

CRAFTS

GARDENING

GAMES

TRIVIA



BC
Agriculture
in the Classroom
Foundation
bcaaitc.ca

RECIPES

AND MORE!



FALL AG-ACTIVITY PACK

Celebrate 30 Years with Us!

GRADES 2-7

WHAT'S IN SEASON FOR FALL

Fall brings with it fun hayrides, pumpkin patches, falling leaves, cool weather... and harvest season! In most regions of BC, early autumn (September to November) is the busiest season of the year for harvesting fresh-from-the-farm produce. BC's fall harvest includes:

VEGETABLES: Artichokes · Beans · Beets · Bok Choy · Broccoli · Brussel Sprouts · Cabbage · Carrots · Cauliflower · Celery · Chard · Corn · Cucumbers · Eggplant · Fennel · Garlic · Ginseng · Kale · Leeks · Lettuce · Mushrooms · Mustard Greens · Onions · Parsnips · Peppers · Potatoes · Pumpkin · Radishes · Rutabagas · Salad Greens · Spinach · Tomatoes · Turnips · Winter Squash · Zucchini



FRUIT: Apples · Crab Apples · Cranberries · Grapes · Kiwi · Melons · Pears · Plums · Quince

OTHER: Grains · Herbs · Honey · Nuts



HARVEST TRIVIA

TRY THIS FUN QUIZ!

HINT - YOU CAN FIND MOST OF THE ANSWERS ON GROW BC AT WWW.BCAITC.CA

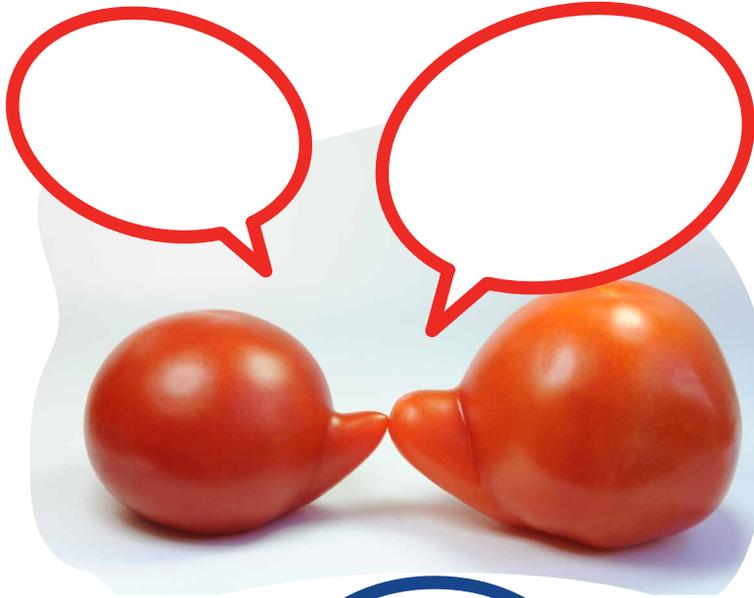
- What is the most grown vegetable in BC?
A) Pumpkins
B) Lettuce
C) Potatoes
D) Carrots
- Russets, yellows, and reds are all varieties of
A) Pumpkins
B) Potatoes
C) Parsnips
D) Plums
- What are the most ancient, cultivated vegetables?
A) Onions
B) Brussel sprouts
C) Corn
D) Garlic
- Tomatoes are botanically a...
A) Fruit
B) Vegetable
- Carrots have seeds
A) True
B) False
- Fresh blueberries are healthier than frozen blueberries
A) True
B) False
- Apples are comprised of
A) 25% water
B) 50% water
C) 85% water
- How many varieties of pears are grown worldwide?
A) 10
B) 30
C) 1,000
D) 3,000
- What colour are eggplants?
A) White
B) Purple
C) Green
D) Orange
E) All of the above
- What is a bumper crop?
A) An unusually abundant harvest from a particular crop
B) The back end of a tractor

ANSWER KEY: 1C: More potatoes are grown in BC than any other vegetable. 2B: Potatoes; other popular varieties include Yukon Gold, Klonlike Rose, and Sunrise. 3A Onions are perhaps the most ancient of cultivated vegetables, dating back to as early as 5,000 years ago. 4A: Tomatoes are botanically fruits but are considered vegetables by nutritionists. 5A: Carrots have very small seeds in them. 6B: Blueberries that are frozen shortly after picking have the same number of healthy compounds (antioxidants) as fresh blueberries. 7C: Apples are comprised of 85% water and contain a variety of essential minerals and vitamins. 8D: It is estimated that there are some 3,000 varieties of pears grown worldwide. 9E: Eggplant colour possibilities include solids and gradients of white, purple, green, and orange red. 10A: An unusually abundant harvest from a particular crop.

CAPTION TIME

PUT YOUR OWN WORDS TO THESE PHOTOS!

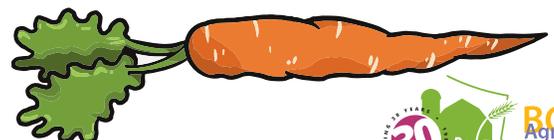
Some fruits and veggies have a life of their own!
Put captions next to these funny-shaped produce!



RANDOM CARROT FACTS

- Carrots come in many colours, including orange, white, yellow, purple, and red.
- Carrots are a version of the weed known as, "Queen Anne's Lace".
- The largest carrot cake in the world was made right here in BC! It weighed 2,075 kg (4,574 lb) and was made by Guildford Town Centre and Saint Germain Bakery. It used 500 kg (1,101 lbs) of carrots!

