

# FULL DAY FOOD & FARMING

## LESSON PLAN



**WOLF RIDGE**<sup>SM</sup>  
ENVIRONMENTAL LEARNING CENTER



## CLASS DESCRIPTION: A Sustainability Class

This class explores the Wolf Ridge Farm through work, games, hands-on activities, learning stations, and eating. The students become farmers for the morning, expanding their food skills as they harvest vegetables and make homemade pizzas for lunch. In the afternoon, they harness up to the human plow, look deep into soils, branch out into plant identification, discuss the importance of diversity, and fly through an exploration of pollination. The class concludes with a farm web activity and personal reflections on agriculture as an important global environmental issue.

**NOTES:** To conduct Food & Farming, Wolf Ridge requires two additional adult supervisors(18 yrs+).\*\*\*No tobacco is allowed on the farming property.\*\*\*

**Total time:** 8.5 hours (outdoors & indoors)

**Audience:** 3-20 students, 1st grade through adult

**Activity level:** easy to challenging

**Travel:** 1 mile

**Total uphill travel:** 400 feet

**Required clothing:** closed toed footwear

**Suggested clothing:** hat, sunglasses, bug nets in season.

## GUIDING QUESTION

What do we need to know and manage to be a successful farmer?

## CONCEPTS

1. Food is produced on a diversity of farms using a wide range of methods of production and scales of operation.
2. Farming requires a broad knowledge of mechanical, physical, chemical, and biological systems.
3. Everything in nature is interconnected, and everything in agriculture is dependent on nature.
4. Being good stewards of the land through our food production and personal consumption choices will greatly affect the health of ourselves and the earth's ecosystems.

## OUTCOMES

Upon completion of Food and Farming class students will be able to:

1. Define "agriculture" and distinguish between "soil" and "dirt."
2. Understand plant and nutrient cycles and ID specific vegetables and food crops.
3. Understand how the Wolf Ridge Organic Farm fits into the larger food & farming system
4. Explain how to prepare for, plant, harvest, clean vegetables
5. Share new ideas about soil and plants that they did not know before the class began.
6. Share thoughts and ideas on what it might feel like to be a farmer.



**WOLF RIDGE**<sup>SM</sup>  
ENVIRONMENTAL LEARNING CENTER

**Our mission** is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

6282 Cranberry Road | Finland, MN 55603-9700 | [www.wolf-ridge.org](http://www.wolf-ridge.org)

*Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.*



## Equipment

- Timber Frame – The educational materials for teaching are in bins along the wall to the right of the pizza oven. Wood for the fire is along the wall to the left of the oven. Tables and chairs are also here.
- Processing Building – Pizza-making equipment is on the shelving opposite the door between the wash room and the kitchen. Pizza ingredients are in the walk-in refrigerator or freezer. Dishes are to the right of the kitchen sinks. Soaps and sanitizers are to the left.
- Sweat High Tunnel – Work and testing tools are found in the second hoop house (a.k.a. Sweat House). Shovels and hoes are to the left of the main door. Soil probes and drills are to the right.

## Appendices

- Glossary
- Additional Information
- Optional Activities
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

## Set-up (15 min.)

- Classroom/class prep description
- Safety Management

## [Hike to the Farm (40 min.)]

### I. What does it take to be a farmer? (90 min.)

- A. Work Projects
- B. Class Overview

### II. How do we use what we grow? (90 min.)

- A. Harvest Vegetables for lunch
- B. Process and Prepare Vegetables
- C. Make Pizzas
- D. Clean Up Lunch

### III. Why is soil not dirt? (60 min.)

- A. The Human Plow
- B. Exploring Soil Structure
  1. How does Soil Feel?
  2. Mixing Soil Game
  3. Name that Soil

### IV. Why is plant diversity so important? (45 min.)

- A. Getting to Know Plants (Choose one activity)
  1. Plant Scavenger Hunt
  2. Plant Detective/Teaching Circles
  3. Plant Selections or Planting Selections
- B. Plant Systems (Choose one activity)
  1. Plant Diversity & Pests/Disease
  2. Photosynthesis Game

### V. What role do pollinators play on a farm? (30 min.)

- A. Be a Bee.
- B. Plant a Monarch
- C. Pollinator ID
- D. Capture the Nectar Game

### VI. How can farming be sustainable? (30 min.)

- A. Farm Food Web Ecosystems
- B. Bury Your Intentions

## [Return to Wolf Ridge (40 min.)]

## Clean-up (5 min.)