Louisiana HARVEST of the MONTH

A Compendium of

ACTIVITIES & LESSONS ON LOUISIANA FOOD PRODUCTS

LSU AgCenter
Research · Extension · Teaching

LOUISIANA FARM TO SCHOOL PROGRAM
from the LSU AgCenter

Table of Contents

School Year Calendar

Although we recommend following this calendar, your school or program can change the calendar to suit your needs and match the availability of items each year. None of the materials are printed with the month. The calendar will likely change each school year to allow for new harvest foods. We recommend that items in bold are most prevalent in that month.

August
Summer Squash
Watermelon
Peppers

September
Eggplant
Summer Squash
Cucumbers

October
Winter Squash
Eggplant
Sweet Potatoes

November
Sweet Potatoes
Catfish
Winter Squash

December
Citrus
Cabbage
Sweet Potatoes

January
Broccoli
Citrus
Mushrooms

February
Cabbage
Mushrooms
Strawberries

March
Strawberries
Broccoli
Sweet Potatoes

April
Mushrooms
Strawberries
Shrimp

May
Tomatoes
Peppers
Summer Squash

June
Cucumber
Bell Peppers
Eggplant

July
Watermelon
Cucumbers
Tomatoes

For more information:

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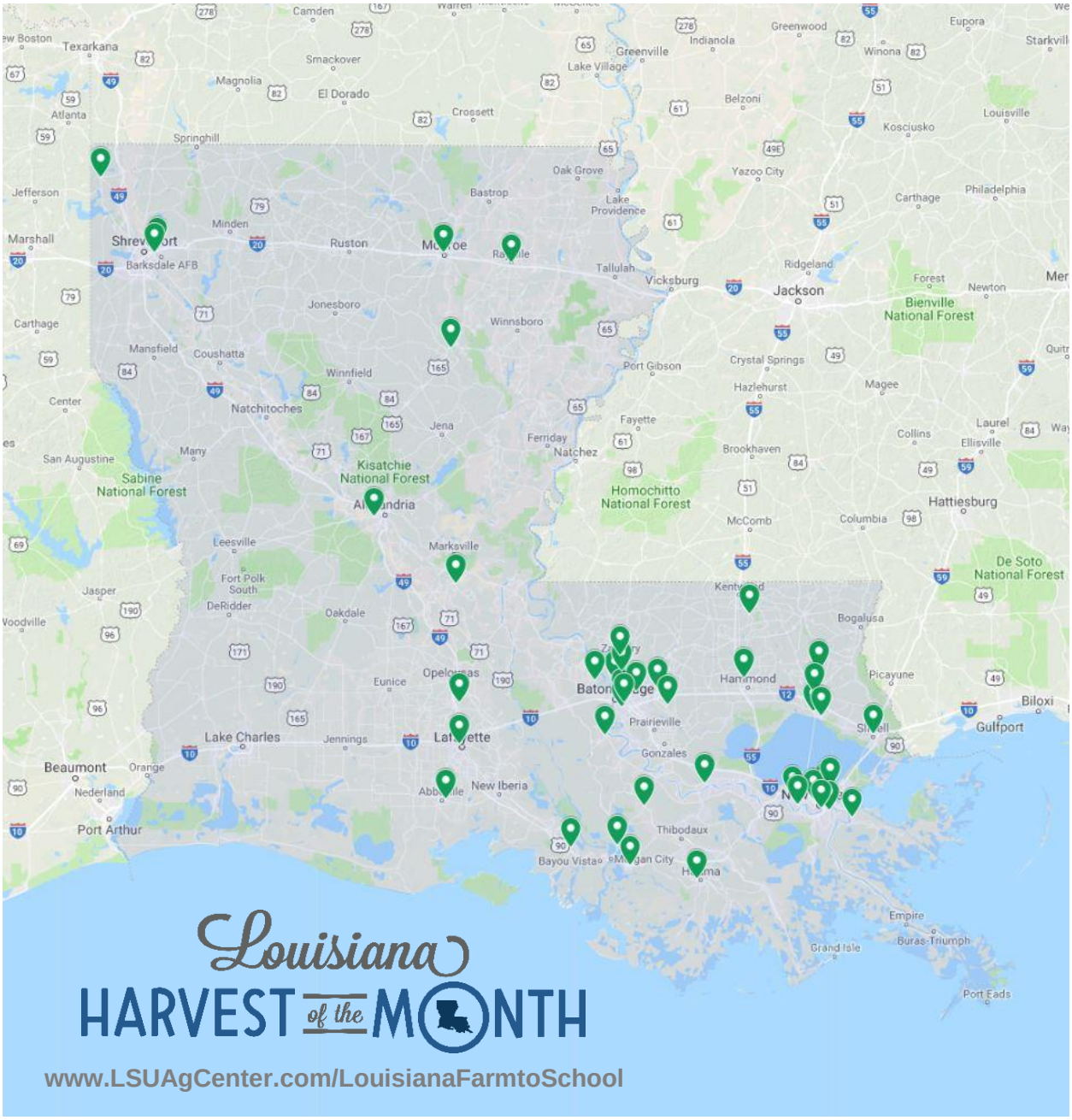
Map of Participating Harvest of the Month Schools



Louisiana HARVEST of the MONTH

Broccoli is a member of the of the cabbage, or cole crops family.

Ounce for ounce, broccoli has as much calcium as a glass of milk.

Store broccoli in a plastic bag in the fridge and wash and trim just before cooking or serving raw.

Broccoli

fiber
calcium
vitamin C

Nutrition Facts

Serving Size 91 g

Amount Per Serving	
Calories 31	Calories from Fat 3
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	

Vitamin A 11% • Vitamin C 135%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Broccoli Goodness

Calcium – strong bones
Fiber – happy tummy
Vitamin C – healthy heart

GROWN FRESH FOR YOU IN LOUISIANA

This publication was supported by the Specialty Crop Block Grant Program at the U.S. Department of Agriculture through grant agreement number 12-25-B-1673. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

MISC-142 (35) 4/15

Broccoli

Lessons & Activities

Broccoli Worksheets - Get Healthy Clark County — Grades K-5

Taste test worksheets for broccoli that include graphing results from the taste tests.
https://www.gethealthyclarkcounty.org/pdf/ffvp-broccoli-worksheet.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	1.MD.C.4 2.MD.D.10 3.MD.B.3 4.MD.B, 5.MD.B		W.K.1-3 L.1.5 L.2.5 SL.[K-5].1-3		1.E.1 [K-5]

Monsters Don't Eat Broccoli (by Barbara Jean Hicks) – iGrow Readers — Grades PreK-2

(SDSU Extension Signature Program) After reading the book, children graph results from a taste test for broccoli. Art and physical activities are connected to the book.
https://igrow.org/up/resources/04-5009-2014.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			RL.[K-5].1-3 SL.[K-5].1-3		1.E.1 [K-5]

Party in the Art Room: Monsters Don't Eat Broccoli — Grades K-5

Clear directions to create this fun art project based on *Monsters Don't Eat Broccoli* by Barbara Jean Hicks (2014). http://www.partyinartroom.com/2012/07/monsters-dont-eat-broccoli.html

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			RL.[K-5].1-3 SL.[K-5].1-3		1.E.1 [K-5]

Vermont's Harvest of the Month: Broccoli **Grades K-4**

A set of five activities (K-2 mostly science; 3-4 mostly math) plus two taste test activities on broccoli.
http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/10_broccoli-cauliflower_lesson.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	1.MD.C. 2.MD.D.10 3.NF 3.MD.B 4.NBT 4.MD.B 5.MD.B	K-LS-1-1 1-LS1-1 2-LS2-2 3-LS3-3 4-LS1-1	SL.[K-5].1-3		1.E.1 [K-5]

A Dash of Learning: **Grades PreK-5**

A simple observational activity to watch what happens as a head of broccoli blooms and a math activity that measures the length of the flowers.

Observing Broccoli Flowers
http://www.adashoflearning.com/2018/05/observing-broccoli-flowers-fun-science.html

Learning about Measurement with Flowers
https://www.adashoflearning.com/2018/05/learning-about-measurement-with-flowers.html

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	K.MD.A.1 K.G.A.	K-LS-1-1	SL.[K-5].1-3 W.[K-2].1-3 L.[1-2].5		

Broccoli & Cauliflower in the Classroom – NH Harvest of the Month **Grades 3-5**

Classroom connections are made to broccoli and cauliflower through science and art.
http://www.nhharvestofthemonth.org/uploads/8/7/7/2/87724720/broccoli_educator.pdf

	Math	*Science*	*English Language Arts*	*Health*
Louisiana Student Standards		[3-5]-LS1-1 5-LS1-2		

Videos

Upper Valley Farm to School Network – Harvesting Broccoli and Cauliflower

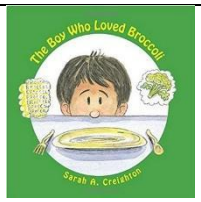
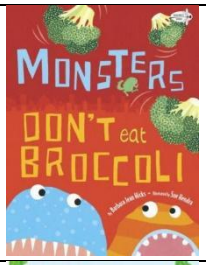
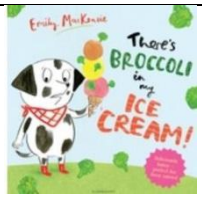
Video about the part of the broccoli plant that we eat and the nutrients that it provides for us. (4:33)
https://www.youtube.com/watch?v=DWRIDqC_9aM

