

GREAUING GARDENS LSU AG CENTER + CHILDREN'S COALITION

LESSON OF THE MONTH

Lesson Title | Growing Vegetable Soup

Book | Growing Vegetable Soup by Lois Ehlert

OBJECTIVES:

- Know the steps in the life cycle of a plant
- Understand that a seed will only grow into the plant it came from

CLASS Focus: Instructional Learning Formats, Language Modeling, and Quality of Feedback

CLASS TIPS

INSTRUCTIONAL LEARNING FORMAT

Creative Movement: Lifecycle of a Plant (at least one adult to model the movements with the children)

Tell the children they will be “tiny seeds” and “grow” into plants. Ask them to crouch down, ball up, sprout slowly (stretch legs,) etc. By letting the children actively participate in how they move will, the teacher(s) will keep the interest of the group and they will actively participate.

QUALITY OF FEEDBACK

Teacher: How do we know which plant is which?

Children: “We labeled them with the first letter in their name!”

Teacher: “That’s right we labeled the broccoli with a “B”, cauliflower with a “C”, and dill with a “D”.

“Now like in the book we are going to plant them.”

LANGUAGE MODELING

Teacher: “Have you ever eaten vegetable soup?” What foods may go in vegetable soup? (while looking at the front cover)

Children: “Some carrots and peas”

Teacher: “What are the steps in growing vegetables?”

As you read, record the steps involved in growing vegetables. (Planting the seeds and sprouts, watering the plants, waiting for the sun to help them grow into plants, weeding, picking or digging up the vegetables)



Photos from ULM CDC

Submit photos to sfloyd@childrenscoalition.org



VEGETABLE SOUP

Source: vegyvida.com

Few foods say love like hot soup. Ask your kids to help you make a batch and you have warm memories, and maybe even the start of a tradition. A child who eats soup that he helped make with mom, or in the classroom, will experience a wholesome, lasting experience. And that wholesome experience sticks – to a kid’s ribs, muscles, mind and eyes. This is particularly the case with veggie-rich soups, which are brimming with key vitamins, antioxidants and minerals that support healthy growth and development. The good news is soups can be easy to make. Easy enough, in fact, for kids to help out in many ways. Children can help with prepping the vegetables by washing them, and then adding them to the pot after the vegetables have been cut. You can add or substitute any vegetables you’d like. Children are more likely to try a food that they help prepare. This is a great way to get more healthy vegetables into their diet. Remind the children that the vegetables help them stay well, have healthy skin and eyes, and makes their brain smart!!

GARDEN TIPS | SLOWING DOWN WITH COOLER TEMPS

By now you should have most or your winter crop planted or perhaps you are finishing planting. Your plants will generally take care of themselves unless there is a warm spell and the soil gets dry. Most of the root growth happens now what is below ground strengthens in preparation for warmer weather. The veggies will take off as the weather warms up and should flourish then. Many will make it through until about mid-May before needing to be replaced. Apply mulch or compost lightly around the plants if you have it available. The worms will feast on this until Spring. Leaves and pine straw are effective and economical choices. Most greens can be harvested as needed. The young, tender greens are the best.

WHAT WE'RE HARVESTING THIS MONTH ON HALL STREET:

eggplant, okra, purple hull peas, jalapeños, & cucumbers

WHAT TO PLANT IN NOVEMBER:

- Direct sow seeds (plant these directly in the beds): beets, cabbage, carrots, Swiss chard, collards, kale, kohlrabi, leek, lettuce (leaf & semi-heading varieties are more reliable), mustard greens, onions, radishes, turnips, shallots
- Plant transplants (from the greenhouse on Hall St or from your local garden center): Most of the above can also be transplanted except for beets and carrots which don't like their roots to be disturbed.
- Plants sets of shallots and individual garlic toes

We have some starts available in our greenhouse. Pick up plants, garden skills and classroom activity ideas on our last Super Saturday of the year, November 16.

