



FLORIDA
Agriculture
IN THE CLASSROOM



School garden

RECIPES





What is Ag in the Classroom?

Florida Agriculture in the Classroom, Inc. is a Gainesville based non-profit organization whose mission is to be a leading collaborator and trusted provider of PreK-12 educational resources and teacher professional development programs focusing on awareness and knowledge of agriculture and natural resources in Florida. FAITC offers free agriculture themed curricula, educational workshops, agriculture literacy day program and grant funding.

Florida Agriculture in the Classroom is funded by sales of the agriculture specialty license plate known as the Ag Tag.

For more information, visit www.AgTag.org



Thank You to Our Friends!

Thank you to FDACS' Division of Food, Nutrition and Wellness for their assistance with this project.

The Florida Department of Agriculture and Consumer Services' Division of Food, Nutrition and Wellness supervises and administers child nutrition programs such as the National School Lunch Program, School Breakfast Program and Summer Food Service Program, as well as commodity food distribution programs. Through the Farm to School initiative, the Division enhances the connection that communities have with local growers to increase Florida products served in schools to support their mission to ensure that every child in Florida has access to a healthy, nutritious meal each day.

For more information, visit www.fdacs.gov

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DENOTES RECIPE CATEGORY WINNER



CATEGORY WINNER!

Bridges Montessori – Stuart, Martin County
Teacher: Amy Friedrichs

Kohlrabi Slaw

Time: 30-40 minutes

EQUIPMENT

Juicer, zester, whisk, measuring cups and spoons, 1 large mixing bowl, small to medium mixing bowl, cutting boards and knives, mandolin (optional), food processor (optional)

INGREDIENTS

Dressing:

- 1/4 cup olive oil
- 1/4 cup orange juice (from 1 orange)
- 1/8 cup lime juice (from 1 large lime)
- 1/4 cup honey
- 1 Tablespoon apple cider vinegar
- 1/2 teaspoon salt (to taste)

Salad (6 cups total, may vary proportions based on taste):

- 2 cups kohlrabi (about 2 medium bulbs)
- 2 cups carrots (4-5 carrots)
- 2 cups cabbage (1/4 head)
- 1/2 cup chopped cilantro
- 1/4 cup chopped scallion
- Zest from 1 orange
- Zest from 1 lime
- 1/2 jalapeno (optional)

DIRECTIONS

1. Thoroughly wash all produce.
2. Cut off ends of kohlrabi then cut in half from top to bottom. Trim and peel kohlrabi until all thick skin is removed. You may need to peel twice. Use mandolin or knife to cut into matchsticks or grate in food processor. Place in large bowl.
3. Use peeler to peel carrots creating ribbons. Cut ribbons into 1-2 inch pieces. Add to kohlrabi.
4. Thinly slice 1/4 head of cabbage and add to mixture.
5. Add cilantro, scallion, orange zest, lime zest and jalapeno if desired.
6. Prepare dressing by whisking all ingredients together in a small bowl.
7. Pour dressing over salad, mix well and serve.



Garlic Rosemary Bread

Prep: 20 minutes | Rise: 12-24 hours | Cook: 50 minutes

Total: 1 hour and 10 minutes + rise time

EQUIPMENT

4 1/2 quart Dutch oven with lid, oven, aluminum foil (or parchment paper), large bowl, spatula, clear wrap, measuring cups and spoons

INGREDIENTS

- 3 cups all-purpose flour (plus more as needed)
- 2 large cloves of garlic, minced
- 1/4 cup finely chopped chives or green onions
- 1/2 cup chopped fresh rosemary
- 1 3/4 teaspoons sea salt
- 1/2 teaspoon active dry yeast
- 1 1/2 cups room temperature water

DIRECTIONS

1. In large bowl, mix together flour, garlic, chives or green onions, rosemary, sea salt and yeast.
2. Slowly mix water into bowl with spatula until well combined.
3. Cover the bowl with clear wrap and let sit out overnight at room temperature to rise (12-24 hours).
4. When ready to bake, preheat oven to 450°F. Line Dutch oven with foil (or parchment) and place in the oven with lid to preheat.
5. Flour your sanitized work surface and clean hands. Remove dough from bowl and form into a ball. This is a no-knead recipe, but you might have to fold it a few times to form it into a ball, adding flour if needed.
6. Remove Dutch oven being careful not to burn yourself, and place dough into the bottom.
7. Bake for 30 minutes with the lid on, then remove lid and continue baking 15-20 minutes until golden brown on top.
8. Remove from the oven and carefully remove from the Dutch oven by pulling out the foil (or parchment). Allow to cool, cut and serve.