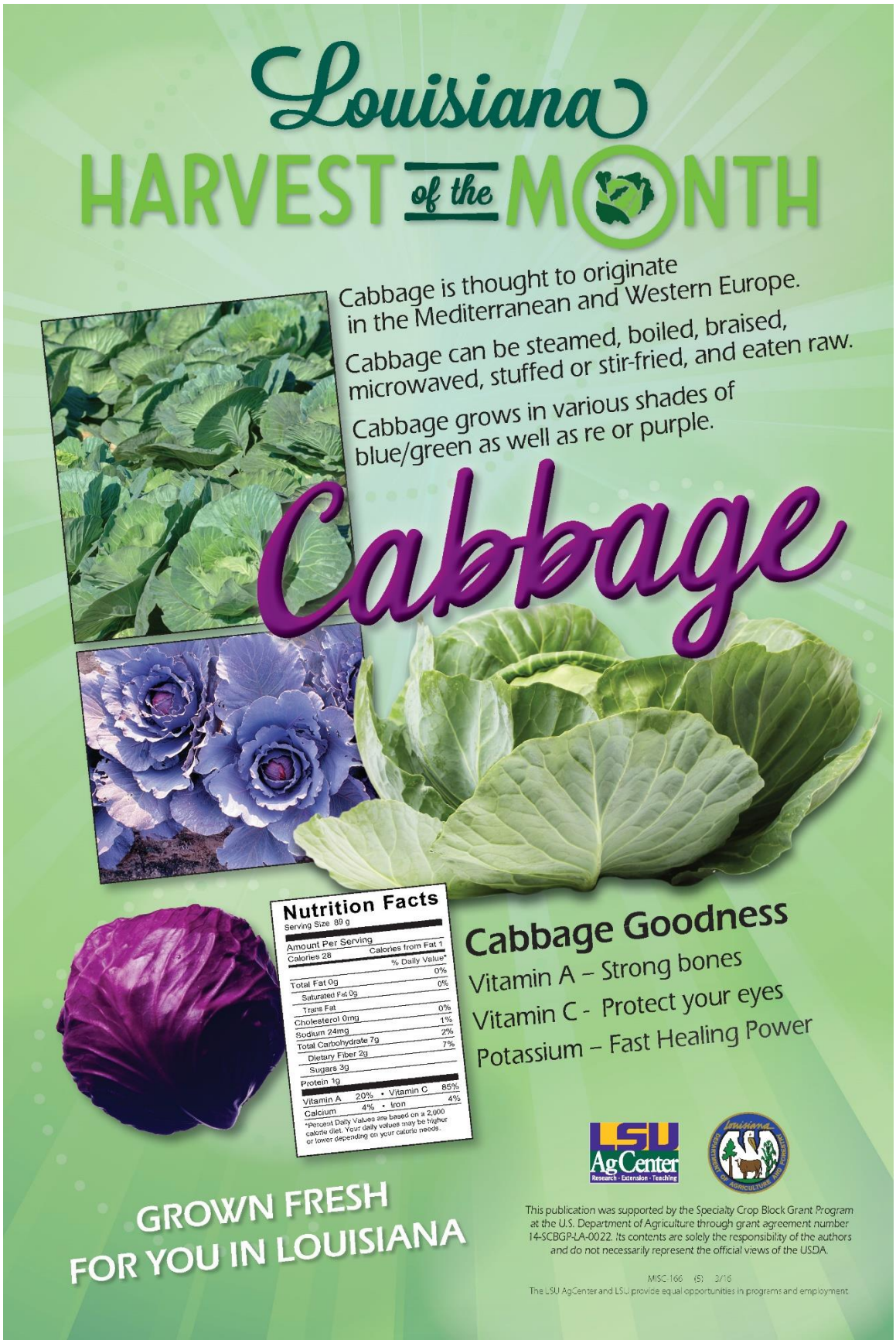
	Math	***Science***	***English Language Arts***	***Social Studies***	***Health***
Louisiana Student Standards			SL.[K-5].1-3		1.E.1 [K-5]

Broccoli Pedigree - A Moment of Science | PBS

A short video vignette as to why we have never stumbled across a wild broccoli. (1:58)
https://sharemylesson.com/teaching-resource/where-does-broccoli-come-273351

Books

The Boy Loved Broccoli by Sarah A. Creighton (2011) This book tells the story of Baxter, a boy who likes to eat broccoli so much he gets super powers. Reading level: Elementary	
Monsters Don't Eat Broccoli by Barbara Jean Hicks (2014) The two monsters in this book insist that they don't eat broccoli. However, there is more to this story! Reading level: 3-7 years.	
There's Broccoli in my Ice Cream! By Emily MacKenzie (2017) About a Dalmatian named Granville who likes to eat everything but fruits and vegetables. Ages: 5 and up.	


Louisiana
HARVEST of the MONTH
Cabbage is thought to originate in the Mediterranean and Western Europe.
Cabbage can be steamed, boiled, braised, microwaved, stuffed or stir-fried, and eaten raw.
Cabbage grows in various shades of blue/green as well as re or purple.
Cabbage
Nutrition Facts
Serving Size 89 g
Amount Per Serving
Calories 28 Calories from Fat 1
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat
Cholesterol 0mg 1%
Sodium 24mg 2%
Total Carbohydrate 7g 7%
Dietary Fiber 2g
Sugars 3g
Protein 1g
Vitamin A 20% • Vitamin C 85%
Calcium 4% • Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Cabbage Goodness
Vitamin A – Strong bones
Vitamin C - Protect your eyes
Potassium – Fast Healing Power
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This publication was supported by the Specialty Crop Block Grant Program at the U.S. Department of Agriculture through grant agreement number 14-SCBGP-LA-0022. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.
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Cabbage

Lessons & Activities

Harvest for Healthy Kids: Cabbage **Grades PreK-3**

Activities for young learners are in three sections: circle time, mealtime, and activity time. Included are newsletters for parents, taste testing ideas, recipes, and art activities. Registration is required to access the free activities. http://www.harvestforhealthykids.org/?page_id=15#

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5] RL.[K-5].1-3		1.E.1 [K-5]

Vermont's Harvest of the Month: Cabbage **Grades 3-4**

A set of nine activities plus two taste test activities on cabbage.
http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/02_cabbage_lesson.pdf

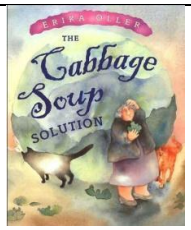
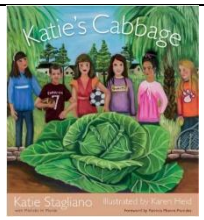
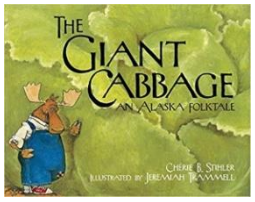
	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	K.MD.B.3 1.MD.C.4 2.MD.D.10 3.MD.B.3 [4-5].MD.B	K-LS-1-1 [1, 4, 5]-LS1-1 2-LS4-1 3-LS3-[1-2] 3-LS4-[2-3]		3.3.1 4.4.1 4.4	