Check out BCAITC's [Carrot Fresh Stories](#) or [Grow BC](#) at www.bcaitc.ca for more carrot facts.



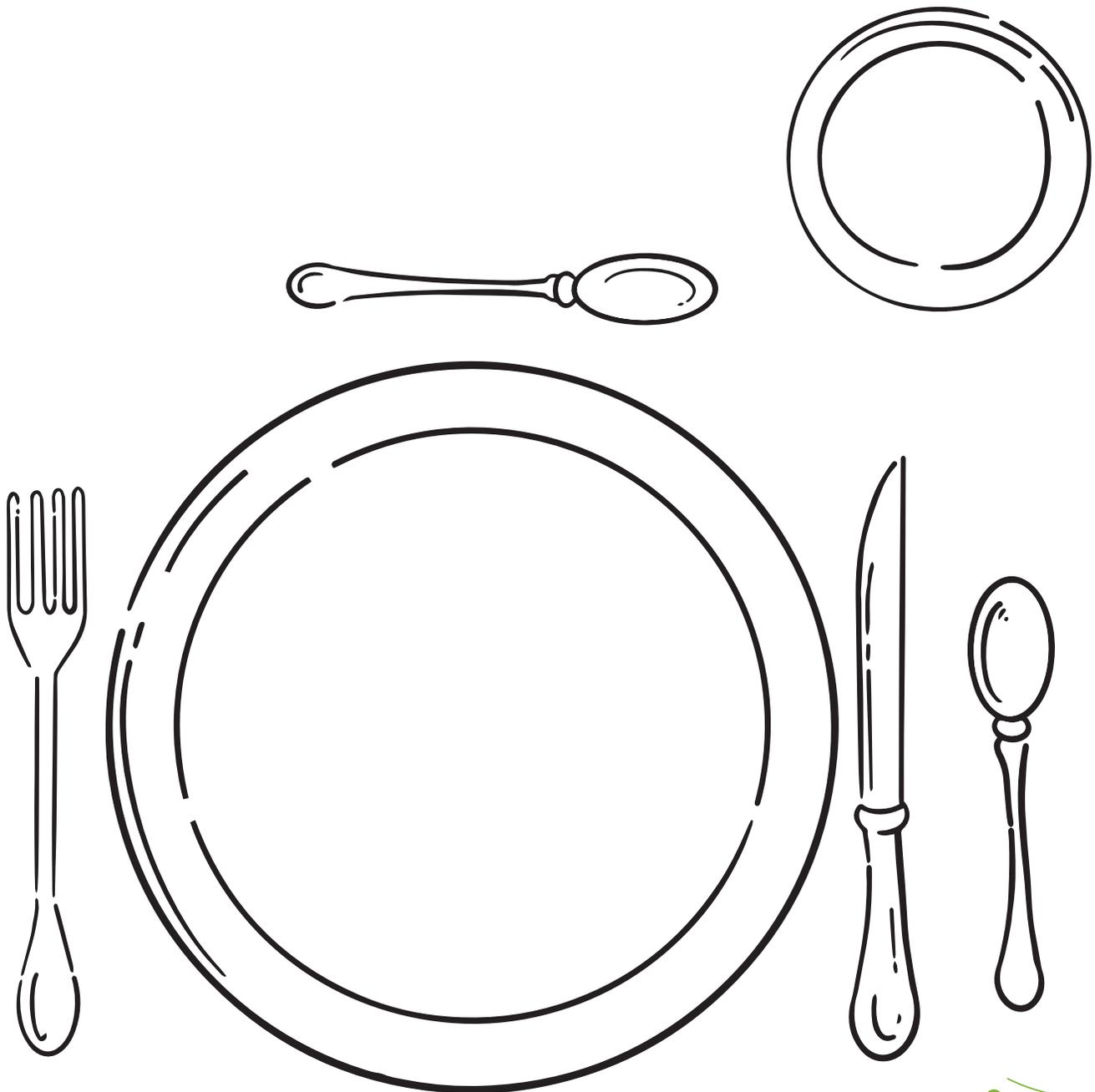
DESIGN YOUR OWN THANKSGIVING MEAL



Thanksgiving is a Canadian holiday, held on the second Monday in October each year. Thanksgiving celebrates the harvest and other blessings of the past year.

A traditional Thanksgiving dinner may feature turkey, mashed potatoes, green beans, and pumpkin pie... but everyone has different tastes. Now's your chance to design your own Thanksgiving dinner with your favourite foods!

Draw and label your foods on the plate below. Be sure to include healthy, BC grown, in-season foods (see page 2).



RECYCLED CD SCARECROW CRAFT

A scarecrow is a decoy that farmers use to discourage birds from disturbing crops. Scarecrows are used worldwide and take many shapes and forms. A traditional scarecrow features a human shape, but more modern designs feature shiny reflective materials that glint in the sun and ward off birds. Recycled CDs (with their reflective surfaces) make great scarecrows... and they are eco-friendly!

WHAT YOU NEED

- Recycled CDs (ask your parents for old CDs)
- Coloured permanent markers or glitter glue pens
- 12" (30 cm) piece of string or fishing line

HOW TO MAKE

1. Draw your favourite design on the shiny side of the CD with the permanent markers or glitter glue pens. Some design ideas could include a funny face, rainbows, flowers, bugs, or even your favourite sports team or school logo!
2. Loop the string (or fishing line) through the middle of the CD and tie a knot at the top. Leave a long length of string at the top.
3. Tie the long length of string on a tree or stick near your garden.