Thunderbolt Elementary School – Fleming Island, Clay County

Teacher: Tracy Johnston, 2nd Grade



Grilled Fruit Salad

Prep: 15-20 minutes | Cook: 30-45 minutes | Total: 45-65 minutes

EQUIPMENT

Bowls, spatula, grill, chef knife, cutting board, blender, peeler, tongs, colander, measuring spoons

INGREDIENTS

- 1 mango
- 1/4 papaya
- 1/4 pineapple
- 1/2 avocado
- 1/2 orange
- 1/2 lemon
- 1/4 cup chopped parsley

Dressing:

- 8 ounces hulled strawberries
- 2 Tablespoons honey
- 2 Tablespoons grapeseed oil (additional to brush on fruit for grilling)
- Salt to taste

DIRECTIONS

1. Cut mango, papaya and pineapple into slices for grilling.
2. Cut citrus into 1/2 inch rounds.
3. Cut avocado in half, take out pit, scoop out avocado and slice for grilling.
4. Brush slices completely with grapeseed oil then grill until nice grill marks have formed and a temperature of 135°F has been reached.
5. Combine strawberries, honey, and grapeseed oil in blender thoroughly until emulsified, adding salt to taste.
6. Place grilled fruits on a platter, drizzle with strawberry dressing and garnish with parsley.

South Tech Academy – Boynton Beach, Palm Beach County

Teacher: Suzanne O'Neil, 12th Grade



Vietnamese Fruit Salad

Total: 25 minutes

EQUIPMENT

Bowl, measuring cups, cutting board, knife, serving utensil

INGREDIENTS

- 1/2 cup green lettuce
- 1/8 cup cranberry hibiscus leaves
- 1/8 cup baby spinach
- 1/8 cup katuk leaves
- 1/8 cup moringa leaves
- 1/8 cup sliced strawberries
- 1/8 cup blueberries
- 1/8 cup diced pineapple
- Balsamic dressing to taste