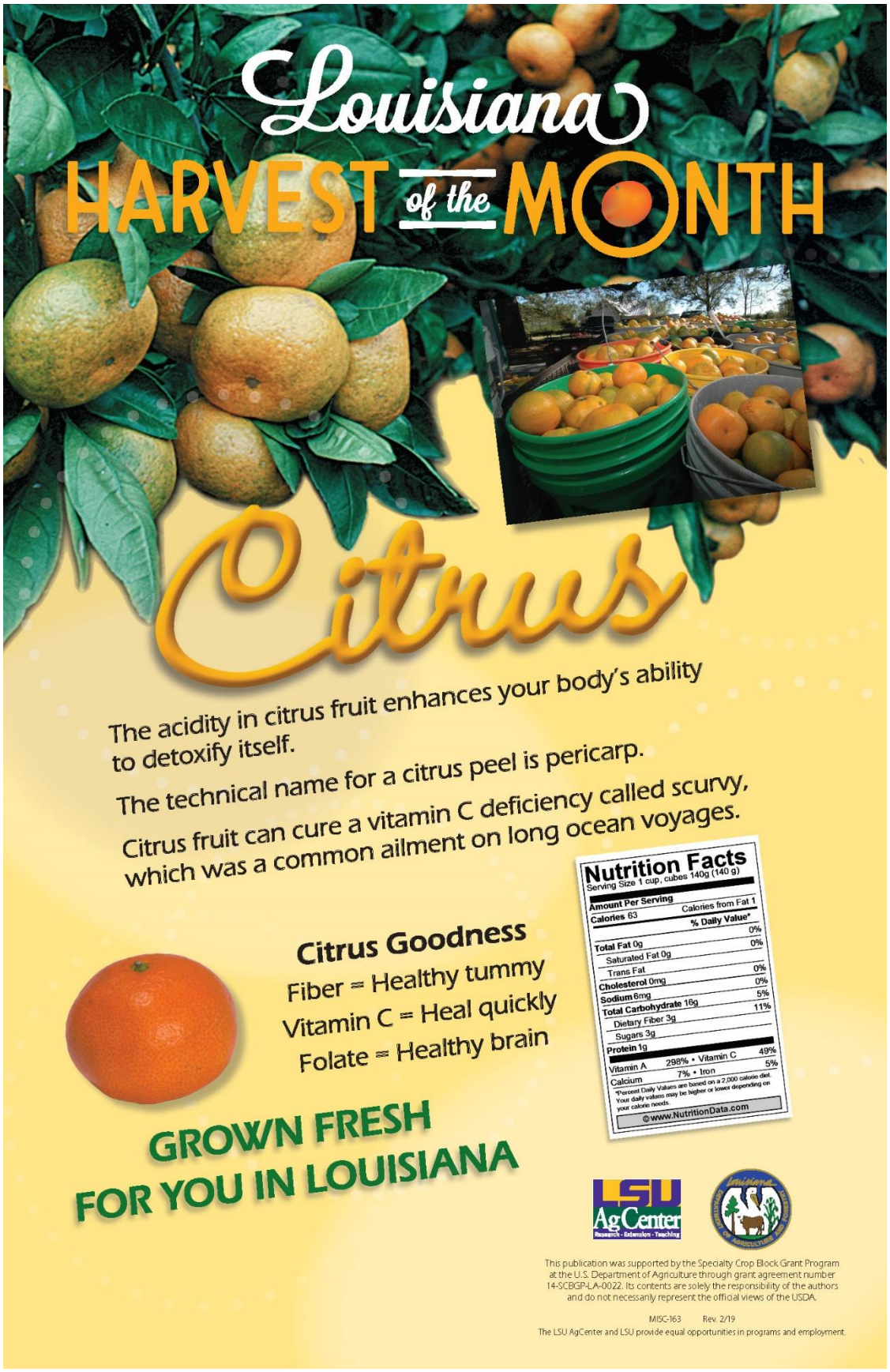
Videos

Louisiana Harvest of the Month – Sautéed Cabbage Recipes
This video demonstrates how to prepare two types of sautéed cabbage that offset bitterness and avoid generating a strong odor. https://www.youtube.com/watch?v=74sUH896ysE&t=1s

Growing Cabbages from Sowing to Harvest
This video goes over everything you need to know to grow the perfect crop of cabbage, from sowing to transplanting to harvesting. (6:27) https://www.youtube.com/watch?v=Ux-DtELMW5A

Books

The Cabbage Soup Solution by Erika Oller (2004) Someone is stealing cabbages from Elsie's cabbage patch. With the aid of her two cats and some delicious homemade soup, Elsie befriends her cabbage thieves. Age: 4-8 years	
Katie's Cabbage by Katie Stagliano and Michelle H. Martin (2014) The true story of how Katie Stagliano, a third grader from Summerville, South Carolina, grew a forty-pound cabbage in her backyard and donated it to help feed 275 people at a local soup kitchen. Age: 7-11 years	
The Giant Cabbage by Cherie Stihler (2003) Moose discovers a very big cabbage in his garden that could win first prize at the Alaska State Fair. But there's a problem--it's so huge he can't lift it! An old Russian folktale inspired The Giant Cabbage, but this contemporary version showcases Alaska with vivid illustrations, adorable animal friends, and verbal twists and turns. Age: 3-7 years.	


Louisiana
HARVEST of the MONTH
Citrus
The acidity in citrus fruit enhances your body's ability to detoxify itself.
The technical name for a citrus peel is pericarp.
Citrus fruit can cure a vitamin C deficiency called scurvy, which was a common ailment on long ocean voyages.
Nutrition Facts
Serving Size 1 cup, cubes 140g (140 g)
Amount Per Serving
Calories 63 Calories from Fat 1
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat
Cholesterol 0mg 0%
Sodium 8mg 0%
Total Carbohydrate 16g 5%
Dietary Fiber 3g 11%
Sugars 3g
Protein 1g
Vitamin A 298% • Vitamin C 49%
Calcium 7% • Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
©www.NutritionData.com
Citrus Goodness
Fiber = Healthy tummy
Vitamin C = Heal quickly
Folate = Healthy brain
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Citrus

Lessons & Activities

National Ag in the Classroom: A "Sour" Subject — Grades 3-5

In this lesson, students will learn about the growth and production of citrus fruits and participate in two activities where they use skills of observation and mathematical computation to compare and contrast grapefruits and lemons.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=293&search_term_lp=citrus

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		[3-5]-LS1-1 5-PS1-3	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		

California Foundation for Agriculture in the Classroom: Citrus — Grades 3-6

A fact and activity sheet on citrus. http://learnaboutag.org/resources/fact/citrus.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	3.MD.B 4.MD.B.4		W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

FoodMASTER: Fruits — Grades 3-5

Students will identify fruits that grow on a tree, bush or vine, classify fruits as pome, drupe, berry, melon, or citrus, perform an experiment about the browning of fruit, and learn drying plums to make prunes.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=259&author_state=0&search_term_lp=Citrus

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		3-LS3-1 4-LS1-1 5-LS1-1 5-PS1-4	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		

Carolina Biological Supply: If Life Hands You Lemons Make a Battery **Middle School**

Lesson on how to make one- and two-celled batteries with lemons.
https://www.carolina.com/teacher-resources/Interactive/creating-a-battery-with-lemons/tr10901.tr

Florida Harvest of the Month: Satsuma **Grades K-5**

This is a set of K-5 lessons for satsuma/citrus covering a variety of subjects.
https://dcps.duvalschools.org/Page/22589

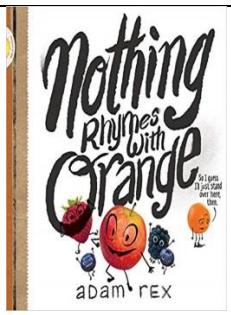
	Math	***Science***	***English Language Arts***	***Social Studies***	***Health***
Louisiana Student Standards	[K-1].G.A.1 3.NF.A.1 3.NF.A.3 4.NF.A.1	K-LS-1-1 1-LS1-1 2-LS-2 3-PS2-2 4-PS4-1 [3-5]-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3	1.3.2 2.2.2 4.16	

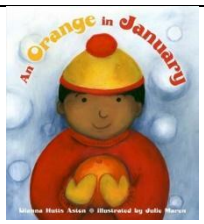
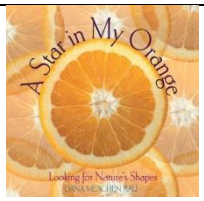
Videos

How Orange Juice Is Made

From orange trees to orange juice. (6:39) https://www.youtube.com/watch?v=T8KJGtMGMSY

Books

Nothing Rhymes with Orange, by Adam Rex (2017) We all know nothing rhymes with orange, but how does that make Orange feel? Well, left out, obviously! When a fruit parade gets together to sing a song about how wonderful they are—and the song happens to rhyme—Orange can't help but feel like it's impossible to ever fit in. But when one particularly intuitive Apple notices how Orange is feeling, the entire English language begins to become a bit more inclusive. Beloved author-illustrator Adam Rex has created a hilarious yet poignant parable about feeling left out, celebrating difference, and the irrefutable fact that nothing rhymes with orange. Grade Level: Kindergarten – 3. Lexile Measure: 570L.	
Oranges to Orange Juice, by Inez Snyder (2003) An introduction to the process of making orange juice from fresh oranges. Nonfiction. Age: 5-7 years.	

An Orange in January, by Dianna Aston (2007) This book follows an orange from blossom to ripe fruit, from tree to truck to market. Age: 4-8 years.	
A Star in My Orange: Looking for Nature's Shapes, by Dana Rau (2006) This book explores shapes in the world around you. Age: 5-8 years.	
When Grandma Gives You a Lemon Tree, by Jamie Deenihan (2019) This clever story, complete with a recipe for lemonade, celebrates the pleasures of patience, hard work, nature, community. Grade Level: Elementary.	

Louisiana HARVEST of the MONTH

Cucumbers

Cucumbers are made up of more than 90% water.

Cucumbers belong to the plant family cucurbitaceae, which includes melons, squash, and pumpkins.

A half-cup of sliced cucumbers has more than 10% of the recommended daily intake of vitamin K.

