

## PROJECT INSPIRE LESSON PLAN

# FARMING HISTORY, COMMUNITY & TEAMWORK WORKSHOP

### Curriculum Objectives

In this workshop students are taught the value of working as a team by learning about problems our community faces and how those problems can be solved peacefully. The lessons focus on examining history to understand the origins and influences on Lowcountry cuisine while teaching students how they can work together, respect the environment, and share plant resources with humans and wildlife.

### Details

**Location:** Stono Preserve Student Garden

**Lesson:** Outdoors

**Activity:** Outdoors

**Time of year:** Anytime (can be paired with Thanksgiving)

**Partners:** Boy Scouts of America; completion of this workshop earns Scouts their Messengers of Peace badge

**Age:** Elementary school

### Activity 1: Weeding

Teach students the importance of diverse plant communities as they work as a team to share resources with humans and wildlife. Here, students learn about invasive species and work to actively remove invasive species from the garden by pulling up the plants. As they remove the invasive species, have the students place the plants in a wheelbarrow for easy transportation out of the garden.

### Materials

- Garden gloves
- Wheelbarrow

### Additional Resources

- Invasive Species 101 National Geographic (video)
- Invasive Species: The Basics (video)
- Easy Weeding – How to Get Rid of Weeds in our Vegetable Garden (video)

## Activity 2: Raised Beds

Students learn how vegetables help humans and how humans can help vegetables.

### Additional Resources

- [Learn the Benefits of Gardening in Raised Beds \(video\)](#)
- [14 Reasons Why Raised Beds Are the Best Way to Garden \(blog\)](#)



Source: [Joe Gardener](#)



Source: [Help Me Compost](#)

## Activity 3: Composting

Show how nature can teach humankind to be resourceful and provide enough resources for a thriving community that plays on the strengths of individual members.

### Additional Resources

- [Composting at Home \(website\)](#)
- See Waste and Composting lessons for additional resources

## Activity 4: History Lesson

Students learn about Thanksgiving and where some traditional ingredients originate. Students learn how American and African cultures have influenced Lowcountry cuisine and agricultural landscapes and how Thanksgiving brings together diverse communities. (Listening activity). History lesson will be organized by EVSS Sustainable Agriculture.