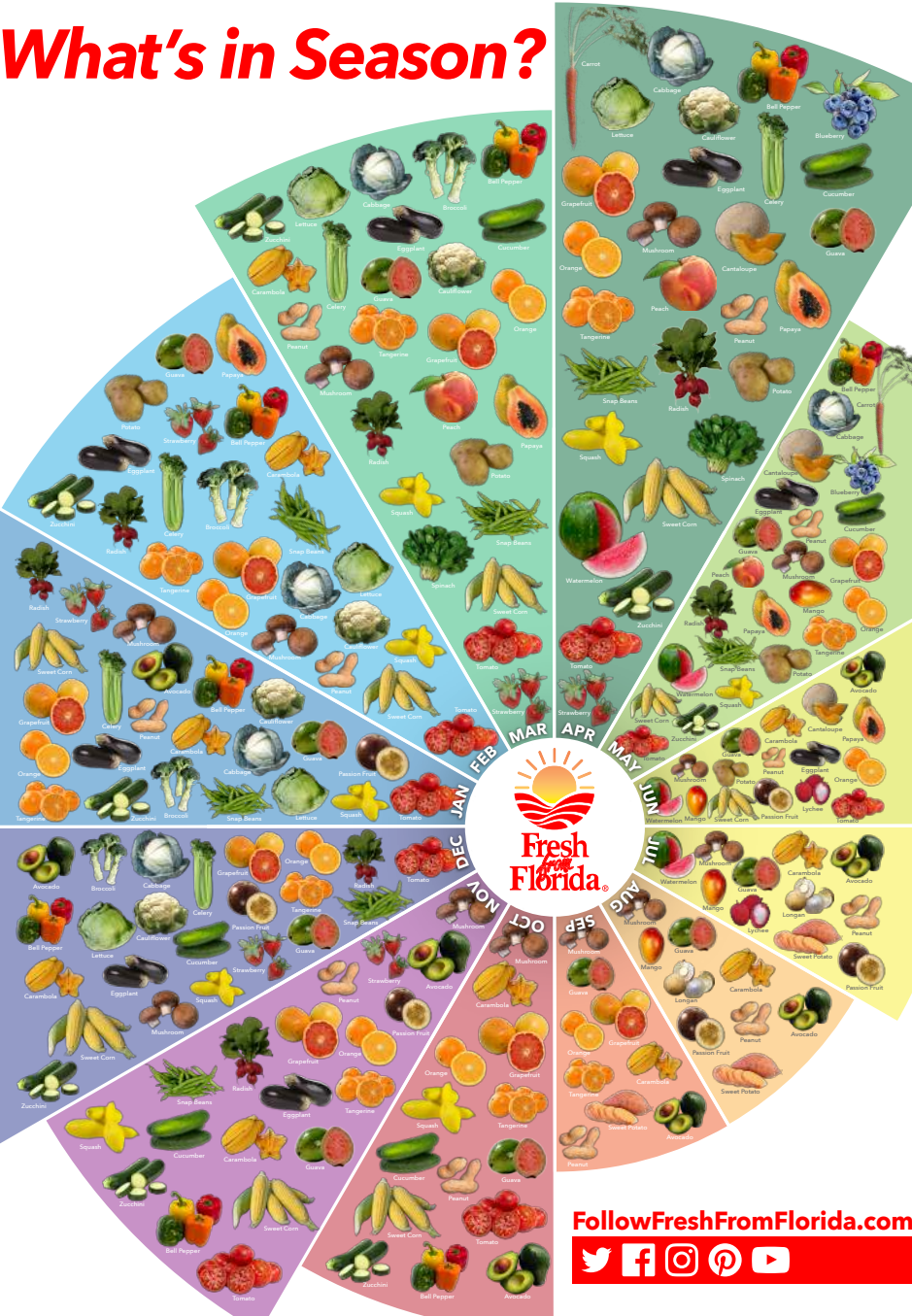
DIRECTIONS

1. Wash and prepare green lettuce, cranberry hibiscus, baby spinach, katuk and moringa by tearing into bite size pieces.
2. Place in bowl and sprinkle with strawberries, blueberries and pineapple.
3. Lightly add in your balsamic dressing and enjoy!

Summit Christian School – Fort Myers, Lee County

Teacher: Jean Frankel, 6th-8th Grade

What's in Season?



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CATEGORY WINNER!

Chiles Elementary – Tampa, Hillsborough County

Teacher: Sharon Cutler, 4th Grade

Student: Rex Knuckles

Cinnamon Banana Muffins with Streusel

Prep: 35 minutes | Cook: 40 minutes | Total: 1 hour and 25 minutes

EQUIPMENT

12 cup muffin pan, paper muffin liners, mixing bowls, flour sifter, measuring cups, measuring spoons, potato masher, electric mixer, rubber spatulas

INGREDIENTS

Muffins:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3 medium size bananas
- 1/4 teaspoon vanilla extract
- 3 Tablespoons honey
- 1 1/2 Tablespoons olive oil
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup applesauce

Streusel Topping:

- 1/2 cup packed brown sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon cinnamon
- 2 1/2 Tablespoons olive oil

Streusel Glaze:

- 1/2 cup powdered sugar
- 1 Tablespoon plus 1 teaspoon almond milk (more if needed)
- 1/4 teaspoon vanilla extract

DIRECTIONS

1. Wash hands and all working surfaces before beginning.
2. Preheat oven to 350°F (have an adult help with this).
3. In a small bowl sift together flour, baking soda and baking powder; set aside.
4. In a large bowl, mash bananas with the potato masher.
5. Add vanilla extract, honey, olive oil, sugar, salt and cinnamon to the bananas.
6. Beat with the mixer for 30 seconds, until all ingredients are mixed together.
7. Beat in applesauce and mix until well blended, 2 minutes or so. Unplug mixer.
8. Using spatula, gently fold flour mixture into banana mixture, adding a little at a time.
9. Stir gently until all flour mixture is absorbed into the banana mixture.
10. Fill muffin cups about $\frac{3}{4}$ full using all the mix.