Nutrition Facts

Serving Size 91 g

Amount Per Serving	
Calories 31	Calories from Fat 3
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11% • Vitamin C	135%
Calcium 4% • Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Cucumber Goodness:

Vitamin K = Strong bones

Calcium = Healthy teeth

Potassium = Fast healing power

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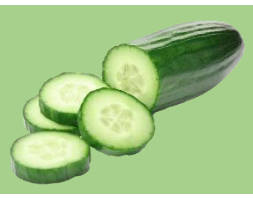


Cucumbers

Lessons & Activities

NC Farm to School, Growing Minds: Cucumber Explorations **Grades PreK-2**

This lesson introduces students to cucumbers and how they grow.
https://growing-minds.org/lesson-plans/cucumber-exploration/

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		

Teaching the Senses with Refrigerator Pickles **Grades PreK-2**

A Sequence of five lessons that revolve around the book, ***I Hear a Pickle (and Smell, See, Touch, and Taste It, Too!)***, by Rachel Isadora (2016). Students learn about dill, and then make refrigerator pickles. Students use their five senses to describe their dill pickles.
http://www.judynewmanatscholastic.com/blog/2016/08/teaching_the_senses/

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3		

The Accidental Scientist, the Science of Cooking: Pickles **Grades 3-5**

Pickling is the ancient culinary craft of preserving foods in salt brine or vinegar. Activities and recipes for pickles. https://www.exploratorium.edu/cooking/pickles/index.html

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		3-LS3-1 3-LS4-3 4-LS1-1 5-LS2-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		

California Foundation for Agriculture in the Classroom: Cucumbers — Grades 3-8

A fact and activity sheet on cucumbers. http://learnaboutag.org/resources/fact/cucumbers.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		3-LS3-1 3-LS4-3 4-LS1-1 5-LS2-1	L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		

Cucumber Seed Sleuth — Grades 3-5

An activity sheet regarding seed id and taxonomy.
https://www.massfarmtoschool.org/wp-content/uploads/2017/08/Cucumbers-Seed-Sleuth.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		[3-5]-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		

In a Pickle — Grades 3-5

This is an activity sheet that focuses on food safety and to preserve food safely using cucumbers.
https://www.massfarmtoschool.org/wp-content/uploads/2018/01/in-a-pickle-student-worksheet.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		3-LS3-1 3-LS4-3 4-LS1-1 5-LS2-1			

Videos

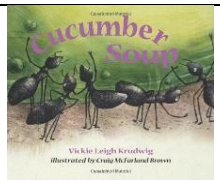
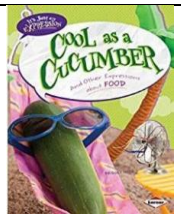
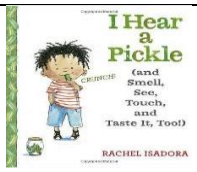
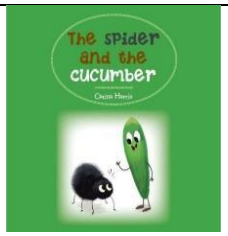
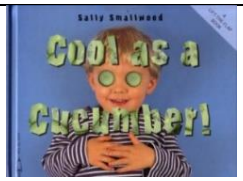
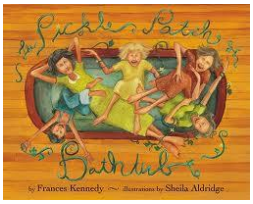
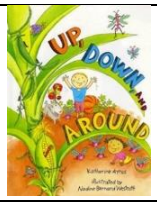
Pickle Time Lapse

Time lapse of a cucumber growing from flower to picking size. (2:39)
https://www.youtube.com/watch?v=bmI12-v3D5o

Disco Cucumber Time Lapse

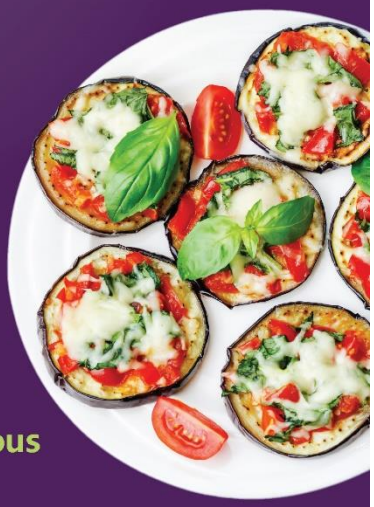
Time lapse of a cucumber's tendrils supporting the vine. (1:46)
https://www.youtube.com/watch?v=b93Q0iaKcZM

Books

Cucumber Soup, by Vickie Krudwig (1998) A big cucumber falls onto an ant mound. Together the ants and their friends work together to lift the cucumber. As each insect is introduced in the story, true facts are given on the opposite page. Numbers 1-10 are also used throughout the text. Reading level: PreK-2. Lexile: 360L.	
Cool as a Cucumber: And Other Expressions about Food (It's Just an Expression), by Bridget Heos (2012) This book explores a variety of food-related sayings and helps readers figure out what people really mean when they use them. Reading level: Elementary	
I Hear a Pickle (and Smell, See, Touch, and Taste It, Too!), by Rachel Isadora (2016) A simple introduction to the five senses. Grade level: PreK-K.	
The Spider and the Cucumber, by Catina Harris (2018) The spider thinks that the cucumber must feel awful that it isn't the same color on the inside as on its outside. This book teaches that something different can also be nice. Reading level: Elementary.	
Cool as a Cucumber, by Sally Smallwood (2005) A lift the flap book featuring a variety of vegetables, their different parts, and things that they are similar to. Reading level: PreK.	
The Pickle Patch Bathtub, by Frances Kennedy (2004) One day, Donna tries to bathe in the farmhouse washtub and realizes that her legs are too long. She decides that she will grow pickling cucumbers to sell until she saves up enough money for a new bathtub. How many cucumbers will she have to grow and how long will it take for her to save enough money? Grade Level: Preschool – 2. Lexile Measure: AD830L.	
Up, Down, and Around, Katherine Ayres (2008) This rhyming story is perfect for introducing young children to fruits and vegetables that grow *up* (like corn and peppers), *down* (like potatoes and carrots), and *around* (like cucumber and pumpkin vines).	

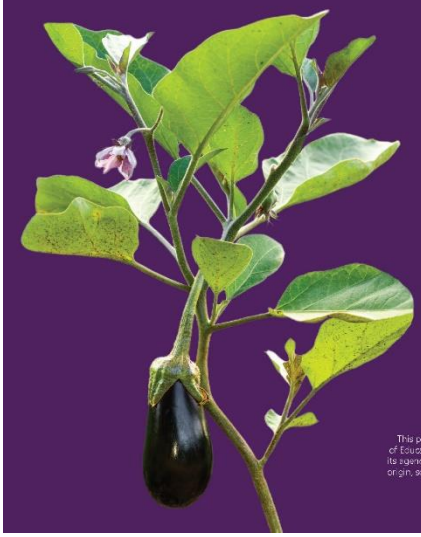
Louisiana HARVEST of the MONTH

Eggplant



Fun Facts About Eggplant!

- Eggplant belongs to the nightshade family, along with tomatoes and potatoes.
- You can eat all parts of the eggplant fruit, including its antioxidant-rich skin.
- Eggplants come in many different colors, such as purple, lavender, green and white.



Eggplant Is Nutritious and Good for You!

- Good source of dietary fiber.
- Low in fat.
- Low in sodium.
- Low in calories.

LSU AgCenter Research · Extension · Teaching

Louisiana Farm to School Program

DEPARTMENT of EDUCATION Louisiana Believes

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Eggplant

Lessons & Activities

Louisiana Harvest of the Month: Why Did the Eggplant Turn Brown? **Grade 5**

This lesson focuses on the browning of an eggplant (oxidation) when it is cut or bruised. Students will perform a simple controlled experiment to test different processes that could inhibit browning of the eggplant.
https://www.lsuagcenter.com/~/media/system/f/8/a/3/f8a32b7543f944a52d9406fba393b6aa/hom%20eggplant%20lesson_why%20did%20that%20eggplant%20turn%20brownpdf.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		5-PS1-4	W.K.1-3 L.[1-2].5 SL.[K-5].1-3		1.E.1 [K-5]

Linus Pauling Institute: Plant Parts We Eat **Grade K**

Students will learn to identify different parts of plants and to categorize the edible parts of different fruits and vegetables. https://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/pdf/hyp/lessons-manuals/K12/K5/kinder_plant_parts_we_eat_0.pdf

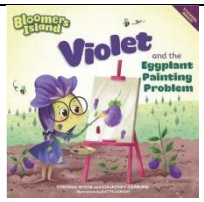
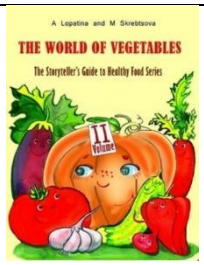
	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		K-LS-1-1			

Videos

I Grow Eggplant Fresh from Florida
A farmer from Florida describes growing eggplant. (2:00)
https://www.youtube.com/watch?v=S5FP7_rWpBU

Harvesting and Saving Eggplant Seeds
Saving eggplant seeds is very easy, and doesn't require fermenting. It literally only takes minutes to do. A couple of eggplants will produce many more seeds than you need. (7:31)
https://www.youtube.com/watch?v=26SmdZ8xm_A

Books

Violet and the Purple Painting Problem by Cynthia Wiley (2018) Violet, a young painter, chooses to grow eggplants because she loves the color purple, and decides to make paintings of them to track their progress. Alas, she discovers there is no more purple paint. She solves her problem in an interesting way! Age: 4-8 years	
The World of Vegetables by Alexandra Lopatina (2011) Each story, like *How Senior Aubergine Made Teeth Better* [http://vegetables-for-kids.com/eggplants-benefits.htm], is delivered in an entertaining fairy-tale representational form and tells about a particular vegetable, its importance in daily diet, its values and concludes with a healthy recipe for students to make. Age: 4-10 years	

Louisiana HARVEST of the MONTH

Mushrooms are made of 90% water.

Mushrooms do not need sunlight to grow.

Mushrooms are neither plants nor animals. They are classified as fungi.

Early mushrooms were referred to as the "food of the gods."

