

Harvest Party

Farm to fork — literally! Students, residents, and staff get hands-on to harvest their own greens. Harvest Parties are an opportunity to engage diners and share background about your farm. Afterward, use the greens to prepare salads for diners to enjoy at home or during meal service.

Prep Time: 15 minutes

Activity Time: 10-15 minutes

Activity Options

- To-go salads
- Babylon-featured salad for dinner
- Gifting or donating your produce

Supplies

- 1-2 zones of harvest-ready leafy greens
- Gloves*
- Sanitized scissors*
- 3 plastic tubs or hotel pans





- Plastic tablecloth
- To-go containers* (optional)
- Salad toppings/dressings (optional)

Prep

- 1. Using the app, turn off AutoFarmer, turn on lights, and wait 15 minutes for trays to drain
- 2. Sanitize scissors
- 3. Lay tablecloth on table

Activity

- 1. Carefully remove trays and place on table
- 2. Have participants put on gloves and distribute scissors
- 4. Demonstrate to the group how to harvest: grip the plant and then snip the plant at the base
- 5. Place harvested produce in the clean plastic tub or hotel pan
- 6. Wash produce according to local regulations
- 7. Enjoy!

Wrap up

- 1. Discard growth medium and roots
- 2. Clean trays, lids, and net cups, then spray with food-safe sanitizer
- 3. Return trays to farm
- 4. Tap **Harvest** in the Guided Growing app
- 5. Resume AutoFarmer
- 6. Share online and tag #babylonmicrofarms



Flower Pot Painting

Flower pot painting is an activity sure to bring out the creative side in residents, students, and staff alike. This multi-session activity involves first painting terracotta pots, then planting a Babylon herb or flower plant in the pot. After the activity, participants can share their design and take home their decorated pot to green up their own space.

Prep Time: 20 Minutes

Activity Time: 10-15 Minutes

Supplies

- 1-2 zones of harvest-ready herbs or flowers
- Small terracotta pots*
- Potting soil
- Hotel pan or plastic tub

- Plastic tablecloth
- 3" Clay pot sealer
- Acrylic paints
- Paint brushes

Prep

- 1. Prime the terra cots with a coat of clay pot sealer 24 hours before activity
- 2. Using the app, turn off AutoFarmer, turn on lights, and wait 15 minutes for trays to drain
- 3. Lay tablecloth on table

Activity - Part 1

- 1. Distribute pots, paints, and paintbrushes
- 2. Paint the pots there are no bad designs!

Activity - Part 2

- 1. Carefully remove tray from the farm and place on table
- 2. Fill each pot three-quarters of the way full with potting soil
- 4. Gently remove herbs/flowers from growth medium, taking care not to damage roots
- 5. Have group plant herb/flower in their own pot
- 6. Water immediately after planting and heavily for 3 days thereafter
- 7. Participants take home their potted herb/flowers and place them in a sunny window, watering as needed to keep the soil moist

Wrap up

- 1. Clean trays, lids and net cups, then spray with food-safe sanitizing solution
- 2. Return trays to farm
- 3. Tap Harvest in the Guided Growing app
- 4. Turn AutoFarmer back on
- 5. Share online and tag #babylonmicrofarms



Leaf Pressing

This simple activity offers students, residents, and staff an opportunity to express themselves artistically or simply meditate on the beauty of the natural world. They watch as you harvest fresh herbs, then they select an assortment of stems/flowers to press into a heavy book. After 2 weeks, the group can reconvene to glue the stems/flowers to high-quality paper or add to a floating frame.



