



# Grow-Your-Own at Home!

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## Week 2: Plenty of Plants

### LESSON OVERVIEW

This lesson covers the skills of planting a seed and seedling, basic plant science (parts of the plant and their function), introduces the concept of native prairie plants as our natural ecosystem in the Great Plains, introduces plant families, and basic plant identification.

### LESSON OBJECTIVES

- Participants will learn the technique of planting a seedling.
- Participants will learn how to sow a seed.
- Participants will be able to identify plants in their garden.
- Participants will learn the parts of a plant and their function.
- Participants will learn the difference between annuals and perennials.
- Participants will be able to identify one native or prairie plant.

### VOCABULARY

**annual** - plants that perform their entire life cycle from seed to flower to seed within a single growing season

**perennial** - plants that persist for many growing seasons; generally the top portion of the plant dies back each winter and re-grows the following spring from the same root system

**biennial** - plants that require two years to complete their life cycle

**prairie** - an extensive, level or slightly undulating, mostly treeless tract of land in the Mississippi River valley, characterized by highly fertile soil and originally covered with coarse grasses, and merging into drier plateaus in the West

**native plants** - plants indigenous to a given area in geologic time

**genus** - a principal taxonomic category that ranks above species and below family

**species** - a group of living organisms consisting of similar individuals capable of exchanging genes or interbreeding; species is the principal natural taxonomic unit, ranking below a genus

**conservation** - preservation, protection, or restoration of the natural environment, natural ecosystems, vegetation, and wildlife

### MAJOR PLANT FAMILIES

Alliaceae - Onion Family (garlic, onion, leek, chives)

Amaranthaceae - Amaranth Family (beets, amaranth, quinoa, spinach, lamb's quarter, celosia)

Apiaceae - Carrot Family (parsley, carrot, dill, celery, cilantro, fennel)

Asteraceae - Aster Family (echinacea, dandelion, sunflower, sunchoke, artichoke)

Brassicaceae - Mustard Family (broccoli, cabbage, Brussels, kale, collards, rutabaga, turnip, arugula)

Cucurbitaceae - Cucumber Family (melons, cucumbers, watermelons, squash, pumpkins)

Fabaceae - Bean Family (beans, peas, chickpeas, soybeans, lentils, clover, alfalfa)

Lamiaceae - Mint Family (basil, sage, mint, thyme, rosemary, lavender, bee balm)

Poaceae - Grass Family (corn, wheat, barley, oats, rice)

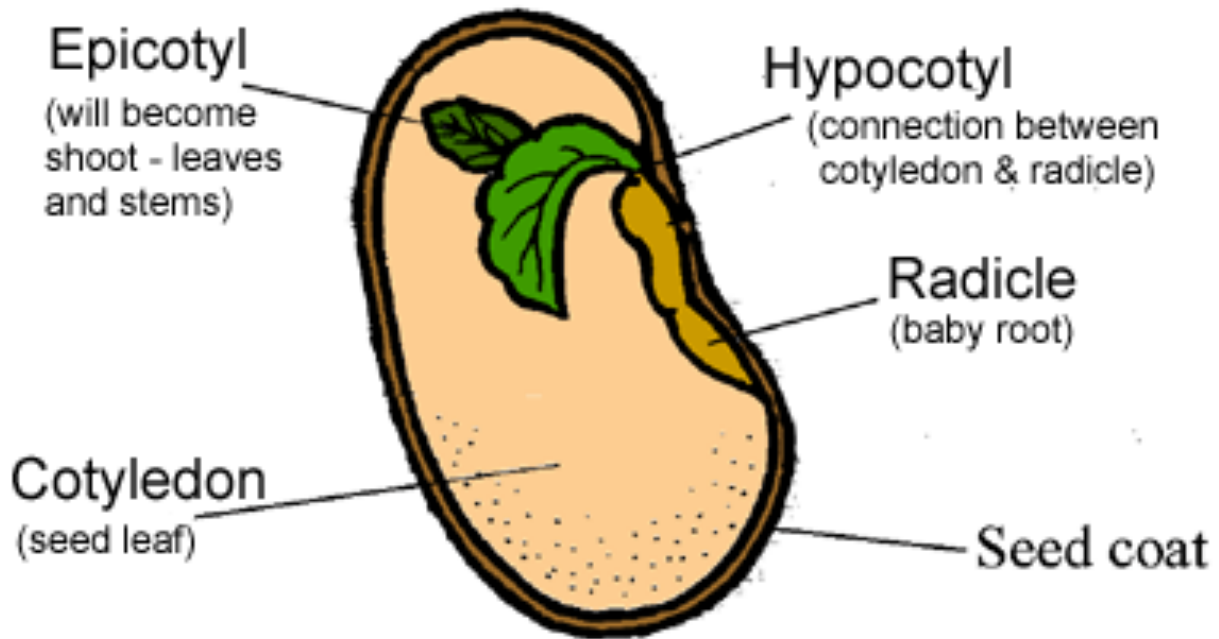
Solanaceae - Tomato Family (potato, tomato, peppers, tomatillo, eggplant)



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### PARTS OF A SEED



Bean seed (dicot)

### QUESTIONS

- What are some of the seeds that we eat?
- What are some roots that we eat?
- What are some of the stems we eat?
- What are some of the leaves that we eat?
- What are some of the flowers that we eat?
- What are some of the fruits that we eat?

### CALL TO ACTION

- Go outdoors and find a plant. See if you can identify all six parts of the plant.
- Go on a scavenger hunt in your kitchen. See if you can find foods representing all parts of the plant.
- Make your own salad containing all 6 parts of a plant!