GROWING DOESN'T HAVE TO BE OUTDOORS!

Even during the cold and rainy (or snowy) days of fall – foods can grow in BC! How? In a greenhouse!

Greenhouses are buildings made of glass where plants are grown. Greenhouses range in size from small sheds to buildings as big as a football field!

When exposed to sunlight, the interior of a greenhouse becomes warmer than outside, protecting the greenhouse plants in cold weather. Greenhouses are like a tropical oasis, managed by science and technology!



Farmers' growing seasons are usually 3-6 months long in BC. But, with the use of greenhouses, farmers can grow their produce indoors for 10-12 months (almost all year long)!

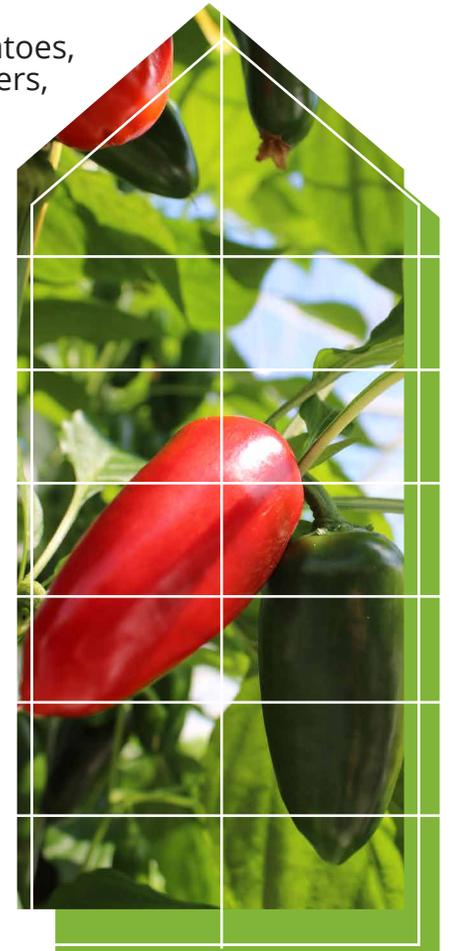
Greenhouses help extend farmers' growing seasons and protect plants from:

- Snow, hail, ice storms, and low temperatures
- Heat and wilting conditions
- Rain and soggy conditions
- Wind
- Animals and pests

Some of the most common items BC greenhouses produce are tomatoes, sweet bell peppers, hot peppers, mini peppers, long English cucumbers, mini cucumbers, eggplants, butter lettuce, and strawberries.

BC GREENHOUSE FUN FACTS

- Number of greenhouses in BC – over 55.
- Total annual farm gate sales of more than \$299 million.
- The estimated value of the sector to British Columbia's economy: More than \$699 million.
- Number of people employed: More than 3,500.
- Size of fields needed to produce the same number of vegetables grown in our greenhouses: 11,550 acres (more than eleven times the size of Vancouver's Stanley Park).
- Distribution of vegetables in production: Tomatoes: 28%; Long English cucumbers: 12%; Bell peppers: 56%; Other: 4%
- Average number of plants per acre: Tomatoes: 10,000; Cucumbers: 6,000; Peppers: 14,000
- Average amount of vegetables produced per square metre (using less space than your bathtub takes up): Tomatoes: 68 kg (150 pounds); Cucumbers: 160 cucumbers; Peppers: 55 pounds (24 kg)



MAKE A TERRARIUM

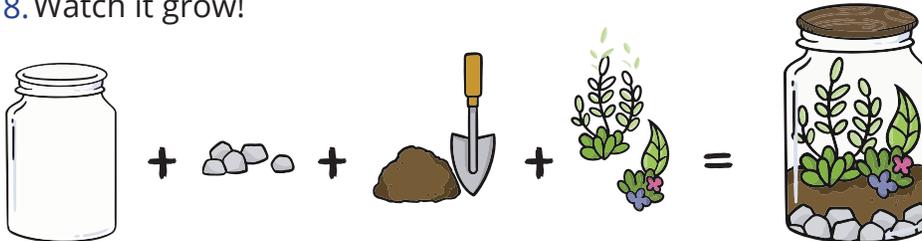
A terrarium is an indoor gardening container with plants (it's like a mini greenhouse!). Make a closed terrarium and discover how an ecosystem depends on light, temperature, and water, for a healthy environment.

WHAT YOU NEED

- Glass container (fishbowl, cookie jar, mason jar, etc.) with a lid
- Small rocks
- Potting soil
- 2-4 mini plants. Look for plants with small leaves that thrive in high humidity environments. Some good options include small ferns, moss, lucky bamboo, orchids, creeping fig, nerve plant, broadleaf arrowhead, and violets.
- Decorative elements (optional) - driftwood, shells, large rocks, ornaments, etc.
- Tweezers
- Small spoon

HOW TO MAKE

1. Fill the bottom of your glass container with about 2" (5 cm) of small rocks.
2. Cover the rock layer with half the amount of the layer of potting soil you plan to use.
3. Using tweezers, add any decorative elements.
4. In the soil, make holes with the spoon big enough for the roots of each of the plants to rest.
5. Using tweezers, place the plants in the first layer of soil and add the second layer of soil around the plants. Press the soil firmly.
6. Top the glass container with the lid.
7. Place the terrarium in a well-lit area (direct sunlight, indirect sunlight, or artificial light).
8. Watch it grow!