Prep Time: 15 minutes **Activity Time:** 10-15 minutes

Supplies

- 1 zone of herbs/flowers
- Gloves
- Sanitized scissors
- 1 hotel pan or tub
- Heavy books*
- Parchment or Wax paper
- Paper towels

- Linen paper (optional)
- Clear glue
- Floating frames* (optional)

Prep

1. Using the app, turn off AutoFarmer, turn on lights, and wait 15 minutes for trays to drain

Activity - Part 1

- 1. Carefully remove trays and place on table
- 2. Wearing gloves, snip the stems/flowers and place in hotel pan or tub
- 3. Your group can lay wax or parchment paper across both pages of an open book, then place a paper towel on the right-hand side of the book
- 4. Pat dry freshly harvested leaves/flowers, then place on paper towel in book
- 5. Carefully fold the wax or parchment paper over stems/flowers, then close book
- 6. Place other books or heavy objects on top of book

Wrap up

- 1. Discard any growth medium from fully harvested herbs/flowers
- 2. Return trays to farm
- 3. Turn AutoFarmer back on
- 4. Share online and tag #babylonmicrofarms

2 WEEKS LATER

Activity - Part 2

- 1. Carefully open book, revealing dried stems/flowers
- 2. Arrange together in a creative way
- 3. Glue to paper, make a bookmark, or place in a floating frame for display





Leaf & Flower Threading

This simple activity offers students, residents, and staff an opportunity to express themselves artistically and create craft such as sashes and garland. They'll watch as you harvest fresh flowers or herbs, then select an assortment of leaves/flowers to thread with a needle or stick. Get creative and try different shapes, colors, and patterns! Add in mixed media with beads, colorful strings, or fall leaves.

Prep Time: 15 minutes

Activity Time: 10-30 minutes

Supplies

- 1 zone of herbs/lettuce/flowers
- Gloves
- Sanitized scissors

- Thread, jute, string, or yarn
- Needle, stick, chopstick, or pencil
- 1 hotel pan or tub





Paper towels

Prep

1. Using the app, turn off AutoFarmer, turn on lights, and wait 15 minutes for trays to drain

Activity

- 1. Carefully remove trays and place on table
- 2. Wearing gloves, snip the leaves/flowers and place in hotel pan or tub
- 3. Pat dry freshly harvested leaves/flowers, then place on paper towel
- 4. Attach string/yarn/jute etc... to a needle or stick
- 5. Sew leaves and flowers together to make designs... get creative!

Wrap up

- 1. Discard any growth medium from fully harvested herbs/flowers
- 2. Return trays to farm
- 3. Turn AutoFarmer back on
- 4. Share online and tag #babylonmicrofarms





Basil Showdown

This fun activity offers students, residents, and staff an opportunity to choose what you'll grow and engage in sensory activities that challenge them with various flavor profiles of similar plants.

Prep Time: 15 minutes **Activity Time:** 10-15 minutes

Supplies

- Fill all zones with basil
- Gloves
- Sanitized scissors
- 1 hotel pan or tub
- Basil Showdown Bracket (See Next page)
- Index cards
- Plates

Prep

- 1. Contact your Account Manager to request basil seeds to grow in your farm
- 2. Plant all the basil at once or vote on which basils get planted first
- 3. (Before Activity) Using the app, turn off AutoFarmer, turn on lights, and wait 15 minutes for trays to drain