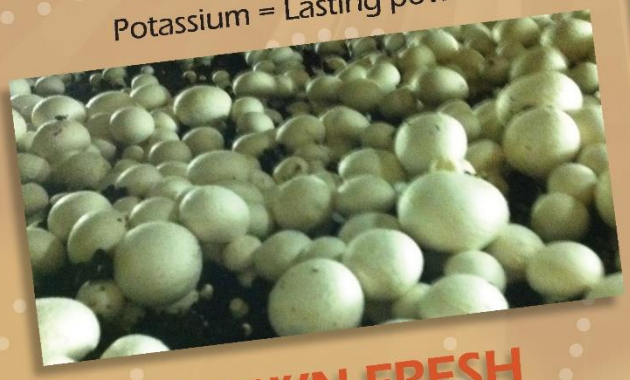
Mushrooms

Mushroom Goodness:

Antioxidants = Strong immune system

Vitamin B = Super energy

Potassium = Lasting power



Nutrition Facts

Serving Size 5 medium (84g/3.0 oz)

Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 300mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	

Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 2%
Vitamin D 4%	• Thiamin 4%
Riboflavin 20%	• Niacin 15%
Vitamin B6 4%	• Folate 4%
Pantothenic Acid 15%	• Phosphorus 8%
Magnesium 2%	• Zinc 2%
Selenium 10%	• Copper 15%
Manganese 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

GROWN FRESH FOR YOU IN LOUISIANA

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Louisiana Department of Agriculture & Forestry

This publication was supported by the Specialty Crop Block Grant Program at the U.S. Department of Agriculture through grant agreement number 14-SCBGP-LA-0022. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

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Mushrooms

Lessons & Activities

California Foundation for Agriculture in the Classroom: Mushrooms — Grades 3-9

A fact and activity sheet on mushrooms. http://learnaboutag.org/resources/fact/mushrooms.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		4-LS1-1	SL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

North American Mycological Association: Teaching about Fungi — Grades K-6

Two PDF guides are available at this website: The Fungus Files: An Educator's Guide to Fungi K-6 (terraBrie Stewart, 2nd Edition); and How the Mushroom Got its Spots: An Explainers' Guide to Fungi, by Sue Assinder and Gordon Rutter, British Mycological Society Education Group). There are too many K-12 resources on this page to list, however a few include making spore prints, dissecting a mushroom and mushroom cultivation. http://www.namyco.org/manual_for_teachers_and_natura.php

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		3-LS1-1 3-LS4-3 4-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		

American Mushroom Institute: Mushrooms — Grades 3-4

Traditional style lessons (read then answer a worksheet) include *A History of Mushrooms, Mushroom Farming in the Kennett Square Area, How Mushrooms Grow, The Parts of the Mushroom* and *Recycling in the Mushroom Farming Industry*.
http://americanmushroom.org/wp-content/uploads/2014/05/workbook.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		3-LS1-1 3-LS4-3 4-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		

Florida Harvest of the Month: Mushroom Classroom Guide **Grades K-8**

Multiple pdf classroom guides for grades K-8 found at this website Duval County Public Schools Florida Harvest of the Month Mushroom

Lesson Plans K-2:

https://dcps.duvalschools.org/site/handlers/filedownload.ashx?moduleinstanceid=32376&dataid=39567&FileName=HOM_Mushroom_ClassroomGuide_K-2.pdf

Lesson Plans 3-5:

https://dcps.duvalschools.org/site/handlers/filedownload.ashx?moduleinstanceid=32376&dataid=39560&FileName=HOM_Mushroom_ClassroomGuide_3-5.pdf

	Math	***Science***	***English Language Arts***	***Social Studies***	***Health***
Louisiana Student Standards	K.MD.A 1.MD.A.1 2.MD.D.10 3.MD.3.6-7 4.MD.A.1,3	K-LS-1-1 [1, 3-5]-LS1-1 2-LS2-1 5-LS2-1		1.3.7 4.1.1	

Videos

Discovery Channel: Mushroom Production

A wonderful video that explains how button mushrooms are grown, from compost/soil preparation through harvest and then to the store. (4:30) https://www.youtube.com/watch?v=91Z86X_mSZE

Fungi Time-lapse Compilation 01

Time-lapse video showing the growth of multiple types of mushrooms. (5:02)
https://www.youtube.com/watch?v=us79TMh5Dkk

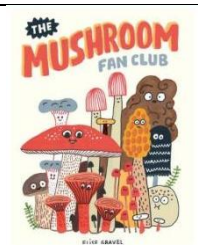
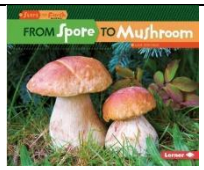
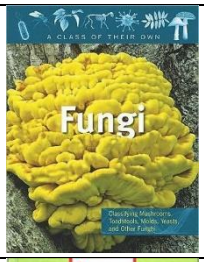
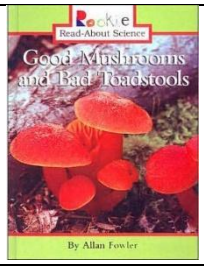
Mushroom Bloom Time Lapse

Another time-lapse video showing the growth of multiple types of mushrooms. (2:14)
https://www.youtube.com/watch?v=b-nJ0ROGD14

Do Mushrooms Have Roots? A Lesson on How Mushrooms Grow

The answer is 'No', but they do have a wonderful root-like structure called mycelium. (4:13)
https://www.youtube.com/watch?v=cM4mMYQGibM

Books

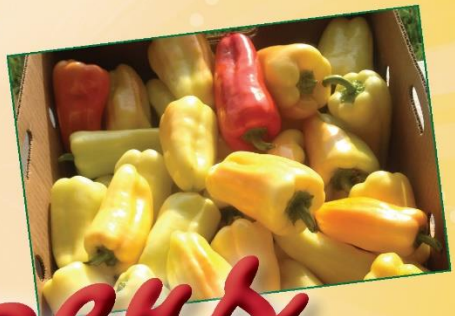
The Mushroom Fan Club by Elise Gravel (2018) This book takes the reader on a tour of the forest floor mushroom hunting. Appeared on Best of 2018 lists from *Quill & Quire* and the *Globe and Mail*. Age: 6-12 years	
From Spore to Mushroom by Lisa Owings (2017) Follow each step in the mushroom's life cycle - from spores drifting in the wind to fully grown mushrooms. Nonfiction. Age: 5-8 years	
Fungi: Classifying Mushrooms, Toadstools, Molds, Yeasts, and Other Fungi by Judy Wearing (2010) This book presents the remarkable range of forms, internal structures, habitats and habits of fungi. Stunning photos. Nonfiction. Age: 10-13 years	
Good Mushrooms and Bad Toadstools by Allan Fowler (2001) Find out how mushrooms grow, which ones we eat, and why mushrooms are good and toadstools are bad. Nonfiction. Age: 6-7 years	

Louisiana HARVEST of the MONTH

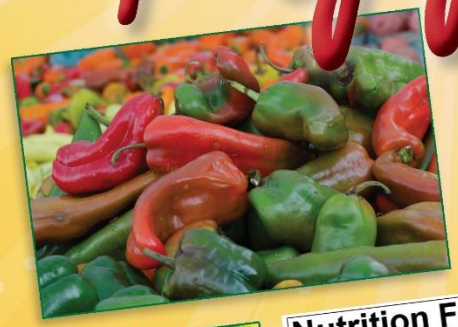
Bell peppers come in green, red, yellow, orange, and purple-brown colors.

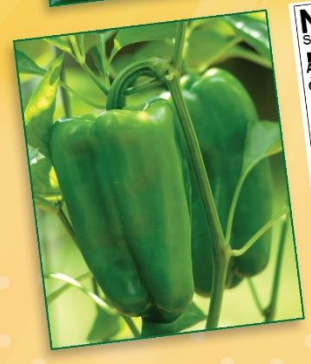
One bell pepper has more vitamin C than an orange or cup of strawberries.

Peppers grow best in warm soil and cannot tolerate frost.



Peppers





Nutrition Facts
Serving Size 1 cup, chopped 149g (149 g)

Amount Per Serving	
Calories 30	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 1g	
Vitamin A 11% • Vitamin C	200%
Calcium 1% • Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com

Pepper Goodness:

Lutein = strong eyes

Vitamin A = growing tall

Potassium = fast healing power

GROWN FRESH FOR YOU IN LOUISIANA

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Peppers

Lessons & Activities

Oregon Harvest for Students, Classroom Connections: Bell peppers — Grades PreK-12

Four lessons outline a taste test (PreK-2), seed counting (3-5), fruit or vegetable definition (MS), and an art project (HS) on bell peppers. https://www.oregon.gov/ode/students-and-family/childnutrition/F2S/Documents/Peppers_2_cc.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	K.CC.1 K.MD.B.3 1.MD.C.4 [4-5].NBT.B.5	K-LS-1-1 [1, 3-5]-LS1-1 2-LS2-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3		1.E.1 [K-5]

Food Detectives: Bell peppers — Grades K-5

Four bell pepper tasting experiences are outlined. https://prc.unm.edu/chile-plus/early-childhood-centers/curriculum-docs/curr-mod1-bell-pepper-2012.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3		1.E.1 [K-5]

National Agricultural Literacy Curriculum Matrix: Pizza Time! — Grades 3-5

A set of four activities revolving around peppers and pizza and uses them to teach about agriculture, geography, and mathematics.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=228&author_state=0&search_term_lp=Peppers

	Math	*Science*	*English Language Arts*	*Health*
Louisiana Student Standards	3.MD.B.3		SL.[K-5].1-3	

CA Harvest of the Month: Peppers **Grade PreK**

An outline for four weeks of preschool experiences focused on peppers.
http://www.farmtopreschool.org/states/documents/F2PHOTM_Peppers_000.pdf

