



ACTIVITIES

Lettuce:

- Ranch Dressing for a salad
- Growing Lettuce
(K-5, includes measurement charts)
- Lettuce Lesson Plans
- Harvest of the Month Resources
- Lettuce Exploration Lesson Plans

Collards:

- Collards Pesto
- Collards, Mustards and Turnips
Harvest of the month resources

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)
- Spinach Fun Facts Poster

Kale:

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

Cabbage:

- Cole Slaw Recipe/Activity
- Cabbage Facts Poster
- 3rd Grade Bonnie Cabbage Program
- Cabbage Water
Movement Experiment
- Cabbage Chemistry: Color changing fun
- Cabbage Color Page

Leafy Vegetables in Space!

- Video-How Astronauts Grow Plants in Space
- Video- Surprisingly STEM: Microgravity Plant Scientist
- Plants in Space lesson for grades 3-5

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

Bookmark: Leafy Greens
Color Page: Leafy Greens

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

THE TALE OF KALE

By Lisa Borden

KATIE'S CABBAGE

By Katie Stagliano

EATING THE ALPHABET

By Lois Ehlert

THE VEGETABLES WE EAT

By Gail Gibbons

VIDEOS

Farm Monitor: DeMott Produce- Cabbage

Farm Monitor: Aquaponics Helping Feed

Ga Southern Students

Baker Farms

Georgia Grown Collard Greens and Kale

How Does it Grow? Hydroponic Spinach

R&G Farms- Dublin, GA

Collard Farm Tour