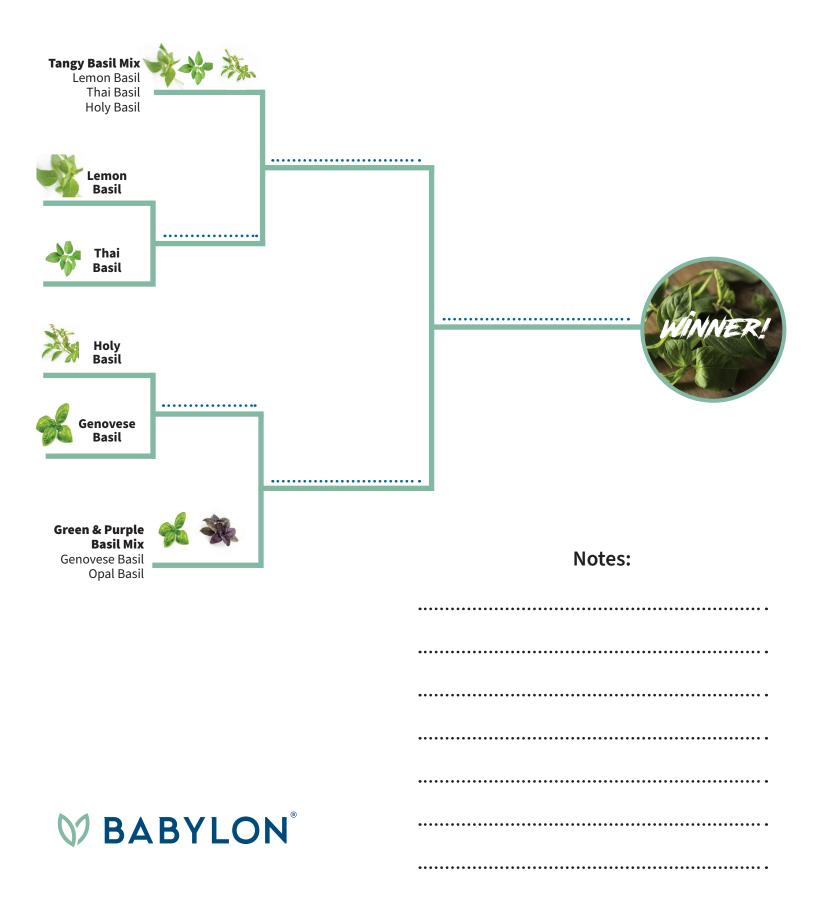
Activity

- 1. Print out basil brackets and voting materials on next page
- 2. Carefully remove trays and place on table
- 3. Wearing gloves, snip the stems/flowers and place in hotel pan or tub
- 4. Serve basil or a basil sauce made with different basil leaves
- 5. Vote on which basil they like and complete the brackets
- 6. Vote on the winners in the bracket in once sitting or over weeks
- 7. The winner is the crop(s) they choose to order for growing in the farm moving forward.

Wrap up

- 1. Discard any growth medium from fully harvested herbs
- 2. Return trays to farm
- 3. Turn AutoFarmer back on
- 4. Share online and tag #babylonmicrofarms

BEST BASIL SHOWDOWN!





Plant Jeopardy

Test activity participants' plant knowledge skills with this exciting game of Plant Jeopardy! Question categories include: Name That Plant, History of Farming, Plant Terminology, Farming Terminology, and Miscellaneous. **Read on to learn how to play!**



Plant Jeopardy Rules

- 1. Pull up the Jeopardy Board on a presentation screen.
- 2. Divide activity participants into 3-4 teams.
- 3. Teams take turns choosing a category and question in that category associated with a specific dollar amount (\$100, \$200, \$300, etc.).
 - a. E.g. "Our group wants Name that Plant for \$400."
- 4. Click on the group's selected question in the presentation, then click on the link to that slide in the presentation.
- 5. Read out the question to the group.
- 6. Allow the group to deliberate for 1 minute. By the end of the minute, the group must give an answer or forfeit the question.
- 7. Once the group has given their answer, click to the next slide to reveal the correct answer.
- 8. If the group got the question right, they get the points.
 - a. E.g. Give the team \$200 points if it selected a \$200 question.
- 9. Return to the Jeopardy Board on slide two & strike through the question if answered correctly.
- 10. Allow the next group to select an available question. Repeat the process above until all questions on the board have been answered.
- 11. **FINAL JEOPARDY ROUND!** Ask each team to select a dollar amount to wager for Final Jeopardy (teams can't wager more than they have). Click on "Final Jeopardy" in the top right hand corner of the Jeopardy Board on slide two. Read the question aloud and give each team 1 minute to (quietly!) come up with their own answer and write it down on a small piece of paper. After the minute is up, have each team display their answer on their page. Calculate the teams' final scores if a team gets the answer correct, add their wagered amount to their total points, and if a team gets the answer incorrect, subtract their wagered amount from their total points. The team with the highest final score wins the game!