CARING FOR YOUR TERRARIUM

Watering: Terrariums need very little water. Depending on the type of plants in your terrarium, you may only need to water every 4-6 weeks. Check the soil to see if and how much water your plants need.

Trimming: To keep your terrarium plants neat and tidy, trim them with scissors when they become overgrown and crowded.

LIKE A MINI GREENHOUSE

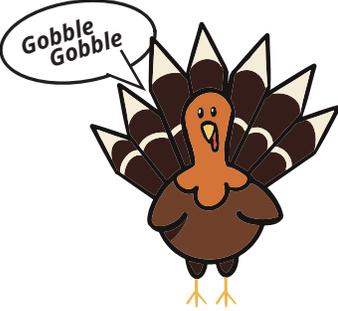
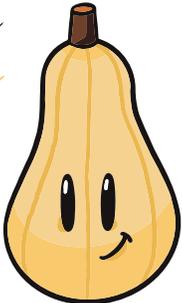
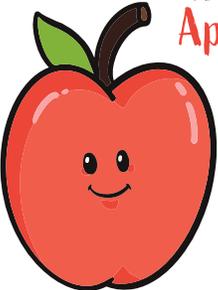
Terrariums are like greenhouses in that they are self-nourishing! Plants and soil in the terrarium release water vapour. The vapour is then collected onto the walls of the vessel and trickles down to the soil, nourishing the plants and helping them to grow.



MINI THANKSGIVING CARDS

GIVE THANKS FOR OUR BC FOOD!

Print this page. Cut out your card of choice. Fold along the dotted lines. Write a personalized message. Give to your friends and family and spread your gratitude!

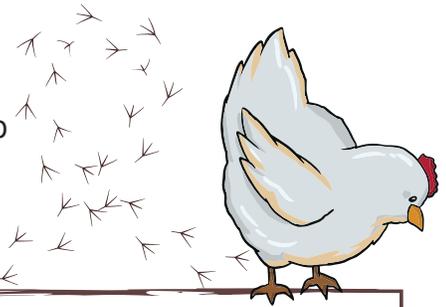
<p>HAPPY TURKEY DAY!</p>		<p>HAPPY THANKSGIVING!</p>	
<p>Learn more about turkeys and other BC commodities at Grow BC www.bcaitc.ca.</p>	 <p>Gobble until you waddle!</p>	<p>Learn more about gourds and other BC commodities at Grow BC www.bcaitc.ca.</p>	<p>Have a Gourd Day!</p> 
<p>HAPPY THANKSGIVING!</p>		<p>HAPPY THANKSGIVING!</p>	
<p>Learn more about apples and other BC commodities at Grow BC www.bcaitc.ca.</p>	 <p>You're the Apple of My eye</p>	<p>Learn more about pumpkins and other BC commodities at Grow BC www.bcaitc.ca.</p>	 <p>Pumpkin, Spice, and Everything Nice</p>

MATCH THE FARM ANIMAL TRACKS

Each animal that lives on a farm has a unique set of tracks! Match the tracks to the farm animals listed below. Have fun!

ANIMALS

Cat | Cow | Donkey | Goat | Hen | Horse | Llama | Rooster | Sheep



TRACKS

NAME THE ANIMAL

1		
2		
3		
4		
5		
6		
7		
8		
9		

ANSWER KEY: 1. Rooster 2. Hen 3. Cat 4. Llama 5. Horse 6. Goat 7. Donkey 8. Sheep 9. Cow

FARM FRIEND POEM

What farm animal do you find amazing? What farm animal do you want to learn more about? Use the space on this page to write a Haiku poem about your favourite farm animal - a duck, sheep, horse, cow, turkey, chicken, llama, or another friend! Include a drawing if you want! Be creative!

POEM TITLE

LINE ONE

LINE TWO

LINE THREE

HAIKUS

Haikus are Japanese nature poems that only have three lines. The first line has 5 syllables, the second line has 7 syllables, and the third line has 5 syllables. See Haiku for a Hog below. Count the syllables in each line of the Haiku - 5, 7, 5. Now give your own Haiku a try!

HAIKU FOR A HOG

Rolling in the mud
Eating fresh corn and soybeans
Oink! Hogs are my friends!

By Meg

PUMPKIN *FAST FACTS*

- The heaviest pumpkin ever grown was 1,226 kg (2,702 lb 13.9 oz).
- A pumpkin is a member of Cucurbitaceae family (also called the gourd family of fruits), which also includes zucchinis, squash, cucumbers, gherkins, and melons.
- Pumpkins originated in North America, with seeds from related plants found in Mexico dating back to 7,000 to 5,500 B.C.
- Pumpkins take 100 to 120 days grow from seed.
- Pumpkin pulp is used in tons of yummy dishes including cakes, muffins, cookies, and pies! Pumpkin seeds are edible and can be roasted as a snack or for use in breads, salads, and garnishes.
- Pumpkin flowers are also edible and can be used in many of dishes!
- BC produces over 10.6 million kilograms of pumpkins per year.