Ag in the Classroom: A Seedy Fruit Challenge **Grades 3-8**

A two-part lab that sorts fruits into their types, then dissects two fruits for comparison.
https://www.agclassroom.org/teacher/matrix/resources.cfm?rid=267

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		1-LS1-2 2-LS2-2 [3-5]-LS1-1 3-LS3-2	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

Wisconsin Harvest of the Month: Peppers **Grades K-5**

A fact sheet about peppers with lots of interesting information on peppers in general. Classroom connections are included.
https://static1.squarespace.com/static/587f922e2994ca6d031e3d86/t/5afc614a0e2e721d008fb943/1526489424334/HOTM_EducatorFlyer_Sept-Peppers.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	K.CC. 4.0A.A.1 4.NBT.B.5	1-LS1-2 3-LS3-1 3-LS3-2 [3-4]-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

California Foundation for Agriculture in the Classroom: Bell Pepper **Grades 3-4, 6-7**

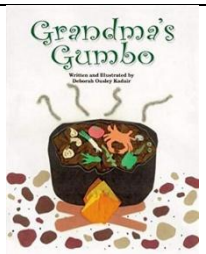
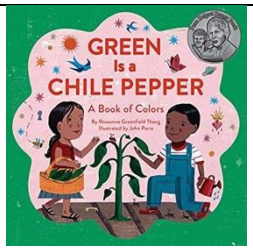
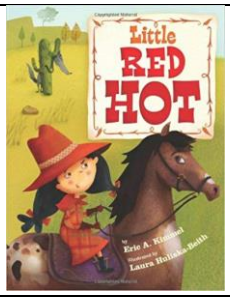
A fact and activity sheet on bell peppers. http://learnaboutag.org/resources/fact/bellpeppers.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

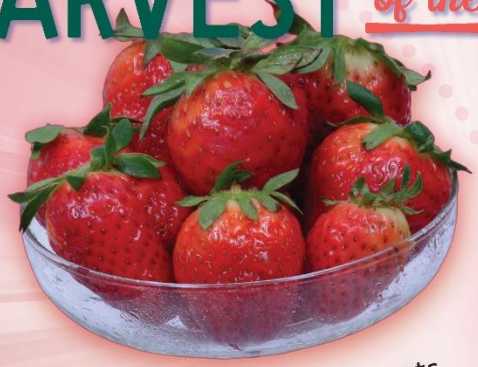
Videos

Time-lapse of a Bell Pepper Ripening
Time-lapse video showing growth of a bell pepper from flower to green pepper to red pepper. (4:45)
https://www.youtube.com/watch?v=LAVX1fit1Z0

Books

Grandma's Gumbo by Deborah Kadair (2003) Bell peppers, shrimp, oysters, onions, and okra – all have an important place in gumbo. Reading level: Elementary.	
Green is a Chili Pepper: A Book of Colors by Roseanne Greenfield Thong (2014) Featured objects are Latino in origin, and all are universal in appeal. With rich, boisterous illustrations, fun-to-read rhyming text, and an informative glossary, this playful concept book will reinforce the colors found in every child's day! Reading level: Elementary.	
Little Red Hot by Eric A. Kimmel Little Red Hot loves red hot chili peppers. She eats them for breakfast, lunch, and dinner. When her grandmother catches a cold, Little Red makes her a hot pepper pie that will "knock those cold germs right out of her." But before Little Red shares her pie with Grandma, she meets Señor Lobo – and the pie comes in very handy when the wily wolf tries to trick her into thinking he's her grandmother. Reading level: Elementary.	

Louisiana HARVEST of the MONTH



Seventy percent of strawberry roots are in the top 3 inches of soil.

Strawberries are a member of the rose family.

Strawberries are Louisiana's state fruit!

Strawberry

Nutrition Facts
Serving Size 1 cup, halves 152g (152 g)

Amount Per Serving	
Calories 49	Calories from Fat 4
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0% • Vitamin C	149%
Calcium 2% • Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com

Strawberry Goodness:

Vitamin K = Healthy heart

Vitamin C = Fights colds

Manganese = Healthy skin

GROWN FRESH FOR YOU IN LOUISIANA

LSU AgCenter Research · Extension · Teaching

This publication was supported by the Specialty Crop Block Grant Program at the U.S. Department of Agriculture through grant agreement number 14-SCBGP-LA-0022. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

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Strawberries

Lessons & Activities

North Carolina Strawberry Investigations - Lesson Plans — Grades K-5

Multiple rigorous lesson plans for grades K-5 correlated to CCSS (ELA, Math, Social Studies) and NGSS (Science) on the subject of strawberries. http://ncstrawberry.com/about/educators/ncsi-lesson-plans

	Math	***Science***	***English Language Arts***	***Social Studies***	***Health***
Louisiana Student Standards	K.CC.B.4.A-C	K-LS-1-1	W.K.1-3	K.3.3	1.E.1 [K-5]
	K.CC.C.6	K-ESS2-1	L.[1-2].5	K.3.5	
	K.OAA.A.1	K-ESS3-1	SL.[K-5].1-3	K.3.7	
	K.MD.A.1-2	1-LS1-1-2	RI.[K-5].1-3	1.3.1	
	K.MD.B.3	1-ESS1-1-2		1.3.2	
	K.G.A.1	2-PS1-2, 4		1.3.4	
	1.MD.A.2	2-LS2-1		1.3.7	
	2.MD.7,10	[3-5]-LS1-1		1.3.10	
	3.MD.4	3-LS4-3		1.5.5	
	4.NBT.3-6	4-PS3-2		3.9.1	
	4.MD.1-2	5-EES-2		4.9.4	
	4.OA.3	5-LS2-1		4.5.3	
	5.NBT.7				
	5.MD.1				

California Foundation for Agriculture in the Classroom: Strawberries — Grades 3-6

A fact and activity sheet on strawberries. http://learnaboutag.org/resources/fact/strawberries.pdf

	Math	***Science***	***English Language Arts***	***Health***
Louisiana Student Standards	3.NF.3.D		W.K.1-3	1.E.1 [K-5]
	3.MD		L.[1-2].5	
	4.MD		SL.[K-5].1-3	
	5.MD.C.3		RL.[K-5].1-3	
			RI.[K-5].1-3	

Harvest for Healthy Kids: Berries **Grades PreK-3**

Activities for young learners are in three sections: circle time, mealtime, and activity time. Included are newsletters for parents, taste testing ideas, recipes, and art activities. Registration is required to access the free activities. http://www.harvestforhealthykids.org/?page_id=15#

	Math	***Science***	***English Language Arts***	***Social Studies***	***Health***
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3		1.E.1 [K-5]

The Strawberry Patch - USDA Food and Nutrition Service **Grade Pre-K**

Features classroom lessons on strawberries and at-home extensions.
https://fns-prod.azureedge.net/sites/default/files/growit_book7.pdf

	Math	***Science***	***English Language Arts***	***Health***
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3	1.E.1 [K-5]

Strawberry Lesson Plan **Grade Pre-K**

Features preschool lesson ideas, songs, games and art projects centered on strawberries.
http://www.nuttinbutpreschool.com/strawberry-lesson-plan/

	Math	***Science***	***English Language Arts***	***Health***
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3	1.E.1 [K-5]

National Agriculture in the Classroom: Freshest Fruits **Grades K-2**

A fact and activity sheet on strawberries.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=322&search_term_lp=strawberries

	Math	Science	English Language Arts	Health
Louisiana Student Standards		1-LS1-1 2-LS2-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3	1.E.1 [K-5]

Videos

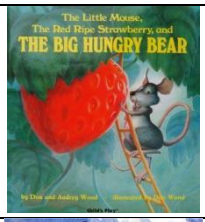
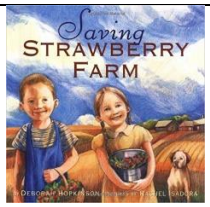
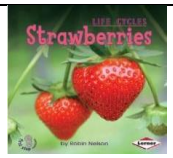
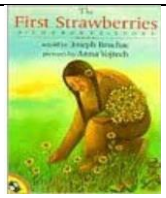
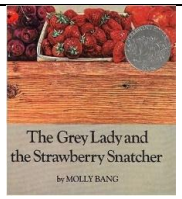
Time Lapse of Strawberry Plant

A time lapse of a strawberry ripening and of strawberry flowers opening and closing. (4:33)
https://www.youtube.com/watch?v=A_tNMJTvy7I

Strawberry Plant Runners

Shows runners coming off of strawberries in pots and how these runners make new plants. (1:56)
https://www.youtube.com/watch?v=LbMr6d-ACYw

Books

The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear, by Don and Audrey Wood (1987) This lesson [https://www.teachervision.com/lesson/predicting-little-mouse-red-ripe-strawberry-big-hungry-bear] on the Wood's book is designed to introduce predicting as a reading strategy to primary students. Reading level: K-2	
Saving Strawberry Farm by Deborah Hopkinson (2005) In the hot summer of 1933, a young boy helps to rally his town to save the local strawberry farm from a bank auction. Set in the Depression, the book focuses on simple pleasures like homemade lemonade and the importance of community. It also features a description of the Depression era in the back of the book. Age: 5-10 years.	
Strawberries, by Robin Nelson (2008) Shows the life cycle of a strawberry plant. Non-fiction. Age: 4-7 years.	
The First Strawberries, by Joseph Bruchac (1998) A retelling of a Cherokee folktale about how the strawberry came to be. Age: 3-5 years.	
The Grey Lady and the Strawberry Snatcher, by Molly Bang (1996) A wordless picture book about a woman bringing strawberries home from the market who outwits an imp trying to take them. A Caldecott Honor Book. An ALA Notable Children's Book. A Booklist Editors' Choice. Winner of the Boston Globe-Horn Book Award. Age: 5-8 years.	