PARRILLE

Test your Knowledge!

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FINAL JEOPARDY

JEOPARDY BOARD

Name that Plant	History of Farming	Plant Terminology	Farming Terminology	Misc.
\$100	\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200	\$200
\$300	\$300	\$300	\$300	\$300
\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500

Name That Plant - \$100 Question

What is the name of this leafy green? It is often found in Caesar salads.





Name That Plant - \$100 Answer

Romaine



Name That Plant - \$200 Question

Can you name this leafy green?
Popeye would tell you to eat more of it.





Name that Plant - \$200 Answer

Spinach



Name That Plant - \$300 Question

Can you name this trendy superfood?





Name That Plant - \$300 Answer

Kale



Name That Plant - \$400 Question

Can you name this herb?





Name That Plant - \$400 Answer

Cilantro



Name That Plant 5 - \$500 Question

Can you name this leafy green which originated in China?





Name That Plant - \$500 Answer

Bok Choy



History of Farming - \$100 Question

Name the company that made this tractor in 1944:





History of Farming - \$100 Answer

John Deere



History of Farming - \$200 Question

Indigenous people of North America often planted corn, squash, and beans together as companion plants. Together, these crops are also called:





History of Farming - \$200 Answer

The Three Sisters



History of Farming - \$300 Question

This region in the Middle East was home to the first farmers and is often referred to as the "Cradle of Civilization." It includes modern-day Syria, Israel, Jordan, Iraq, Palestine, and Western Turkey.



History of Farming - \$300 Answer

The Fertile Crescent



History of Farming - \$400 Question

The civilization pictured below is famous for creating elaborate "floating gardens" in pre-Columbian Mexico during the 13th century.





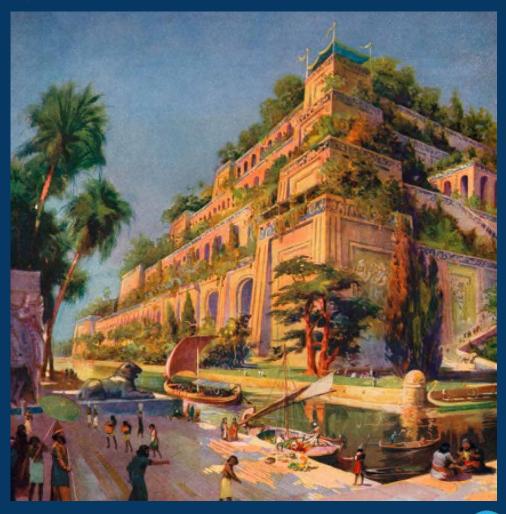
History of Farming - \$400 Answer

The Aztecs



History of Farming - \$500 Question

Babylon
Micro-Farms is
named after this
site, one of the 7
Wonders of the
Ancient World.







History of Farming - \$500 Answer

The Hanging Gardens of Babylon



Plant Terminology - \$100 Question

This is the process by which a seed begins sprouting into a plant.



Plant Terminology - \$100 Answer

Germination



Plant Terminology - \$200 Question

This word describes plants that are historically found in their current area. In other words, they're not foreign plants, but...



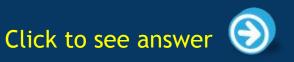
Plant Terminology - \$200 Answer

Native



Plant Terminology - \$300 Question

The process by which plants use sunlight to convert water and carbon dioxide into energy and oxygen.



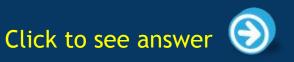
Plant Terminology - \$300 Answer

Photosynthesis



Plant Terminology - \$400 Question

As opposed to perennials, this term describes plants that complete their whole life cycle in *one year*.



Plant Terminology - \$400 Answer

Annual



Plant Terminology - \$500 Question

Name this trio of essential nutrients found in many fertilizers, often shortened to "N-P-K".