BC CRANBERRY LEMONADE

RECIPE SUITABLE FOR GRADE 5+

Yields: 6 Servings

INGREDIENTS

2 cups	Fresh BC Cranberries	500 ml
1 cup	Sugar	250 ml
3	Lemons	3
6 cups	Water	3 litres
6	BC Mint or Rosemary Sprigs	6

DIRECTIONS

1. Combine BC Cranberries and sugar in a small pot and cook over low heat, stirring occasionally.
2. Continue cooking until the cranberries are soft and all the sugar has dissolved. Remove from heat.
3. Push the cranberry mixture into a fine sieve over a jug to extract syrup. Discard the leftover cranberry seeds.
4. Squeeze the juice from the lemons into the jug. Add the 6 cups of water to the jug.
5. Place in refrigerator until chilled, about 1-2 hours. When ready to serve, pour into 6 glasses and top each glass with a BC Mint or BC Rosemary sprig.



REFRESHING!

RUSTIC BC APPLE SAUCE

RECIPE SUITABLE FOR GRADE 5+

Yields: 12-16 Servings

INGREDIENTS

4 lbs	BC Apples*	1.8 kg
	peeled, cored, and quartered	
3 tbsp	Lemon juice	45 ml
½ tsp	Cinnamon	3 ml
½ cup	Sugar, Granulated	125 ml
1 cup	Water	250 ml
½ tsp	Salt	3 ml

DIRECTIONS

1. Place the BC Apples into a large pot on the stove. Add the lemon juice, cinnamon, sugar, water, and salt.
2. Bring to apple mixture to a boil on high heat, then lower the temperature. Cover the pot, and simmer for 15 to 20 minutes, until the apples are tender and cooked through.
3. Remove the pot from heat. Use a potato masher to mash the cooked apples in the pot to make a rustic, chunky applesauce.
4. Transfer to serving dishes and enjoy!

*Equivalent of 8-10 medium apples



SMELLS LIKE FALL!

REALLY RED SALAD

RECIPE SUITABLE FOR GRADE 2+

Yields: 4 Servings

INGREDIENTS

½ lb	BC Grape or Cherry Tomatoes*, chopped in half	283 g
2	BC Red Peppers, cored and cut into ½” (1 cm) dices	2
½	BC Red Onion, minced	½
¼ cup	Olive Oil	60 ml
¼ cup	BC Apple Cider Vinegar	60 ml
1 tbsp	BC Honey	15 ml
1 tbsp	Lemon Juice	15 ml
½ tsp	Salt	3 ml
½ tsp	Pepper	3 ml

DIRECTIONS

1. Mix the BC Tomatoes, BC Red Peppers, and BC Red Onion in a medium-sized bowl.
2. In a separate small bowl, whisk the olive oil, BC Apple Cider Vinegar, BC Honey, lemon juice, and salt and pepper together until well blended to form a dressing.
3. Pour the dressing over the vegetables.
4. Enjoy!



**THESE RECIPES
ARE DELICIOUS!**

ORANGE CRANBERRY BREAD

RECIPE SUITABLE FOR GRADE 5+

Yields: 9”x5” (23 cm x 13 cm) Loaf

INGREDIENTS

2 cups	All Purpose Flour	500 ml
1 ½ tbsp	Baking Powder	22 ml
½ tsp	Baking Soda	3 ml
½ tsp	Salt	3 ml
1 tbsp	Orange Zest	15 ml
1 ½ cup	Fresh BC Cranberries	375 ml
½ cup	Pecans	125 ml
¼ cup	Margarine, softened	60 ml
1 cup	Granulated Sugar	250 ml
1	BC Egg	1
¾ cup	Orange Juice	175 ml

DIRECTIONS

1. Preheat the oven to 350° F (175° C).
2. Grease and flour a 9”x5” (23 cm x 13 cm) loaf pan.
3. Whisk together flour, baking powder, baking soda, and salt. Stir in orange zest, BC Cranberries, and pecans. Set aside.
4. In a large bowl, cream together margarine, sugar, and BC Egg until smooth. Stir in orange juice. Beat in flour mixture until just moist. Pour into prepared pan.
5. Bake 1 hour.



**BC CRANBERRIES
ARE AMAZING!**

This BC grown recipe is contributed by Chef Gerald Worobetz and Chef Karen Plett from South Delta Secondary

SPICY ROASTED BC PUMPKIN SEEDS

RECIPE SUITABLE FOR GRADE 5+

Yields: 4 Servings

INGREDIENTS

1 medium	BC Pumpkin	1 medium
2 cups	Water	500 ml
1 tbsp	Salt	15 ml
1 tbsp	Olive Oil	1 tbsp
1 tbsp	Curry or Chili Powder	15 ml

DIRECTIONS

1. Cut the BC Pumpkin in half (be very careful with the knife).
2. Use an ice cream scoop to scrape the insides of the pumpkin.
3. Place the seeds in a strainer and run them under water to rinse and separate from the pumpkin guts.
4. Bring 2 cups of water and 2 tbsp (30 ml) of salt to a boil in a pot on the stovetop over medium heat. Add the cleaned seeds and continue to boil for 5 minutes.
5. Remove the pot from heat and drain the pumpkin seeds through a strainer.
6. Put the seeds in a bowl and pat them dry with a paper towel.
7. Preheat the oven to 400°F. Coat the bottom of a baking sheet with 1 tbsp of olive oil.
8. Spread the seeds out over the baking sheet in a single layer and toss them with the olive oil on the pan.
9. Sprinkle the seeds with 1 tbsp (15 ml) of curry powder.
10. Place the sheet until the seeds begin to brown, approximately 10 minutes.
11. Remove the pumpkin seeds from the oven. Let cool. Store in an airtight container.

