

# Experiential Activities Grades 3-5





### 3 Sisters Garden Craft

First read the story to the children, then make the craft.

*“Most Thanksgiving tables include three vegetables often grown in many American gardens: corn, beans, and squash (squash is usually in the form of pumpkin pie). These vegetables have a long and intertwined history - native people often planted them in a special arrangement known as the Three Sisters Garden.*

*The Iroquois tell the story of the three sister spirits who watch over these staple crops. The sisters work together to sustain and protect these vital vegetables. Sister Corn grows tall and supports Sister Bean. In return, Sister Bean pulls nitrogen from the air into the soil, allowing Sister Corn to thrive. (The Iroquois may not have known about nitrogen, but they definitely understood that these two crops grow best when grown together!) Sister Squash spread her wide leaves on the ground, keeping weeds from growing and retaining moisture in the soil.”*



A Three Sisters Garden grows in a mound. Soil is heaped in a circle about 2 feet wide, and several corn kernels are planted in the center. When the corn has sprouted, thin to the strongest 1 or 2 seedlings, and allow to reach six inches. Then, plant the beans in a circle about six inches away from the corn. As the beans grow, train the vines up the corn stalks for support. Plant the squash around the edge of the mound at the same time as the beans.

This year, create these simple Thanksgiving craft favors to give to your family & friends, and share with them the story of their history. Hopefully they try their own 3-sisters planting in summertime!

#### Materials

- Miniature mason jars (available at craft stores)
- Packs of corn, bean and pumpkin seeds.
- Twine, beads, stickers, ribbon, etc. to decorate the jar.
- 4x6 index cards

#### Instructions

- Layer the beans/seeds in the jar
- Decorate the jar
- Print the image below (sized to fit on 4 X 6 cards), glue onto index cards and give them out with the jars
- Optional: Print the story of the three sisters to glue on the back of the card
- Make a few jars to save until next year and then plant a “Three Sisters Garden” with your students

Adapted from: <http://www.birdsandblooms.com/blog/three-sisters-garden-thanksgiving-craft/>

### Gourd Vases

#### Materials:

- Small gourds
- Flowers (several of various sizes or one large dahlia per gourd)
- Plastic cups (to fit inside gourd)
- Spoon
- Knife (adult use only)

#### Directions:

- Cut the top off of gourds (adults only)
- Use the spoon to clean out inside of gourd
- Put plastic cup inside gourd. Don't forget to put some water in the cup!
- Arrange flowers in cup



Source: <http://www.bhg.com/decorating/seasonal/fall/table-decorating-ideas-with-gourds/?slideId=eb9fa0ed-7c94-45c3-b4b3-2951bba8ba9c>





## Indoor Farmer's Market Finds

Take this to your local indoor farmers market and have fun! (and if you do not have an indoor farmers market, try this at your local grocery store).

# Farmer's Market Finds

*Check off items as you find them!*

 <b>BOUQUET OF FLOWERS</b>	 <b>PICKUP TRUCK</b>	 <b>BERRIES</b>	 <b>LOAF OF BREAD</b>
 <b>PERSON WITH A BAG</b>	 <b>MUSICIAN</b>	 <b>SALAD GREENS</b>	 <b>HONEY</b>
 <b>SOMETHING THAT'S SOUR</b>	 <b>JELLY IN A JAR</b>	 <b>SOMETHING RED</b>	 <b>HANDMADE SOAP</b>
 <b>DOUGHNUTS OR COOKIES</b>	 <b>SAY HELLO TO A FARMER</b>	 <b>BICYCLE</b>	 <b>STRANGE VEGETABLE</b>
 <b>PERSON WHO SELLS MEAT</b>	 <b>MOM PUSHING A STROLLER</b>	 <b>SOMETHING GREEN</b>	 <b>SOMETHING HOT TO EAT</b>



## Indoor Farmers Market Fun!

BROUGHT TO YOU BY

sheknows AND DairyPure MILK



# SCAVENGER HUNT

10 Riddles for the kids to solve while you shop

I am green, but  
when you cut me,  
I am red.

**CLUE  
#1**

You eat me in the summer time. I am a fruit.  
What am I?

I am a vegetable that grows in the ground.

I am crunchy and I am  
good for your eyesight.  
You can pull me from the  
ground by my green,  
leafy top. What am I?

**CLUE  
#2**

I am a fruit, but often people  
think I am a vegetable.

**CLUE  
#3**

I am squishy and red. I am  
used to make ketchup  
and spaghetti sauce.  
What am I?

**CLUE  
#4**

I am brown and fuzzy on  
the outside, but green  
on the inside!

I can be sour and you can eat me with a spoon  
when you cut me in half. What am I?

I am long like  
a banana, but  
I am green!

**CLUE  
#5**

I am used to make pickles. What am I?

I am brown and spiky on  
the outside, but soft and  
yellow on the inside.

**CLUE  
#6**

I grow in Hawaii and sometimes you put me  
on pizza. What am I?



BROUGHT TO YOU BY

sheknows AND DairyPure MILK

# FARMER'S MARKET

## SCAVENGER HUNT

{continued}

**CLUE  
#7**

I am white and creamy.

You use me to make butter, cheese, and ice cream! I come from a cow. What am I?

**CLUE  
#8**

I am a yellow fruit and monkeys love me!

I grow on trees in bunches and help your growing muscles with all of my potassium!

People can't decide if I am a fruit, a nut or a seed! Most refer to me as a fruit.

**CLUE  
#9**

I am brown and tough on the outside. You might need help cracking me open, but on the inside you will find some milky goodness! What am I?

I am a green vegetable and full of vitamin C!

**CLUE  
#10**

You might think I look like a tree, but you can eat me!



## Community and Home Gardening Kid-Friendly Fun

ANSWERS:

- #1 Watermelon
- #2 Carrot
- #3 Tomato
- #4 Kiwi
- #5 Cucumber

- #6 Pineapple
- #7 Milk
- #8 Bananas
- #9 Coconut
- #10 Broccoli

### “Squash” Your Decorations!!

Fall is time to “squash” things! Growing, eating and even decorating with squash, that is! Whether you use some of your own that you’ve grown, or buy them from a farmer or a store, check out these creative ways to use squash (and other fall garden goodies) to decorate naturally!

1. Using a 3- tiered container or stacked cake plates lay different gourds, mini pumpkins and winter squash on the tiers, add colorful leaves, bunches of fresh herbs like rosemary, thyme, lamb’s ear or sage.
2. Use a tray and add 3 pumpkins (if your tray is smaller try one) stack up and add small bumpy gourds, mini winter squash and pumpkins. Add in dried hydrangea blooms, pine cones, bunches of herbs and greens, berries, nuts and anything else you find from the garden. Use your imagination!



Adapted from: <http://www.cindyshapton.com/2012/11/decorate-and-cook-with-gourds-pumpkins-and-winter-squash/>