Plant Terminology - \$500 Answer

Nitrogen - Phosphorus - Potassium



Farming Terminology - \$100 Question

This is the word for the agricultural technique of applying water to crops in regular intervals.



Farming Terminology - \$100 Answer

Irrigation



Farming Terminology - \$200 Question

Term for a large planting of a single crop.



Farming Terminology - \$200 Answer

Monoculture



Farming Terminology - \$300 Question

Rather than to produce food, this type of crop is designed to cover the soil and helps prevent erosion and restore soil quality.



Farming Terminology - \$300 Answer

Cover Crop



Farming Terminology - \$400 Question

A method of growing plants without soil and using nutrients dissolved in water.



Farming Terminology - \$400 Answer

Hydroponics



Farming Terminology - \$500 Question

This green pigment found in the plant leaf cells is essential for energy production during photosynthesis.



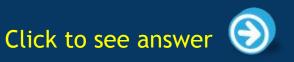
Farming Terminology - \$500 Answer

Chlorophyll



Miscellaneous - \$100 Question

Blueberries and vegetables like kale and spinach contain these substances, which protect our cells against free radicals and prevent diseases.



Miscellaneous - \$100 Answer

Antioxidants



Miscellaneous - \$200 Question

What is the most widely produced crop in the U.S.?



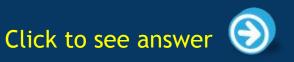
Miscellaneous - \$200 Answer

Corn



Miscellaneous - \$300 Question

The world population is projected to hit how many billion by 2030?



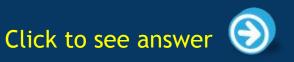
Miscellaneous - \$300 Answer

8 billion



Miscellaneous - \$400 Question

Farmers use this method for maintaining healthy nutrient levels in the soil by changing or alternating the crops they grow each season or each year.



Miscellaneous - \$400 Answer

Crop Rotation



Miscellaneous - \$500 Question

This type of vegetable is unlike most commercially grown types because it is grown from seeds that have been passed down through generations, usually at least 50 years.



Miscellaneous - \$500 Answer

Heirloom



FINAL

PARRILLE

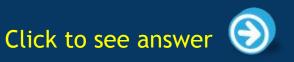
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Final Jeopardy Question

Who invented the first mechanical reaper in 1831?



Final Jeopardy Answer

Cyrus McCormick



Presentation adapted and originally by Eric Curts.





Babylon Bingo

Plant Bingo Caller Instructions

Before starting the game, make sure you have the "Plant Bingo Presentation" open and displayed on a projector for all players to view.

Player Objective: Players will try and guess the name of each plant from the picture and hint on the presentation. Each player marks his or her answers on their bingo card by placing a chip over each box with the name of the plant



he/she thinks is the answer. Players may automatically place a chip on the FREE SPACE in the center of the board as marked. Once a player gets 5 boxes in a row (i.e. in a straight row, column, or diagonal), they raise their hand and/or shout "Bingo!". Multiple players can call bingo at the same time. The Bingo caller, or bingo administrator then walks over to check the player's card to make sure they have the correct plant names marked in a row, column, or diagonal. Those who have marked five plants correctly on their board can receive a prize!

Here's how to run the game:

- 1. Pass out one bingo card to each player. Hand each player their bingo chips.
- 2. In the Plant Bingo Presentation displayed on a large screen, begin with the first plant. Display the slide for each plant for one 30 seconds to a minute each, reading the clue on the slide once or twice for all players to hear.
- 3. After the minute is up, continue to the next plant.
- 4. Repeat this process until one of the players shouts "Bingo!". Walk over to check the player's card, comparing their answers with the plants for which you have called, comparing to the provided "Bingo Key" document that corresponds with the presentation. NOTE: Keep track of where you are on this list as you progress through the powerpoint so that you may quickly be able to check a player's card when he/she calls bingo.
- 5. If the player(s) has/have marked 5 correct plants with their chips in a straight row, column, or diagonal, they get a point. You and the players alike should keep score of players' bingo points. Once a player gets Bingo, all players should clear the chips from their boards to start fresh, but keep proceeding through the Presentation (do not go back to the beginning.)
- 6. If a player calls Bingo but does not have all five plants marked correctly on his or her card, tell them they are incorrect and proceed with that game until someone correctly calls Bingo. When someone calls Bingo and has all five plants marked correctly on their card, they can receive a prize!
- 7. Repeat this process until you get to the end of the slideshow presentation.