Streusel Topping:

1. Mix together brown sugar, flour and cinnamon.
2. Add olive oil, one tablespoon at a time, until mixture is moistened and forms crumbs.
3. Sprinkle on top of muffins, pressing very gently.
4. Have an adult place muffins in the preheated oven.
5. Bake for 28 minutes, or until toothpick comes out clean when inserted.

Glaze:

1. Muffins should be completely cooled before glaze is applied.
2. Warm the almond milk in a microwave for 10 seconds (have an adult help with this).
3. Stir almond milk into powdered sugar, one teaspoon at a time.
4. Add vanilla extract and mix well. Glaze should be thin enough to drizzle from a spoon. Add more milk if needed.
5. Drizzle glaze onto each muffin.



Fiesta Stuffed Peppers

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

EQUIPMENT

Whisk, mixing bowl, spoons, brush, knives or mandolin, pan, toaster oven

INGREDIENTS

- 12-18 sweet mini peppers halved and seeded
- 8 ounces cream cheese softened
- 8 ounces shredded cheddar or Monterrey jack cheese
- 1 Tablespoon lime juice
- 1 Tablespoon fresh cilantro
- 1/2 teaspoon garlic salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Wash and slice peppers in half long ways. Use a spoon to scoop out seeds.
3. In bowl, mix together the cream cheese, cheddar cheese, lime, cilantro and garlic salt.
4. Spoon or pipe the filling into each of the pepper halves and place on pan.
5. Bake for 20 minutes until cheese starts to become golden and serve warm.

North Andrews Gardens Elementary School – Fort Lauderdale, Broward County
Teachers: Tara Dukauskas, 3rd Grade



Florida Berry Good Applesauce

Prep: 30 minutes | Cook: 2 hours | Total: 2 hours and 30 minutes

EQUIPMENT

Crock pot, apple peeler/corer, potato masher, colander for rinsing produce, knife and cutting board

INGREDIENTS

- 2 cups fresh Florida strawberries
- 1 cup fresh Florida blueberries
- 8 Gala apples
- 4 Granny Smith apples (or more Gala if you want the applesauce to be less tart)
- 1 cup Florida orange juice

DIRECTIONS

1. Thoroughly rinse all produce prior to preparation.
2. Using a clean knife and cutting board, cut tops off strawberries.
3. Core, peel and cut up apples.
4. Combine strawberries, blueberries, apples and orange juice in crock pot set to medium high.
5. Cook for 2 hours.
6. Once cooked, use potato masher to mash and mix the cooked fruit.

Christ the King Catholic School – Jacksonville, Duval County

Teacher: Suzette Gagnon, 4th-5th Grade

Students: Mallory Joiner, Brian Martinez, Julianna Burge,

Juliana Weldon, Alexander Negron-Salas



Pine Pickled Peppers

Prep: 20 minutes | Cook: 5 minutes | Total: 25 minutes

EQUIPMENT

Bowl, measuring cups and spoons, pot, stove, serving utensils, 6 small jars for storage

INGREDIENTS

- 1 cup white vinegar
- 1 cup water
- 2 cloves garlic smashed
- 2 Tablespoons sugar
- 2 Tablespoons fresh honey
- 1 teaspoons salt
- 1 small red, yellow and orange pepper sliced
- 1 small green pepper sliced
- 7-8 jalapeno peppers thinly sliced (use less and add more sweet peppers as desired)
- 1/4 teaspoon chopped fresh dill
- 1/4 teaspoon chopped garlic chives

DIRECTIONS

1. Combine vinegar, water, garlic, sugar, honey and salt in a medium pot, bring to a boil.
2. Add sweet, green and jalapeno pepper slices, stir and quickly remove from heat.
3. Add chopped dill and garlic chives.
4. Let sit for at least 8 minutes then use tongs to remove the peppers from the pot to jars.
5. Cover with the brining liquid to fill the 6 small jars.

