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Deaver Farm Explorers

Lesson 6 : *The Farm is an Ecosystem*

This week we will learn all about the living components that make up the ecosystem of the farm.

We will discover what pollinators do, which ones we can find on the farm, and why they are so important for our food system and our environment.

[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
- Watch this fun [video](#) all about biodiversity and healthy ecosystems
- Check out this [interactive lesson](#) on flowers, pollination, and plant reproduction!



This Week's Farming Phrases

Ecosystem	A biological community of organisms interacting with each other and their physical environment
Biodiversity	the variety of life in the world or in a particular habitat or ecosystem
Pollen	a fine powdery substance, typically yellow, that comes from the male part of a flower
Nectar	a sugary fluid found within flowers that attracts insects and other animals. It is collected by bees to make into honey!
Pollination	the transfer of pollen from a male part of a plant to a female part of a plant, later enabling fertilisation and the production of seeds, most often by an animal or by wind

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Growing and Cooking Together

We know that flowers are beautiful to look at, help plants reproduce, provide food for pollinators, and are essential to a healthy farm ecosystem. Did you also know some flowers are yummy to eat? Here is a great way to make a recipe using all the parts of a plant we've learned about.

Plant Part Salad!

Let's review the parts of a plant - by eating them in a salad! This recipe also uses honey, which we know now comes from our friends, the bees, collecting nectar from flowers.

Ingredients

- **Leaves** : lettuce, baby kale, spinach
- **Stems** : celery, asparagus
- **Roots** : carrots, radish, turnips
- **Seeds** : sunflower, pumpkin
- **Flowers** : nasturtium, broccoli, marigold, arugula/kale flowers

Dressing:

- 3/4 cup vegetable oil
- 1/3 cup honey
- 1/3 cup apple cider vinegar
- 2 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon ground mustard
- 1/4 teaspoon pepper

Directions

1. Chop & toss desired amounts of leaves, stems, and roots together in a bowl - get creative!
2. Mix all dressing ingredients together and whisk in a small bowl or shake it up in a sealed jar
3. Drizzle salad with the dressing, and top with seeds and flowers
4. Enjoy!

Did you know?

To make one pound of honey, the bees in the colony must visit 2 million flowers, fly over 55,000 miles and will be the lifetime work of approximately 768 bees!

(find more fun facts about honey [here](#))



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Let's Review: The Parts of a Flower!

Petals	Soft, colorful, sweet-smelling part of the flower that attracts pollinators
Pistil	The "female" part of the flower that collects pollen
Stigma	Sticky top of the pistil that traps pollen and helps it germinate
Style	The passage where the pollen tube extends down toward the ovary
Ovary	Part of the flower that grows into a fruit after pollination occurs
Ovule	Where the pollen tube meets the ovary to develop a seed inside a flower or fruit
Stamen	The "male" part of the flower where pollen is produced; contains the anther which holds the pollen, and the filament which holds up the anther