♡ BABYLON° **BINGO KEY**

- Plant 1 Marigold
- Plant 2 Mustard Greens
- Plant 3 Opal Basil
- Plant 4 Lemon Balm
- Plant 5 Cilantro
- Plant 6 Kale
- Plant 7 Boston Lettuce
- Plant 8 Spinach
- Plant 9 Bok Choy
- Plant 10 Dill
- **Plant 11** Genovese Basil
- Plant 12 Holy Basil
- Plant 13 Chive
- Plant 14 Marjoram
- Plant 15 Lemon Basil
- Plant 16 Spearmint
- Plant 17 Beet
- Plant 18 Sage
- **Plant 19** Peppermint
- Plant 20 Romaine Lettuce
- Plant 21 Bell Pepper
- Plant 22 Arugula
- Plant 23 Thai Basil
- Plant 24 Radish
- Plant 25 Strawberry
- Plant 26 Oregano
- Plant 27 Tomato
- Plant 28 Green Bean
- Plant 29 Cucumber
- Plant 30 Thyme
- Plant 31 Blueberry
- Plant 32 Nasturtium
- Plant 33 Parsley
- Plant 34 Red Oak Lettuce
- Plant 35 Cabbage

Cilantro	Red Oak Lettuce	Romaine Lettuce	Peppermint	Green Bean
Dill	Spearmint	Parsley	Holy Basil	Bell Pepper
Bok Choy	Sage	FREE SPACE	Spinach	Blueberry
Marigold	Boston Lettuce	Thai Basil	Arugula	Strawberry
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Marigold	Boston Lettuce	Romaine Lettuce	Oregano	Blueberry
Bok Choy	Genovese Basil	FREE SPACE	Peppermint	Strawberry
Lemon Balm	Sage	Thyme	Holy Basil	Bell Pepper
Nasturtium	Red Oak Lettuce	Thai Basil	Arugula	Tomato



Dill	Marjoram	Lemon Basil	Radish	Bell Pepper
Marigold	Opal Basil	Thyme	Chive	Blueberry
Mustard Greens	Spearmint	FREE SPACE	Arugula	Tomato
Bok Choy	Genovese Basil	Thai Basil	Oregano	Strawberry
Cilantro	Sage	Kale	Spinach	Green Bean



Bok Choy	Genovese Basil	Parsley	Chive	Strawberry
Dill	Red Oak Lettuce	Kale	Holy Basil	Green Bean
Mustard Greens	Marjoram	FREE SPACE	Peppermint	Beet
Cilantro	Opal Basil	Romaine Lettuce	Arugula	Cucumber
Marigold	Sage	Thai Basil	Spinach	Blueberry



Mustard Green	Sage	Romaine Lettuce	Peppermint	Blueberry
Nasturtium	Opal Basil	Lemon Basil	Radish	Cucumber
Dill	Red Oak Lettuce	FREE SPACE	Oregano	Tomato
Cilantro	Marjoram	Cabbage	Holy Basil	Strawberry
Bok Choy	Boston Lettuce	Thyme	Spinach	Beet



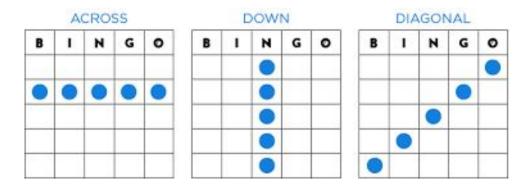
PLANT BINGO

How strong are your plant identification skills?