*The Pine School's honey came from a student who is a local bee farmer.

The Pine School – Hobe Sound, Martin County
Teacher: Diane Hollowell, Kindergarten and 3rd Grade



Pineapple Banana Brain Freeze

Total: 30 minutes

EQUIPMENT

High speed blender or food processor, measuring cups, foil, pan, baggies (optional)

INGREDIENTS

- 1 large banana, frozen
- 1 1/2 cups fresh pineapple chunks, frozen
- 1 cup almond milk
- 1/4 cup pineapple juice (additional as needed)

DIRECTIONS

1. In advance, freeze banana by cutting into slices and laying in single layer on foil lined pan. Place in freezer until frozen. Store in baggie until ready to use.
2. In advance, similarly freeze and store pineapple chunks.
3. When ready, place all ingredients into high-speed blender or food processor. Blend starting on low speed, slowly moving to high speed until all chunks are evenly blended into a smooth, creamy mixture.
4. Eat immediately.

Thunderbolt Elementary School – Fleming Island, Clay County

Teacher: Tracy Johnston, 2nd Grade



Surprise Purple Carrot Cupcakes

Prep: 30 minutes | Cook: 30 minutes | Total: 1 hour

EQUIPMENT

Bowl, measuring cups and spoons, pot, stove, serving utensils, 6 small jars for storage

INGREDIENTS

- 2 cups grated purple carrots (Any color will do)
- 1/2 cup melted coconut oil
- 1 cup sugar
- 2 cups flour
- 1 Tablespoon baking powder
- 1 teaspoon baking soda
- 1-2 teaspoons cinnamon
- 1 teaspoon salt
- 1 cup almond milk
- 1/2 cup applesauce (no sugar added)
- 1 teaspoon vanilla
- 1 Tablespoon fresh squeezed lemon juice
- Pre-made Icing (optional)

DIRECTIONS

1. Preheat oven to 375°F and place liners in mini cupcake pans.
2. Use grater to grate purple carrots, set aside.
3. In large bowl, combine sugar and melted coconut oil together with whisk.
4. In 2nd bowl, mix together flour, baking powder, baking soda, cinnamon and salt.
5. In 3rd bowl, blend together almond milk, applesauce and vanilla, then add carrots.
6. Slowly alternate adding dry ingredients and wet ingredients to large bowl with coconut and sugar.
7. Add lemon juice to the batter, or sprinkle on top of the cupcakes after spooning into the cupcake pans. This will change the color of the batter to a light pink (if using purple carrots), or if sprinkled, will leave small pink dots on top of the cupcakes after cooking.
8. Bake in preheated oven for 25-30 minutes or until toothpick comes out clean. Finished texture is very moist.
9. Once cooled, cupcakes can be iced. Grated carrots can be used on top for decoration!

Christ the King Catholic School – Jacksonville, Duval County

Teacher: Suzette Gagnon, 4th & 5th Grade



Florida Produce

SEASONAL AVAILABILITY CALENDAR

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Avocado												
Bell Pepper												
Blueberry												
Broccoli												
Cabbage												
Cantaloupe												
Carrot												
Cauliflower												
Celery												
Collard Greens												
Cucumber												
Eggplant												
Grapefruit												
Lettuce												
Mango												
Mushroom												
Orange												
Peach												
Potato												
Radish												
Snap Beans												
Spinach												
Squash												
Strawberry												
Sweet Corn												
Tangerine												
Tomato												
Watermelon												

IN SEASON
 NOT IN SEASON



CATEGORY WINNER!