**LOCAL INGREDIENTS
& GLOBAL FLAVOURS!**



FARM ANIMAL REVEAL

Can you guess what farm animal this is? Hint... it eats hay and rhymes with plow.

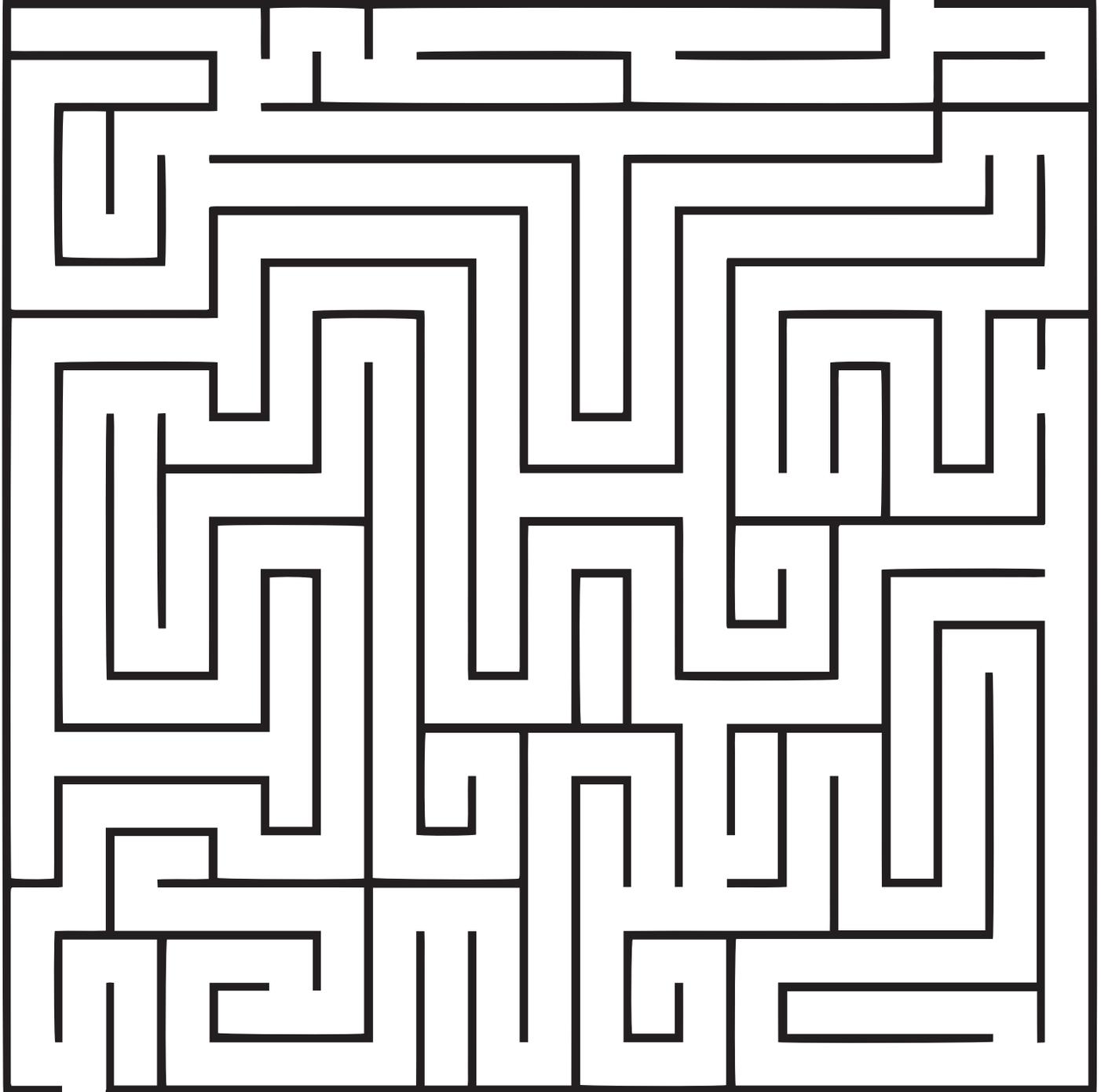


ANSWER KEY: Jersey Cow. The Jersey is a British breed of small dairy cows. Jersey cows produce a lot of rich, creamy milk – sometime up to 10 times their own weight in milk per lactation.

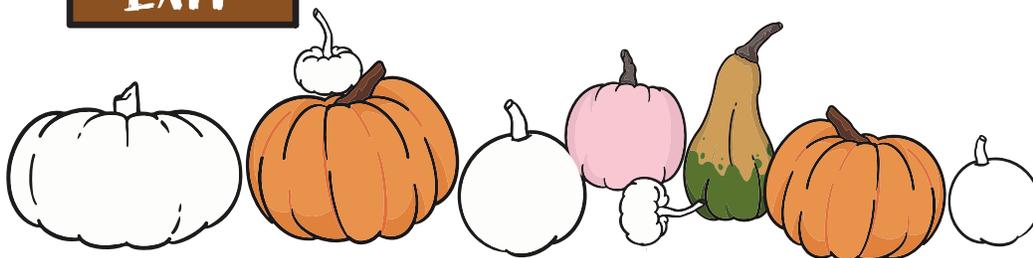
HELP THE TURKEY GET TO THE FIELD



START



EXIT



PRESSED BC HERB BOOKMARK

This easy craft is a great way to use BC herbs – even those herbs that have started to wilt.