How to Play

Using the hints on the screen, place a chip on the square on your bingo card for the plant or variety you think is the answer. The goal is to get five squares in a row across, down, or diagonally.



Raise your hand and ask the Bingo leader to check your card. If you got all varieties correct, you get a point!

Multiple players can call Bingo at the same time. Once one or multiple players successfully get Bingo, all players remove the chips from their boards to begin again. The bingo leader then will resume proceeding through the clues. At the end, the player(s) with the most Bingo points wins!







Can you name this leafy green?

This leafy green originated in the Himalayan Region of India and has a unique **mustard** flavor. It is considered a good source of magnesium, calcium, folic acid, and Vitamin K. It supports heart health and disease-fighting capabilities.





This **purple** herb contains naturally occurring pigments that may have antiviral and anti-inflammatory benefits. Its flavor is slightly move savory than traditional Genovese Basil with stronger undertones of ginger and anise.



This **lemony** herb is native to Europe, specifically the Mediterranean Region. Nuns used to use it as an "uplifting" agent for spells that heal the brokenhearted and attract romantic lovers.





Easily confused with parsley, this herb contains anti-cancer antioxidants, anti-inflammatory properties, and a variety of health benefits including the ability to help reduce LDL or "bad" cholesterol.

Ancient Egyptians believed this herb nourished the dead in the afterlife.



Can you name this leafy green?

This leafy green is bold, hearty, and bitter, especially when eaten raw.

Despite the recent health craze over this green, Europeans used to call it "peasant cabbage".





Can you name this lettuce variety?

Also known as Bibb Lettuce, this variety has sweet, buttery leaves and is **named after**Massachusetts's largest city.
It contains Vitamin A & C, folate, iron, calcium, and fiber.



Can you name this leafy green?

Popeye would tell you to eat more of this green, which promotes eye health and contains antioxidants and anti-cancer compounds.





Can you name this leafy green?

This leafy green originated in China and is sometimes referred to as a "soup spoon" because of the shape of its leaves. It is a staple in many stir fry and soup dishes.





The name of this herb comes from the Norwegian word "dilla," meaning to soothe. It has antibacterial and anti-inflammatory properties and supports bone health and digestion. Some even use it as a sleep aid.





Though this herb is usually considered to be Italian, it originated in India, where people have used it as a spice and as a medicine for at least 5,000 years.





A central part of cultures in India, this **type of basil** is often incorporated into Hindu **prayers** for good health and wellbeing.





This herb has a much more delicate onion flavor than green onions and is usually used as a seasoning.





This herb is native to Southern Europe and similar to oregano. Used to help calm digestive troubles, it has antiseptic, anti-bacterial, anti-fungal, and anti-inflammatory properties.

HINT: The name of this herb starts with an "M".





This type of **basil** has a distinct yet lovely **lemony** aroma. It is a staple in many Indonesian cuisines.





This herb has a recognizable minty flavor similar to that of peppermint. It is used in massage oils, aromatic therapy, and can even help relieve itching.





Can you name this vegetable?

The compound that gives this vegetable its red color helps flush toxins from the body.





This herb has a sweet, bitter, and pine-like flavor. Europeans used it to fight the Bubonic Plague during the 14th century.

HINT: The name of this herb also means "wise man or woman".





This herb has a recognizable minty **flavor similar to that of spearmint**. Ancient Greeks believed it could cure hiccups.





Can you name this leafy green?

The staple leaf in Chicken Caesar Salad recipes, this leafy green is crisp and succulent with a mild, slightly bitter flavor. It contains Vitamin A & C, folate, iron, calcium, and fiber.





Sometimes thought to be a vegetable, this variety is actually a fruit because they come from flowering plants and contain seeds.





Can you name this leafy green?

Also called roquette, this salad green has a sharp peppery bite that gives it flavor and makes it resistant to pests.



