



Deaver Farm Explorers

Lesson 7 : Farming for Nutrition

This week we take a deeper look at how we grow nutrient-dense foods on the farm, how soil health is connected to human health, and with the help of one of our doctor friends from Lankenau, we make a nutritious recipe right here on the farm!

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

Helpful Links

- Learn more about Greener Partners and check out all the episodes of Deaver Farm Explorers by visiting us at greenerpartners.org
- Follow our friends @seedkeeping on Instagram or visit trueloveseeds.com to find out more about keeping seeds (check out their podcast!)
- Check out this [powerpoint](#) all about connections between soil health and the food we eat



<i>This Week's Farming Phrases</i>	
Succession Planting	The practice of planting one crop multiple times in a row throughout the season in order to have a continuous harvest throughout the seasons
Storage Crops	Food that is harvested in the fall and stored for many weeks or months over the winter
Seed Keeping	The practice of harvesting and saving seeds from vegetables, herbs, grains, or flowers to preserve for planting
Nutrient	a substance that provides nourishment essential for growth and the maintenance of life
Nutrient-Dense	A way to describe fresh foods that are particularly high in nutrients that our bodies need

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Growing and Cooking Together

This week we made a healthy recipe on the farm together using some fresh ingredients we harvested from our raised beds. We heard from Dr. Rachel all about the many nutrients included in the ingredients of our Carrot-Beet salad, which is not only healthy but delicious too! Here is how to make it at home :

Carrot-Beet Salad

Ingredients:

- 1 bunch carrots
- 3 medium beets
- 1 handful of raisins
- 1 handful of sunflower seeds or pumpkin seeds (or your favorite chopped nuts!)
- Optional : chopped scallions, parsley, spices like cumin, coriander, and cinnamon

Dressing:

- ½ cup olive oil
- 2 tablespoons apple cider vinegar
- 1-2 teaspoons dijon mustard
- 1-2 teaspoons honey

Directions

1. Remove carrot tops and bottoms, if any
2. Shred carrots into large bowl with a cheese grater (or use a food processor!)
3. Remove tough outer skin of beets
4. Shred beets into bowl with carrots
5. Add raisins and sunflower seeds
6. Stir ingredients in bowl to combine
7. Add all ingredients for dressing into a jar with a lid
8. Shake up the jar to make your dressing!
9. Add dressing to salad, stir, and enjoy!

Did you know?

There are three main nutrients (macronutrients) the soil needs to grow healthy plants : **Nitrogen, Potassium, and Phosphorous** (NPK). These nutrients can also be found playing important roles in our bodies, such as forming bones and teeth (phosphorous), building proteins in hair, muscle & skin (nitrogen), and regulating heart health (potassium)