North Andrews Gardens Elementary – Fort Lauderdale, Broward County
Teacher: Tara Dukanauskas, 3rd Grade

Open-Faced Shaved Beef Sandwich

Prep: 30 minutes | Cook: 45 minutes | Total: 1 hour 15 minutes

EQUIPMENT

Whisk, mixing bowls, spoons, pastry brush, peeler, knives, cutting board, toaster oven and pan

INGREDIENTS

- 1 teaspoon Dijon mustard
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste
- 4 Tablespoons extra virgin olive oil, divided
- 3-4 small beets
- 8 slices bread (crusty boule-style bread; country wheat)
- 6 ounces goat cheese (optional herb flavored goat cheese)
- 24 arugula leaves (or other zingy greens such as dandelion greens or watercress)
- Half small red onion sliced very thin (optional)

DIRECTIONS

1. Roast beets by washing thoroughly, peeling and cutting into thin slices, tossing with 1 tablespoon olive oil, salt and pepper and placing in oven at 400°F until caramelized and tender (20-30 minutes depending on size).
2. Whisk together mustard, balsamic vinegar, salt, pepper and drizzle in 2 tablespoons olive oil to create vinaigrette.
3. Toss beets in vinaigrette and set aside.
4. Turn on broiler and brush one side of bread with remaining 1 tablespoon olive oil (using more if needed). Toast under broiler for a minute or so until golden.
5. Remove bread from oven, turn bread over and spread goat cheese onto bread. Broil until cheese is hot and slightly golden – 1 minute or so then remove from oven.
6. Remove beets from vinaigrette and place on goat cheese toast, top with arugula, and then onions (optional). Drizzle any remaining vinaigrette over sandwiches if desired.



Avocado & Zucchini Soup

Prep: 10 minutes | Cook: 30 minutes | Total: 30 minutes

EQUIPMENT

Large pot or Dutch oven, immersion blender or blender, knife, cutting board, measuring cups and spoons

INGREDIENTS

- 2 Tablespoons olive oil
- 1 small onion, diced
- 2 cloves garlic, diced
- 2 zucchini, diced medium
- 4 cups vegetable broth
- 2 Tablespoons chopped mint
- 1/2 avocado
- 1-2 Tablespoons lemon juice to taste
- Salt and pepper to taste
- Chopped green onion for garnish

DIRECTIONS

1. Heat olive oil in pan over medium heat then add onion and garlic sautéing for about 5 minutes.
2. Add zucchini and sauté for 5-10 minutes until zucchini is soft and starts to brown.
3. Add vegetable broth and bring to a soft boil for 5 minutes.
4. Take soup off the stove, add mint, avocado, salt and pepper, stirring to combine.
5. Use immersion blender to blend soup until smooth. If using a blender, only fill halfway full so the steam can escape.
6. Stir in lemon juice to taste and garnish with green onions. Eat immediately.

Chiles Elementary - Tampa, Hillsborough County

Teacher: Sharon Cutler, 4th Grade

Student: Kylie Coloret



Simply Summit Sushi

Prep: 10 minutes | Cook: 30 minutes | Total: 30 minutes

EQUIPMENT

High speed blender or food processor, measuring cups, foil, pan, baggies (optional)

INGREDIENTS

- 1/2 cup sushi rice
- 1 Tablespoon rice vinegar
- 1 cup water
- 1/8 teaspoon sugar
- 1/8 teaspoon salt
- 1/8 cup toasted sesame seeds
- 10 fresh basil leaves
- 1/4 cup cucumber
- 1/4 cup carrots
- 1/4 cup avocado
- 1/4 cup eggplant
- 2 nori sheets

DIRECTIONS

1. Turn on your rice cooker.
2. Add sushi rice, rice vinegar, water, sugar and salt, stirring to combine.
3. Cook rice for 18 minutes. Once finished, allow rice to cool uncovered in large bowl.
4. Julienne your veggies by cutting cucumber, carrots, avocado and eggplant into matchstick pieces.
5. Place sushi mat on flat surface and cover with plastic wrap.
6. Next, place a sheet of nori onto sushi mat then use large spoon to spread rice in a thin layer on top of the nori sheet. Gently flatten the rice with the back of the spoon.
7. Arrange vegetable sticks horizontally about 1-1 1/2 inches from bottom edge of nori sheet.
8. Roll up rice mixture over filling, compressing the roll with the sushi mat.
9. Slice the roll into 1 inch sections and sprinkle with sesame seeds.
10. Place basil leaves onto a serving tray and top with the delicious vegetarian sushi

