

Subject:

SCIENCE, ENGLISH AND MATHS

This week, try taking cuttings from plants, observing plants and flowers and planting seeds. You could also try using some leftover carrot tops to grow your own carrot greens, and have a go at making your own carrot top pesto

Inspiration: where can we get carrot tops from?

You may be able to find a video BBC Earth regrow vegetables,

<https://m.youtube.com/watch?v=ZJuXpiEjdcc>

or take a look at the photographs below.

Carrot Top Pesto

With fresh and bright flavours, this Vegan carrot top pesto makes use of the greens from your carrot tops, complementing them with fresh lemon, garlic, and herbs. Ready in just a few minutes and perfect on pasta, sandwiches, crackers and more.

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Total Yield 1 cups

Calories Per Serving 107 kcal

Ingredients

1 clove garlic chopped

2 tbsp freshly-squeezed lemon juice (about 1/2 of a lemon)

1 tsp fresh lemon zest (about 1/2 of a lemon)

carrot tops from 1 large or 2 smaller bunches of carrots (yields 1 cup blanched)

1/4 cup fresh mint leaves

4 spring onions fresh green parts only

1/2 cup raw walnuts, almonds or pine nuts (optional)

3 tbsp olive oil

salt and pepper to taste

Instructions

To blanch the carrot tops: remove thick stem pieces. Bring a pot of water to a boil. Prepare a large bowl with ice cubes and cold water in it. Once boiling, add the carrot tops to the pot. Stir occasionally, cooking for about 3 minutes or until bright green and tender. Immediately remove from the pot, drain the hot water, and add the carrot tops to the ice cube bowl to stop the cooking process.

Drain the carrot tops, wring out excess liquid, and spread them on a plate to dry while you do the remaining recipe prep.

Add all of the ingredients from garlic to the nuts (if using) to the food processor. Blend until a chunky paste forms with small bits of carrot tops. Depending on the size of your food processor, you may need to stop frequently to scrape down the sides. Add the olive oil a tablespoon at a time until combined. Season to taste with salt, pepper, and more lemon juice if desired.

To use as a pasta sauce, cook your pasta in salted water according to package directions. Reserve 1/2 cup of pasta cooking water, drain the pasta, and return it to the pot. Add the reserved cooking water and carrot top pesto, stir to combine, and cook over low heat until warmed. Serve right away.

This can be frozen and you can add cheese too. It is great on sandwiches and in jacket potatoes.

Carrot top greens are also good added to salads.

Key vocabulary:

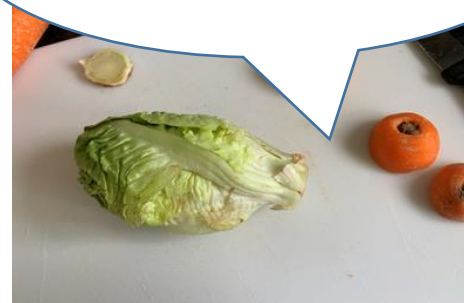
Root, bulb, stem, leaf, flower (blossom), root, trunk, branch, fruit, shoot – names of parts of plants

Leek, basil, celery, carrot – some of the plants we can regrow

Herb – any plant with leaves, seeds, or flowers used for flavouring, food, medicine, or perfume.

Vegetable - a plant or part of a plant used as food, such as a cabbage, potato, turnip, or bean.

These are the carrot tops and lettuce we started with. We are also hoping to grow some basil plants using a cutting.



Activities to do whilst your carrot tops (and other herbs and vegetables) are growing:

➤: look carefully to see what has changed each day, and talk about this, using the vocabulary roots and shoots, centimetres, colours etc.

Take photos and draw pictures of the changes.

Make the pictures into a diary with a sentence for each new stage of growth.

➤➤: as above, plus: measure the shoots (& roots) each day, adding this information to your diary

➤➤➤: as above, plus record your measurements in a chart or table. Make your measurements into a line graph to show time along the bottom (x axis) and length, or height going up the side (y axis)

Once your carrot tops have grown and you have made your pesto, you can regrow your carrot tops again! **Can you take cuttings of herbs and grow them too?** Simply buy a basil plant from the supermarket and take a stem off at the base. Gently take all the lower leaves off so that there are just a few leaves in a cluster at the top. Put this in a jar of water, changing the water daily, and watch the roots grow. You may also see new leaves already. When the roots are about 1cm long, you can plant your cutting in a little pot of compost and watch it grow. Basil likes plenty of sunshine, so keep it on a sunny windowsill. When it is bigger and the weather is warmer, it could be planted outside. These activities will last for several weeks!



These tiny leaves were growing from our celery heart and carrot tops after just four days.