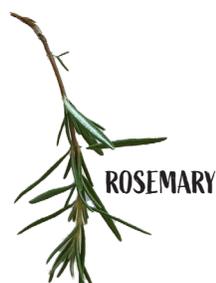
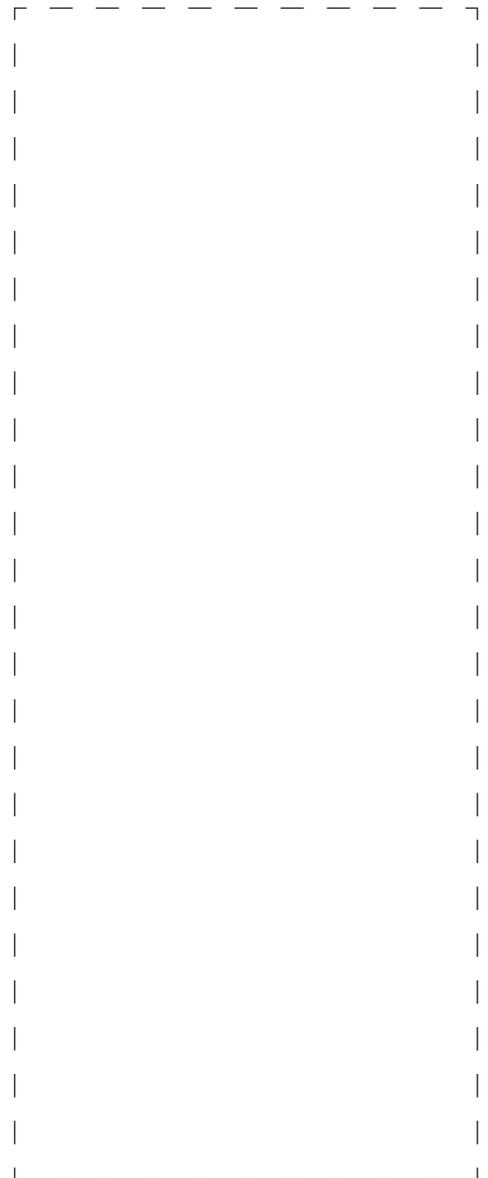
WHAT YOU NEED TO MAKE ONE BOOKMARK

- 1-3 sprigs of BC herbs (thyme, dill, mint, lavender, parsley, rosemary, cumin, chive, or camomile)
- 1 sheet of heavy cardstock paper
- 2 sheets of 8.5"x11" (21.5 x 28 cm) plain white paper
- 2-3 heavy books
- Scissors
- 1 piece of self-adhesive paper at least 8.5"x11" (21.5 x 28 cm)
- Hole punch
- 10" (25) piece of twine



HOW TO MAKE

1. Choose 1-3 small sprigs of your favourite BC herbs that will fit onto the 7.5" X 2" (19 cm x 5 cm) bookmark shape on the right.
2. Place the herbs between 2 layers of plain paper, spreading out to avoid overlapping. Place the paper and herbs between the pages of a heavy book with more books placed on top to weigh it down. Dry and flatten the herbs for 2-4 days.
3. Print this page on heavy cardstock and cut out the 7.5" X 2" (19 cm x 5 cm) bookmark shape at right.
4. After the herbs have dried and flattened, place them on top of your bookmark in a design you like.
5. Cut out a piece of adhesive paper that is slightly larger than your bookmark. Peel off the back and then place it, sticky side up under your bookmark.
6. Cut out a second piece of adhesive paper that is slightly larger than your bookmark. Peel off the back and then place it, sticky side down, on top of your bookmark.
7. Smooth out any air bubbles. Trim off the excess adhesive paper along the sides of the bookmark.
8. Punch a hole in the top of the bookmark. Draw the twine through the hole and knot.
9. Knot again 3" (9 cm above the lower knot). Fray the ends of the twine to form a tassel.

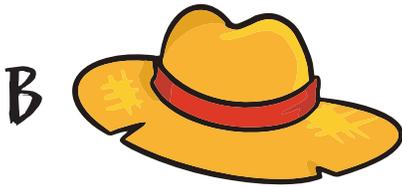


AG CAREERS

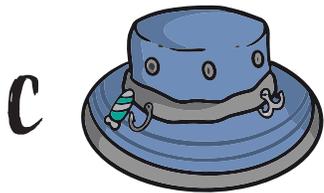
There are so many fun and rewarding careers in agriculture! Do you know who would wear these hats? Draw a line between the career and the hat that they may wear!



