From Rock To Radish- 7.02 Farm to Fork Continuum

1. Ask students if they have ever heard of rock and roll. What about rock and radish?
   1. How many students know what a radish is? Describe.
   2. How many students have eaten a fresh or cooked radish?
   3. What ways can you prepare a radish?
   4. How can we get from a rock to a radish?
2. Give each student an item From **Rock to Radish** bucket. Ask them to put the items in order (in front of the classroom) from the farm to the fork. How does a radish end up in your stomach from a rock?
   1. The basis for all soil is a rock. (rock)
   2. Rocks weather to become sand, silt, gravel, clay. (baggie of sand or gravel)
   3. Sand, clay, and silt mix with organic matter to form SOIL. Soil is the habitat where plants grow and where we harvest food. (baggie of soil)
   4. Farmers use tools like this trowel to grow food. (trowel)
   5. Farmers will use seeds, like this radish and put them in the soil. (radish seeds packet)
   6. The radish needs essential things to grow like water and light (bottle of water and lightbulb).
   7. When there is not enough rain, this is called a drought. A farmer (also called a grower) will apply additional water with irrigation (watering can or hose nozzle).
   8. Weeds will definitely grow around a plant and must be removed so they don’t compete with the radish (cultivator or gloves).
   9. A radish grows and is harvested (radish from store).
   10. The radishes are packaged, cooled, and transported to a distribution warehouse and then to a store (toy truck).
   11. Someone buys the radish (dollar bill).
   12. The radish is then taken to a restaurant or a home (toy truck).
   13. The radishes are prepared using a number of different cooking methods like grilling, sautéing, roasting, and pickling (cooking utensil).
   14. The radish is eaten (fork).
   15. This is what is known as a *food system*. There are a lot more steps than are even shown here to make the farm to fork or farm to table continuum work. This class will grow radishes and use them to experience this food system and how it functions in the real world and what role you can play in this system.
   16. This would be a great time to give students the leftover radishes to sample (just try eating fresh with ranch). Discuss some benefits of eating radishes in one’s diet.