



PEPÁKEN HÁUTW Native Plants & Garden Education Program

LÁU,WELNEW Tribal School, Brentwood Bay BC

Teacher: Berkeley Lott

Grade Level: 7

Subject: organic gardening, spring vegetable seeds, sea vegetables, traditional marine foods

Lesson Title: Seeding & Seaweed

Time Needed: 45 mins

Date: March 8 2016

BC Min of Ed Learning Outcomes addressed in this lesson:

- Social Studies K to 7 (2006) 7 apply critical thinking skills including comparing, classifying, inferring, imagining, verifying, using analogies, identifying relationships, summarizing, and drawing conclusions ñ to a range of problems and issues
- Science K to 7 (2005) 7 analyse the roles of organisms as part of interconnected food webs, populations, communities, and ecosystems
- Science K to 7 (2005) 7 assess survival needs and interactions between organisms and the environment
- Science K to 7 (2005) 7 assess the requirements for sustaining healthy local ecosystems
- Science K to 7 (2005) 7 evaluate human impacts on local ecosystems

Objectives -Through these learning activities, the student will demonstrate the ability to:

- Understand how to organically grow plants
- Examine soil and understand the components of healthy soil
- Talk about the season for planting, and how we identify times to plant certain crops
- Plant seed trays of greens, flowers, herbs and early tomatoes
- Directly sow peas, radishes and carrots
- Learn about sea vegetables
- Experience tasting sea vegetables
- Discover and share traditional knowledge about sea vegetables
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WORKSHOP ACTIVITIES

Time	Activity
15min	Opening Circle: introduce facilitators and reminder of respect of the space and others.
	Break into 2 groups

Vegetable Garden:

1. Have a quick tour and taste of the garden.

20mins

2. Discuss what organic means when growing plants, and what it means for the soil versus conventional growing
3. Look at soil and discuss the components, and talk about what plant starts need.
4. Identify seeds with different plants
5. Plant a seed trays with: greens, flowers, herbs and early tomatoes
6. If time direct sow: peas, radishes, beats and carrots
7. Talk about plant care

Native Plants:

20mins

1. Talk about the different seaweeds and their traditional uses (sea vegetables!)
2. Touch each one! Count how many types in the aquarium and talk about how they look and feel.
3. Learn about CÉLEM (eelgrass, *Zostera marina*) with guest Nikki Wright
4. Taste some eelgrass roots!
5. Talk about seaweed and eelgrass: have you ever eaten any before? Do you know anyone who harvests sea vegetables (seaweed and seagrass)?

2mins

Closing Circle: What are the things you learned today? What do you wonder about? How can you investigate further before we meet again?

Materials Needed:

- Pots
- Seedling Mix- or soil components
- Seeds
- Water
- Aquarium (filled with water)
- Assorted seaweeds from beach
- Multiple eelgrass plants with roots attached

Follow-up questions:

- What are sea vegetables?
- What do they taste like?
- What part of eelgrass do you eat?

Please fill out our feedback forms and leave them in the envelope at the front office!

HÍ,SWKE SIÁM!