

UC Marin Master Gardeners, a group of volunteers trained by the University of California Cooperative Extension, is expanding its garden based education at Marin Art and Garden Center to include a program for third and fourth graders. The one day youth workshop will teach students about edible plants and nutrition. Students learn to identify edible plant parts, how plants grow including the science of pollination and propagation.

Students will expand on knowledge learned in Exploring Habitats, the program for first and second graders designed to teach the concept of habitat and exploring the web of life. **Dig it, Grow it, Eat it** brings third and fourth grade students back to the garden to experience plants as nutritional food. The day consists of six stations:

Station One: EDIBLE PLANT PARTS

Station Two: HOW PLANTS GROW

Station Three: PLANT SEED SCIENCE

Station Four: PLANT PROPAGATION

Station Five: GET IN THE DIRT

Station Six: PLANT POLLINATION

As they work their way through the stations, the students prepare their luncheon repast culled from the garden and prepped for their plein air repast in the beautiful gardens of MAGC. As they learn how plants grow, students correlate one bite nutrition lessons to gain a better understanding of the human body's need for healthy food.

Students will take back to school, opportunities for further exploration including flats planted with edible micro greens, bee habitats and seeds for their school gardens.

Come join UC Marin Master Gardeners as we have fun exploring garden based lessons on edible plants and nutrition at Marin Art and Garden Center.