Louisiana HARVEST of the MONTH

Summer squash is harvested and eaten when the outer skin is tender.

The mild flavor makes summer squash a great addition to almost any dish.

Try raw summer squash in a salad or with vegetable dip.

Summer Squash

Nutrition Facts

Serving Size 130 g

Amount Per Serving	
Calories 26	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	6%
Sugars	
Protein 1g	
Vitamin A 7% • Vitamin C	14%
Calcium 2% • Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Summer Squash Goodness:

Phosphorus = strong bones

Potassium = fast healing power

Folate = good memory

GROWN FRESH FOR YOU IN LOUISIANA

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Summer Squash

Lessons & Activities

Louisiana Harvest of the Month: Holey Zucchini! **Grade 4**

This lesson focuses on a simple experiment that examines the protective character of summer squash skin. The lesson can also be adapted for winter squash.
https://www.lsuagcenter.com/~/media/system/f/8/a/3/f8a32b7543f944a52d9406fba393b6aa/hom%20zucchini%20lesson_holey%20zucchinipdf.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		4-LS1-1			

Louisiana Harvest of the Month: Just How Big is That Seed? **Grade 4**

This lesson focuses on using the mathematical skill of measuring an object, in this case three varieties of summer squash seeds, to the nearest millimeter. The lesson can also be adapted for winter squash.
https://www.lsuagcenter.com/~/media/system/f/8/a/3/f8a32b7543f944a52d9406fba393b6aa/hom%20seed%20lesson_just%20how%20big%20is%20that%20seedpdf.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	4.MD.A.1	4-LS1-1			

Oklahoma Ag in the Classroom: Cool Cucurbits (squash) **Grades PreK-5**

This PDF provides excellent background information for teachers and a wide variety of activity suggestions for English/language arts, science, math, and social studies.
https://www.agclassroom.org/ok/lessons/cucurbits/cool_cucurbits.pdf

	Math	Science	English Language Arts	Social Studies	Health
Louisiana Student Standards	K.MD.A 1.MD.A.2 2.MD.A 3.NF.A 4.NF.A	K-LS-1-1 1-LS1-1 2-LS2-1 3-LS1-1 3-LS4-3 4-LS1-1 5-PS3-1 5-LS1-1 5-LS2-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3		

Montana Harvest of the Month: Summer Squash **Grades 3-5**

This PDF provides excellent background information for teachers and a wide variety of activity suggestions for English/language arts, science, math, and social studies.
http://www.montana.edu/mtharvestofthemonth/documents/ece_2017/MTHOM17_ECE_SummerSquash_Teacher.pdf

	Math	Science	English Language Arts	Social Studies	Health
Louisiana Student Standards		3-LS1-1 3-LS3-1 4-LS1-1 5-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

Team Nutrition: Crookneck Squash Row **Grade PreK**

This PDF provides four classroom lessons and activities for home.
https://fns-prod.azureedge.net/sites/default/files/growit_book2.pdf

	Math	Science	English Language Arts	Social Studies	Health
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1

California Harvest of the Month: Zucchini **Grades 3-5**

Information on zucchini with ideas for the classroom and it includes adventurous activities and student sleuths.
http://harvestofthemonth.cdph.ca.gov/documents/Summer/021712/ED_Zucchini_Newsletter_Final.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		3-LS1-1 4-LS1-1 5-PS1-1 5-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

National Agriculture in the Classroom: Three Sisters Garden **Grades K-5**

This is an activity where students will learn the history revolving around the Three Sisters Garden.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=297&author_state=0&search_term_lp=squash

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

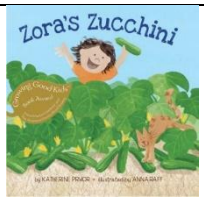
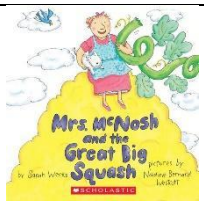
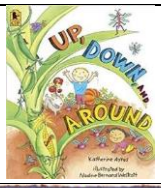
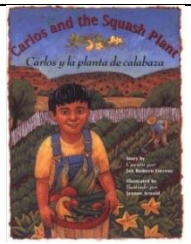
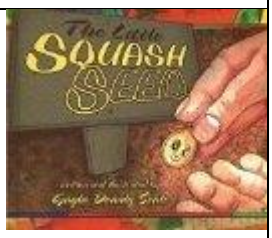
Videos

Summer Squash Growing Time-Lapse
Time-lapse video showing growth of summer squash from germination to flowering to fruit. (0:47)
https://www.youtube.com/watch?v=7WnGg6bW5rA
Summer Squash Growing Time-Lapse
Time-lapse video showing growth of summer squash from germination to flowering to fruit. (0:47)
https://www.youtube.com/watch?v=7WnGg6bW5rA

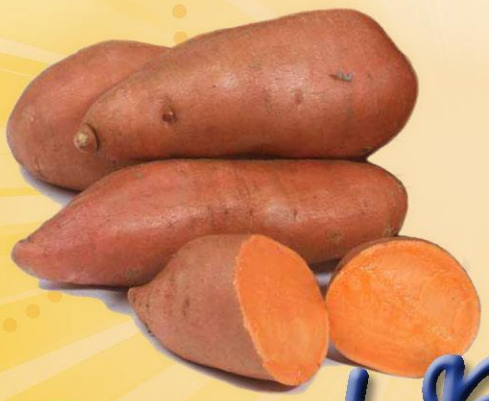
Ron Endelman – How Summer Squash Grow
Video showing the development of zucchini squash from immature fruit with flower to mature fruit on the plant. (1:26) https://www.youtube.com/watch?v=TYfv_AHIkHg

The Rusted Garden: Identifying Male & Female Squash Flowers & How to Hand Pollinate
There are male and female squash, zucchini and cucumber flowers. The female flowers have little baby squash on them but if the flower doesn't get pollinated the squash will grow a bit and die off. Sad. Here is a basic introduction to male and female flowers and hand pollination. (2:38)
https://www.youtube.com/watch?v=oT2je60YyyE

Books

Zora's Zucchini by Katherine Pryor (2017) What to do with too much zucchini? Have a garden swap! Winner of the 2016 Growing Good Kids Book Award. Age: 4-10 years	
Mrs. McNosh and the Great Big Squash by Sarah Weeks (20xx) Through humorous, rhyming text, learn how Mrs. McNosh's giant squash creates problems as it grows. Grade level: PreK - 2	
Up, Down, and Around by Katherine Ayres (2008) A book about plants that grow upright, in the ground and vine. Oversized book available. Grade level: PreK - K	
Carlos and the Squash Plant, by Jan Stevens (1993) Carlos's mother warns Carlos to take a bath each evening after a long day of gardening. See what happens day after day as Carlos refuses to wash the dirt from his body, specifically from inside his ears. Printed in both English and Spanish, this story offers an inside look to Hispanic heritage. Reading level: Elementary	
The Little Squash Seed, by Gayla Scale(2002) How is it that a dull, dried-up little seed can produce a brightly colored nutritious vegetable? Miraculous things do happen when a seed is planted in the dirt and cared for by an attentive gardener. Kids can put on their garden gloves, grab their tools, and join the little squash seed, the gardener, and his grandchildren for a season of planting, changing, and growing. Reading level: Elementary	

Louisiana HARVEST of the MONTH



Sweet potatoes are root vegetables. They are native to the Americas.

Sweet potatoes are a warm season crop that can be stored and available all winter.

Sweet Potatoes

Nutrition Facts

Serving Size 133 g

Amount Per Serving	
Calories 114	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 377% • Vitamin C	5%
Calcium 4% • Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Sweet Potato Goodness:

Vitamin A = good vision

Vitamin C = helps fight infection

Vitamin B6= healthy heart

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Sweet Potatoes

Lessons & Activities

USDA Nutrition Team: Sweet Potatoes **Grade PreK**

Four lessons for school and three home activities all focus on sweet potatoes.
https://fns-prod.azureedge.net/sites/default/files/growit_book4.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

Pre-K Pages: Sprouting Sweet Potatoes **Grade PreK**

Directions on how to sprout sweet potatoes.
https://www.pre-kpages.com/science-for-kids-observing-plant-growth-in-sweet-potatoes/

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5		

New Hampshire Harvest of the Month **Grades K-4**

Harvest lesson plans for K-4 classrooms that cover a variety of topics and include classroom connections.
https://www.nhharvestofthemonth.org/uploads/8/7/7/2/87724720/finalhom_nov_sweet_potatoes_lesson.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	3.MD	K-LS-1-1 1-LS1-1 2-LS2-1 3-LS1-1 4-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		

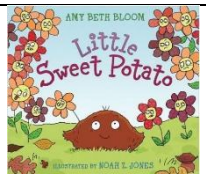
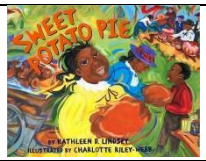
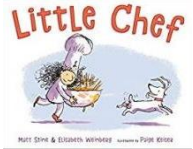
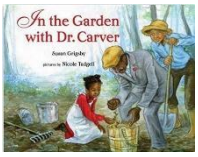
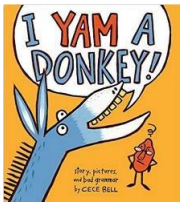
Videos