Summit Christian School – Fort Myers, Lee County

Teacher: Jean Frankel, 6th-8th Grade

How To: Soup or Salsa Garden

Soup gardens can be created from any combination of cool or warm season vegetables. Each of these can be grown in a container, or in the ground. A common recipe for a soup garden follows the Stone Soup story from the brothers Grimm, and includes:

COOL SEASON STONE SOUP (IF PLANTED TOWARDS BEGINNING OF SEASON, SHOULD BE READY BY JANUARY)

- Cabbage
- Carrots
- Kale
- Onions

WARM SEASON STONE SOUP (IF PLANTED TOWARDS BEGINNING OF SEASON, SHOULD BE READY BY MAY)

- Beans
- Corn
- Peppers
- Tomatoes
- Summer squash

...then add: basil, thyme, bay leaf, vegetable broth, rice, and 1 large, clean stone. Chop vegetables, place in a crock pot with vegetable broth to cover, cook until tender.

Salsa Garden

One of the simplest to grow and prepare, the salsa garden can be grown in containers.

PLANT LIST:

- Tomato plants (determinant cherry tomatoes work well)
- Bell pepper plants
- Jalapeno or sweet pepper plants
- Cilantro seeds

SUPPLY LIST:

- Potting mix
- Proper diameter container per tomato plant (dependent on recommended plant spacing)
- 10 inch diameter container per pepper plant
- Paint stirrers or popsicle sticks
- China marker

TIMELINE:

1. January: Sow cilantro seeds
2. February: Plant peppers
3. March: Plant tomatoes
4. April: Enjoy harvest

How To: Pizza Garden

As a favorite food of many, the pizza garden is a fun layout to try in the schoolyard. This garden should be started in the spring, to take advantage of Florida's unique growing season. Regions: All. Space needed: Gardens can be 10-50 ft in diameter.

PLANT LIST:

- Tomato seedlings
- Basil seeds
- Pepper seedlings
- Scallion sets (small onions, green stems are edible)
- Oregano plants in small pots

SUPPLIES

- 1 ft stakes (enough to go mark the perimeter every 5 ft)
- String & Mallet
- Pine straw for walkways
- Hay for mulch inside planting beds
- Shovels
- Compost
- Fertilizer
- Clear plastic

1. Remove any grass or unwanted vegetation from the site before getting started.
2. Hammer a 1 ft stake into the center of the garden. Attach a string and measure to the outside edge of the garden space (typically 10 ft).
3. Holding the string, walk a circle along the outside edge of the garden and hammer a stake into the ground every 2 steps (or 5 ft).
4. Connect the stakes with string to mark the boundaries of the garden.
5. Connect the stakes across the circle to make the "slices", or wedge-shaped beds.
6. The garden should be divided into 8 pieces of equal size.
7. With a shovel, mark a walkway along each of the radiating strings, as wide as needed.
8. With a shovel, mark an observational circle around the middle stake.
9. Shovel dirt from the walkway into the pizza beds to help define a boundary between the two areas.
10. Add compost and fertilizer to pizza bed soil.
11. Add pine straw to walkways and hay to pizza beds (except in basil area).

SAMPLE TIMELINE (CENTRAL REGION):

1. January: Prepare the site and build the beds.
2. February: Check farmer's almanac or extension office for last frost date. Plant peppers, scallions and basil after that.
3. March: Plant oregano and tomatoes. Add fertilizer to pepper and tomato plants. Water regularly (an automatic sprinkler on a timer works well).
4. April: Water regularly, and enjoy the harvest!
5. May: Cover garden with clear plastic to "solarize", or sterilize, the soil.

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