and seeds that live on the farm to discover how plants grow, and how they produce delicious and nutritious food for us to enjoy!

[Watch the Virtual Farm Lesson Here!](#)

### *Helpful Links*

- Learn more about Greener Partners and the Deaver Wellness Farm at Lankenau Medical Center by visiting us at [greenerpartners.org](http://greenerpartners.org)
- Check out this [video lesson](#) about the science of photosynthesis
- Learn more about [MANNA](#), who helped deliver our harvest this week



<i>This Week's Farming Phrases</i>	
Taproot	A primary root that grows vertically down into the soil, giving off smaller roots
Photosynthesis	the process by which green plants use sunlight to make their own food in the form of sugars from carbon dioxide and water
Pollination	The transfer of pollen from one flower to another that allows plants to produce fruits & seeds
Seed coat	The protective outer coating of a seed
Endosperm	the part of a seed which acts as a food store for the developing plant embryo, usually containing protein and other nutrients
Embryo	the part of a seed or bud that contains the earliest forms of a plant's roots, stem and leaves

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## *Growing Together*

This week's hands-on activity is Exploring a Seed! Follow along with our Lesson 2 video for a demonstration of how we discover what a seed is made of and how it works!

### Materials:

- Seeds (lima beans are best)
- Water
- container

### Directions:

1. Soak your seeds in water overnight in a tupperware container. The water should cover 2-3 inches above the seeds.
2. Examine your seed - how is it different from its dried form?
3. Peel back the seed coat using your fingernail to break the surface of the seed
4. Break open the seed using your thumb to split the two halves of the endosperm
5. Find the baby plant inside! It's also called an embryo. Notice the parts of this tiny plant - can you find the stem and leaves?
6. Try this experiment with other large seeds, or make a drawing of what you see inside the seed!



## *Show us your Seed Discovery!*

Send pictures and/or drawings of your seed exploration to

[deirdre.sheehy@greenerpartners.org](mailto:deirdre.sheehy@greenerpartners.org) !



## *Farm Explorers Tip of the Week*

If you planted seeds with us last week, make sure they are getting plenty of water and sunlight! We are going to learn how to transplant our seedlings later this week - so start thinking about where they will be planted! In a pot, a garden box, in the ground?

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## Seed To Fork Recipe!

Here is a fun recipe to try at home, using a part of the plant we learned about in this lesson : SEEDS!

### Sunflower Bites

A great snack full of protein, healthy fats, and a little sweetness!

#### You Will Need :

- 1 cup roasted sunflower seeds
- 1 cup shredded coconut
- 1/2 cup sunflower butter
- 1/4 cup maple syrup
- 1 tsp. vanilla

#### Directions :

1. Place the sunflower seeds in a food processor and blend until it becomes a mealy consistency.
2. Add the remaining ingredients and process until combined.
3. Roll the mixture into balls and roll in excess coconut.
4. Get ready to enjoy this delicious and nutritious treat!

### Sunflower Facts

The scientific name of the sunflower is *Helianthus*, *Helia* for sun and *anthus* for flower. The sunflower is native to the prairies of North America. Today, we use sunflower seeds to make oil, bird seed and for snacking. Seeds and beans of all kinds are excellent sources of protein and healthy fats that provide long-term energy, support muscle growth, and brain function. Growing sunflowers at home can be fun and easy. Sunflowers are one of the speediest plants you can grow! Place your sunflower pot in a sunny spot and water regularly. As your sunflower plants grow, transplant your plant into your garden. The sunflower should reach full height in 90 to 100 days. As your plant flowers, notice how the flower head will move around from east to west during the day following the sun! Did you know that one sunflower contains up to 2,000 seeds?