This type of basil originated in Southeast Asia and is used in many **Thai** dishes and stir fries because its flavor can withstand the high heat of the wok.





Can you name this vegetable?

Crisp, peppery, and pungent, this root vegetable is in the same family as horseradish.





Each of these berries has around 200 seeds on its surface.





This herb is pungent, earthy, and minty. It is a traditional Mediterranean herb and plays a prominent role in Greek and Italian cuisines.

HINT: The name of this herb sounds similar to the name of the U.S. state containing the city of Portland.





Along with potatoes, this fruit is one of the most commonly consumed vegetables in the U.S.





Can you name this vegetable?

This vegetable is the third most commonly grown vegetable in home gardens across the U.S., following tomatoes and peppers.





About 95% of this fruit is water. Its cooling, soothing effect that can decrease skin swelling and inflammation, which is why some apply this fruit to the eyes to decrease puffiness.





Ancient Greeks believed cows that grazed in fields containing lots of this herb had better tasting meat.

HINT: What do clocks tell?





These berries have more antioxidants than any other fruits or vegetables, meaning they help prevent heart disease, cancer, and other diseases.





Can you name this leafy green?

The leaves of this green are tender with a hard peppery bite that can cause a slight tingling of the nose. It is high in Vitamin C and has antibiotic properties.





Easily confused with cilantro, this herb has a sweet, clean flavor and aroma and is used as a palate cleanser.





Can you name this lettuce variety?

This **red** lettuce variety has a buttery, nutty, mellow flavor. It contains Vitamin A & C, folate, iron, calcium, and fiber.





Can you name this leafy green?

This leafy green is peppery when raw but turns sweet with cooking. It is one of the oldest vegetables in human existence and remains a staple in cuisines all over the world to this day.







Activities Inspiration

The ideas below are meant to inspire and serve as a starting point to build engagement that fits your community.

Basic Activities

- **Surveys** Start simple: talk to your community and ask for their input on what to grow.
- **Planting** Engage your group with the growing process by showing them where it all begins with planting! Teach them the seeding basics and perform a demo so they can do it themselves.
- **Harvesting Demo** Allow groups to take part in the harvesting process. Teach them the basics and perform a demo so they can help harvest themselves.
- Naming plants Engage groups even more by letting them name their own plants in the farm. Groups can add chalk nameplates to claim plants in the farm and watch them grow each day! This provides an opportunity for your group to connect with the process of seed to fork.
- Touch, Taste & Smell Help groups sharpen their herb and flower identification skills with live plants from your farm.

Games & Group Activities

Bring people together to socialize, sharpen their cognitive and plant identification skills, and learn something new!

- **Plant Crafting** Painting, leaf pressing, bouquet and soap making are all possibilities with the plants from your farm. Supply your groups with the supplies they need to get crafting with plants.
- Live plant identification Tell your community about what's growing in their farm by showing them live plants and the provided flashcards, which contain images, information about nutritional benefits, and fun facts about plant origins.
- Curated guided group meditations with a garden/nature focus, grow your own incense
- Curated books for a book club (Braiding Sweetgrass)
- Enjoy classical or any calm music with your plants

Cooking Demos

Showcase the produce from your farm in signature dishes that are bound to impress your community. You can even create unique cocktail mixes and select wines to pair for happy hours and dinners.

• Select recipes featuring farm produce:

- Caprese Salad
- Caesar Salad
- Tomato & Babylon Basil Bruschetta
- o Pesto
- Micro-Green tasting
- Power smoothie of greens (kale, microgreens)

Additional Ideas for Herbs

- Herb Broom for Halloween (OCTOBER)
- Herb Centerpiece for Thanksgiving (NOVEMBER)
- Herbal Advent Calendar (DECEMBER)
- Herbal Tincture for Stress Relief for Arthritis
- Herbal Candle Making
- Herbal Mint Teas
- Herbal Coaster Making
- Herbal <u>Small Planted Aquarium</u>