

# A Pre-Visit Plan





## When is the best time during the school year to visit?

An ECHO field trip may be used as an anticipatory activity to build experiential background for an upcoming unit or a culminating activity following a unit on topics such as agriculture, environmental studies, biomes, technology, plants, or animals. It is important that the teacher help the students make connections to the classroom curriculum, understand what ECHO does, anticipate what they will see, and know the behavioral expectations during the visit.



## What does ECHO do?

<https://www.echonet.org/what-we-do>

Videos ECHO general information <https://echonet.org/learn/echo-videos/>

ECHO agricultural technical services <https://www.echocommunity.org/>

Recent Wink News local story <https://www.winknews.com/2019/07/24/north-fort-myers-farm-echo-fights-world-hunger-by-planting-a-seed/>



## Where do we work?

<https://echonet.org/our-work/where-we-work/>

<https://echonet.org/learn/world-hunger-statistics/>

## What will we see during the field trip?

Five acres of the 50+ acre farm are divided into working laboratories called gardens. Interns manage these areas which represent different tropical climates: lowland, monsoon, mountain, semi-arid, and rainforest. Urban and community gardening is also represented. Students will see plants, animals, and different farming practices which help small-scale farmers in the tropics to produce more food and improve the lives of their families. The rest of the farm consists of research plots, seed bank fields, agroforestry areas, a propagation nursery, maintenance and administrative buildings, a library, a seed bank, and housing for individuals attending training seminars. ECHO-Florida has the largest collection of tropical edible plants in the continental U.S. Tours are limited to the garden areas, bookstore, retail nursery, and Appropriate Technology Center (only if requested). *Please feel free to browse in our bookstore and retail nursery stocked with many perennial edible plants for school and home gardens.*



## Why is Field Trip Safety important?

You will be visiting a working farm, busy with equipment and daily activities. We share the farm with a variety of plants and animals. As a result we ask you to be respectful and follow the guidelines below.

Students must not touch, pet, nor attempt to feed ANY of the farm animals.

Students must not pick/eat anything on the Farm unless invited. Some plants are in fact harmful.

Students must stay on the tour path. We share the Farm with creepy, crawly things best left alone.

Students will stay with the group. Stragglers and wanderers distract from the tour.

Students may have phones for photos but please, NO TEXTS NOR CALLS during the tour.

Students will respect the Docents, trained volunteers, who will give you a great tour.

*Please instruct the adult chaperones and aides to actively assist the students in following the guidelines. Early intervention for noncompliant behavior helps the docents to focus on their job of leading the tour. ECHO wants this experience to be safe, enjoyable, and an enrichment to your curriculum.*



## ECHO Favorites

### Perennial Edible Landscape Plants

**Moringa** is a tree which grows rapidly, but it can be easily cut back to form a large shrub. The leaves can be eaten raw (added to salads) or added to any cooked dish. The chart below lists the nutritional value of Moringa Tree leaves compared to common foods (values per 100 g edible portion).



| Nutrient  | Moringa Leaves | Other Foods        |
|-----------|----------------|--------------------|
| Vitamin A | 6780 mcg       | Carrots: 1890 mcg  |
| Vitamin C | 220 mg         | Oranges: 30 mg     |
| Calcium   | 440 mg         | Cow's milk: 120 mg |
| Potassium | 259 mg         | Bananas: 88 mg     |
| Protein   | 6.7 g          | Cow's milk: 3.2 gm |



#### Katuk

In 100 g of leaves the nutritional content is as follows: energy 59 cal., 4.8-6.4 g protein (compared to an egg, 7g protein), 1.0 g fat, 9.9 g carbohydrate, 1.5 g fiber, 233 mg calcium, 98 mg phosphorus, 3.5 mg iron, carotene 10,020 mcg (vitamin A), B, and C 164 mg. It can be eaten raw or cooked. Try adding it to a salad, smoothie, or stir-fry. It is a beautiful edible landscape shrub that can be trimmed and grows best in partial shade.



#### Longevity Spinach

This nutritional powerhouse can be eaten raw or cooked. Try adding it to a salad, smoothie, or stir-fry. It is a perennial edible ground cover which grows best in partial shade.



#### Cranberry Hibiscus

The leaves are high in vitamins B3 (niacin), B2, A, and C. It is high in protein and an excellent source of antioxidants and anthocyanins. Consider adding the raw leaves to a salad or stir-fry for a pop of color and tangy flavor. It is a beautiful edible landscape shrub that can be trimmed and grows well in full sun or partial shade.