A



B



C



D



E



F



G



K



J



I



H

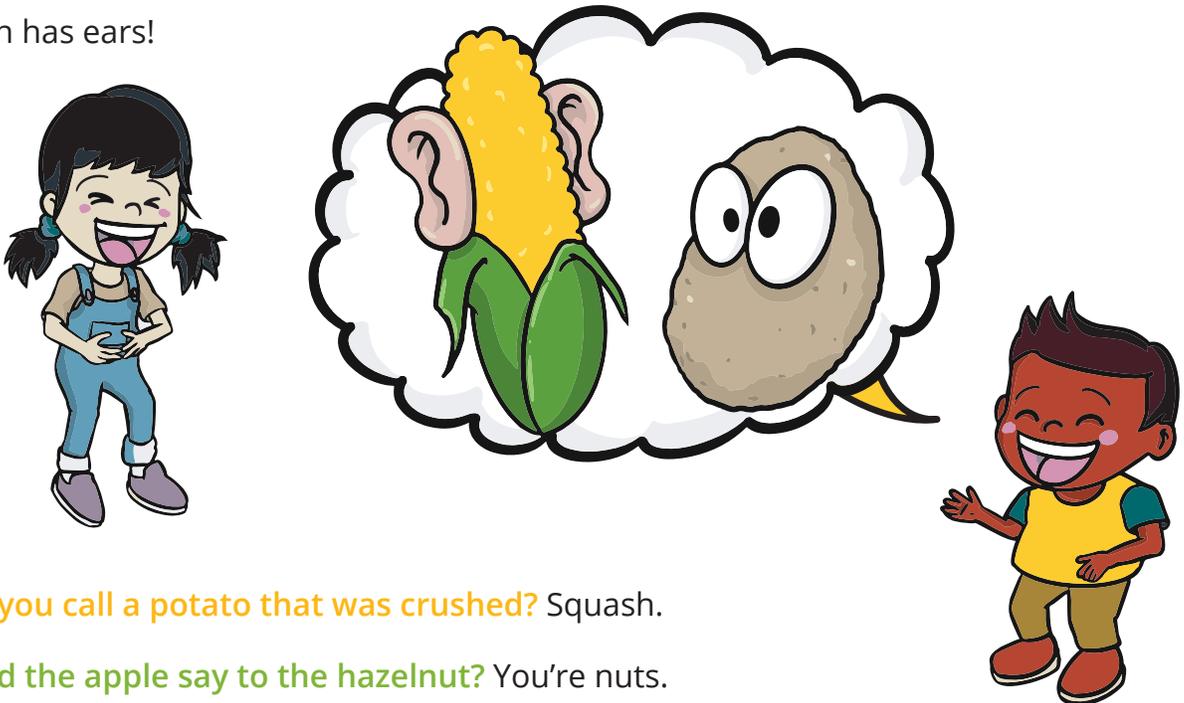
1. CHEF
2. FLORIST
3. GARDENER
4. RANCHER
5. FARMER
6. CONSERVATION OFFICER
7. ANGLER
8. FOOD STYLIST
9. FOOD PACKER
10. CONSTRUCTION WORKER
11. FOOD TRUCK DRIVER

ANSWER KEY: 11, 2A, 3J, 4K, 5B, 6D, 7C, 8H, 9E, 10E, 11G

Learn more information on agriculture careers at www.bcaitc.ca

15 HARVEST LAUGHS

1. **How do aliens harvest their crops?** With tractor beams.
2. **Who helps the little pumpkins cross the road to school?** The Crossing Gourd.
3. **What do you get when you drop a pumpkin?** Squash.
4. **When asked how he was feeling, what did the pumpkin say?** I'm vine, thanks for asking.
5. **When is an orange not an orange?** When it's a pumpkin.
6. **How did the farmers get high marks on the math exams?** They were all pro-tractors.
7. **What talks does the farmer have with the cow while milking?** Udder nonsense.
8. **Why shouldn't you keep a secret on a farm?** Because on a farm, the potatoes have eyes, and the corn has ears!



9. **What do you call a potato that was crushed?** Squash.
10. **What did the apple say to the hazelnut?** You're nuts.
11. **How do you make an apple turnover?** Push it downhill.
12. **Who is an apple's favourite relative?** Granny.
13. **What did the cranberry say to the turkey?** Nothing. Cranberries can't talk.
14. **Why did the cranberry sauce cross the road?** To get to the other side.
15. **What did the baby corn ask the mother corn when he wanted to play with his father?**

"Mom, where is Popcorn?"

BC APPLE STAMP CRAFT

Did you know that National Apple Day is on October 21? Take part in this annual celebration of all things apple and make this fun apple craft!

WHAT YOU NEED

- 1-2 BC apples
- Sharp knife
- Small containers (approximately 125 ml or 1/2 cup) of non-toxic, washable red, green, and/or yellow paint
- 1-3 paper plates
- 11"x17" piece of paper
- Pastels (or crayons or pencil crayons)

HOW TO MAKE

1. Put your hand on the bottom of the paper and trace around it with a pastel to make the tree trunk. Colour in the tree shape if you want.
2. Use the knife to cut an apple in half (adults may want to help children with this).
3. Pour the container of paint onto a paper plate. Use multiple plates if using multiple colours of paint.
4. Dip the cut side of the apple in the paint to create an apple stamp. Stamp it around the tree trunk.
5. Repeat step 4 until the tree is full.
6. Wait for the paint to dry.
7. Hang the painting on your wall and enjoy!

TIP:

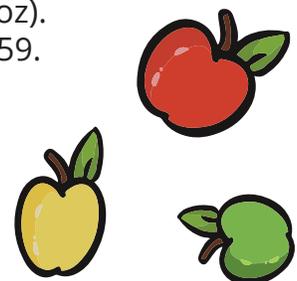
This project can be a bit messy so you might want to wear an apron and lay down newspaper on your table before getting started!



WEIRD AND WONDERFUL APPLE FACTS

Apples are one of BC's biggest fall crops! Did you know?

- The science of apple growing is called pomology.
- British Columbians consume 25% of the apples grown in the province, which is roughly 25 to 50 apples per person per year.
- The heaviest apple ever grown in the world weighed 1.849 kg (4 lb 1 oz).
- The first apple trees in BC were planted in the Okanagan Valley in 1859.
- The skin colour of an apple can vary from yellow to green to red.
- The average healthy apple tree can live over 50 years.



Learn more about apples at Fresh Stories or Grow BC at www.bcaitc.ca