



ACTIVITIES

Lettuce:

- Ranch Dressing for a salad
- Growing Lettuce
(K-5, includes measurement charts)
- Lettuce Lesson Plans
- Lettuce facts poster
- Lettuce Exploration Lesson Plans

Collards:

- Collards Pesto
- Collards, Mustards and Turnips facts poster

Mustard:

- Living Seed Necklace
(Use a mustard seed instead of a bean) To make a connection to the International Space Station plant Mizuna mustard seeds!

Raised Beds:

- Want to plant leafy green vegetables in your school garden? You can plant in early spring and late summer. Visit the Georgia Planting Guide to know when to start!

Spinach:

- Ranch Spinach Dip Recipe
- Sylvia's Spinach Book Activities
- Team Nutrition: Spinach Lane (42 pages of activities)
- USDA Spinach Activities
- Spinach Fun Facts Poster

Kale:

- Kale Smoothie
- K-5 Kale Lesson Plans and Resources

Cabbage:

- Cole Slaw Recipe/Activity
- Cabbage facts poster
- 3rd grade Bonnie Cabbage Program
- Cabbage Water Movement Experiment
- Using Cabbage Indicator to Determine pH

Leafy Vegetables in Space!

- Video-How Astronauts Grow Plants in Space
- Video- Science! Growing Plants in Space
- Article with links to other articles- How Do Plants Grow in Space?

Aquaponics -

lettuce, spinach and kale grow well this way.

- Exploring Aquaponics Lesson plans for Grades K-2
- Exploring Aquaponics Lesson plans for Grades 3-5
- Create a hydroponic unit from a water bottle

Exploring Hydroponics

BOOKS

LETTUCE GROWS ON THE GROUND

By Mari Schuh

SHANTE KEYS AND THE NEW YEAR'S PEAS

By Gail Piernas-Davenport

SYLVIA'S SPINACH

By Katherine Pryor

PETE MOSS AND THE SUPER STRONG SPINACH

By Cynthia Wylie

KATIE'S CABBAGE

By Katie Stagliano

EATING THE ALPHABET

By Lois Ehlert

THE VEGETABLES WE EAT

By Gail Gibbons

VIDEOS

Lettuce Farm Harvest Time

Farm Monitor-EM Farms

Farm Monitor- Baker Farms

Farm Monitor: Kale

Farm Monitor: Better Fresh Farms-hydroponics