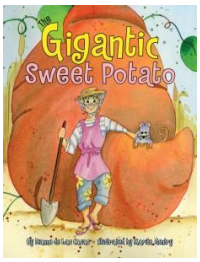
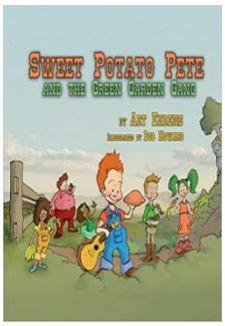
Making It Grow - Sweet Potato Harvesting
Sweet potatoes planting slips to harvesting on a large farm scale. (5:43)
https://www.youtube.com/watch?v=C17hBb6vpV0

Harvesting Sweet Potatoes
Harvesting Japanese sweet potatoes in a small backyard plot. (4:04)
https://www.youtube.com/watch?v=q9C1vESx500

P. Allen Smith – How to Harvest Sweet Potatoes
Harvesting and storing sweet potatoes. (3:15) https://www.youtube.com/watch?v=0SSIFStOR6I

Books

Little Sweet Potato by Amy Bloom (2012) When Little Sweet Potato leaves the potato patch, he has a hard time find a new home that will welcome him. Age: 4-7	
Sweet Potato Pie by Kathleen Lindsay (2008) Selling sweet potato pies at the Harvest Festival will be what saves the family farm. Age: 7 years	
Little Chef by Matt Stine & Elisabeth Weinberg (2018) A little girl prepares to make her grandmother's favorite meal, which includes "Grandma's Super Special Smashed Sweet Potatoes." Age: 2-6 years	
In the Garden with Dr. Carver by Susan Grigsby (2008) Sally tells about a visit by Dr. George Washington Carver to her Alabama town and school. Dr. Carver teaches students about gardening, including the importance of respecting nature, and plant a school "kitchen" garden of their own. At the school picnic, they share Dr. Carver's sweet-potato-flour bread. Historical-fiction. Age: 4-8 years	
I Yam a Donkey by Susan Grigsby (2015) "I yam a donkey!" the donkey proclaims. Unfortunately the donkey's audience happens to be a yam, and one who is particular about sloppy pronunciation and poor grammar. See the following for ideas that can be used with this book: https://www.floridamediaed.org/uploads/6/1/4/2/61420659/i_yam_a_donkey.pdf ALA Notable *Children's Book* Award 2016. Age: 4-7 years	

The Gigantic Sweet Potato, by Dianne Casas (2010) After weeks of hard work and tending to her garden, it was finally time for Ma Farmer to harvest her sweet potato and make some sweet potato pie; but when she tried to pull the tasty vegetable from the ground, it wouldn't budge. With the help of her husband and some friendly farm animals, they finally pull a gigantic sweet potato from the ground and then all enjoy the sweet potato pie Ma Farmer prepares. This story teaches the importance of team work, patience, and eating healthy, local food! Reading level: Elementary	
Sweet Potato Pete and the Green Garden Gang, by Art Ehrens (2018) The theme of the book is about the first solid foods that parents can feed their children. The story features Sweet Potato Pete a young country boy who loves sweet potatoes. He wants to share the sweet potatoes he's grown with the kids in town, but he needs the help of his pals, the Green Garden Gang, Carrot-top Karen, Banana Anna, String Bean Slim, Apple Andy and Sweet Pea Penelope to overcome the obstacles. The book features a link to an original song that makes it more fun as a sing-along. The striking illustrations create an engaging world for everyone. Sweet Potato Pete is the first book in the "Green Garden Gang" series.	

Louisiana HARVEST of the MONTH

Botanically, tomatoes are fruits, not vegatables.

The heaviest tomato ever grown weighed 7 lbs. 12 oz.

Store cut tomatoes in the refrigerator and whole tomatoes on the counter.

Tomato

Nutrition Facts

Serving Size 133 g

Amount Per Serving	
Calories 114	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 377% • Vitamin C	5%
Calcium 4% • Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Tomato Goodness:

Vitamin C = Strong muscles

Potassium = Fast healing power

Fiber = Happy tummy

GROWN FRESH FOR YOU IN LOUISIANA

This publication was supported by the Specialty Crop Block Grant Program at the U.S. Department of Agriculture through grant agreement number 14-SCBGP-LA-0022. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

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Tomatoes

Lessons & Activities

Harvest for Healthy Kids: Tomatoes — Grades PreK-3

Activities for young learners are in three sections: circle time, mealtime, and activity time. Included are newsletters for parents, taste testing ideas, recipes, and art activities. Registration is required to access the free activities. http://www.harvestforhealthykids.org/?page_id=15#

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3		1.E.1 [K-5]

Vermont's Harvest of the Month: Tomato — Grades K-4

A set of four activities (K-2 mostly literacy; 3-4 mostly social study map skills) plus two taste test activities on broccoli. http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/08_tomato_lesson.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		K-LS-1-1 1-LS3-1 2-LS2-2 [3-4]-LS1-1 3-LS3-2 3-LS4-3 5-LS2-1	W.K.1-3 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

Tomato Plant Lesson Plan: Build-a-Plant Interactive — Grades 3-12

Students "explore the structures and substructures of a tomato plant. Working in pairs or small groups, students will build a tomato plant from its roots up by dragging and dropping the parts to the correct position. Case studies of problems associated with tomato plants challenge students to put their new knowledge of the plant's structure to the test."
https://educators.brainpop.com/lesson-plan/tomato-plant-lesson-plan-build-plant-interactive/

	Math	Science	English Language Arts	Social Studies	Health
Louisiana Student Standards		3-LS1-1 4-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3		

California Foundation for Agriculture in the Classroom: Tomatoes **Grades K-2**

This is a set of three activities, focusing on descriptive characteristics of tomatoes, as well as weighing, measuring length, and counting. https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=307

	Math	Science	English Language Arts	Social Studies	Health
Louisiana Student Standards	K.CC.B, K.CC.C.6 K.MD.A.1 K.MD.A.2 [1-2].MD.A	K-LS-1-1 2-LS2-1	L.[1-2].5 SL.[K-5].1-3		

Reading Pictographs: Tomato Fest! **Grade 3**

This is a math worksheet where students practice reading a pictograph about Mr. Farmer's tomato harvest. https://www.education.com/worksheet/article/pictograph-easy-tomatoes/

	Math	Science	English Language Arts	Social Studies	Health
Louisiana Student Standards	3.MD.B.3				

Florida Harvest of the Month: Tomatoes Classroom Guide **Grades K-5**

A variety of tomato lessons for a variety of subjects found at Florida Harvest of the Month: https://dcps.duvalschools.org/site/default.aspx?PageType=14&DomainID=7571&PageID=20649&ModuleInstanceID=32684&ViewID=1e008a8a-8e8a-4ca0-9472-a8f4a723a4a7&IsMoreExpandedView=True

Lesson Plans K-2:

https://dcps.duvalschools.org/site/handlers/filedownload.ashx?moduleinstanceid=32684&dataid=40293&FileName=HOM_Tomato_ClassroomGuide_K-2.pdf

Lesson Plans 3-5:

https://dcps.duvalschools.org/site/handlers/filedownload.ashx?moduleinstanceid=32684&dataid=40287&FileName=HOM_Tomato_ClassroomGuide_3-5.pdf

	Math	Science	English Language Arts	Social Studies	Health
Louisiana Student Standards	K.OA.1 K.NBT.A 1.OA.A 2.OA.A.2 2.MD.D.10 3.MD.B.3	K-LS-1-1 1-LS1-1 2-LS2-1 [3-5]-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3	1.3.6	1.E.1 [K-5]

National Agricultural Literacy Curriculum Matrix: Pizza Time! **Grades 3-5**

A set of four activities revolving around peppers and pizza and uses them to teach about agriculture, geography, and mathematics.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=228&author_state=0&search_term_lp=Peppers

	Math	Science	English Language Arts	Health
Louisiana Student Standards	3.MD.B.3		W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3	1.E.1 [K-5]

National Agriculture in the Classroom: The Columbian Exchange of Old and New World Foods

This is an activity focused on the origin of foods, particularly the tomato.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=512&search_term_lp=tomatoes

	Math	Science	English Language Arts	Health
Louisiana Student Standards			SL.[5]1-3	

National Agriculture in the Classroom: Tomato Trivia **Grades K-2**

An activity with three parts that focus on three different subjects using tomatoes.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=307&search_term_lp=tomatoes

	Math	Science	English Language Arts	Health
Louisiana Student Standards	K.MD.A.2 1.MD.A.1,2 1.MD.C.4 2.MD.A	K-LS-1-1 2-LS2-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3	

Videos

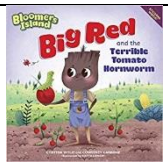
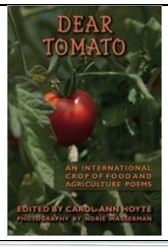
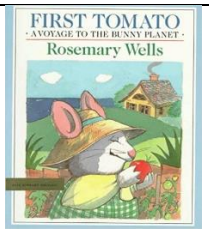
Time Lapse - Tomato Plant HD
Shows the sprouting of tomato seeds through day 22 (seedlings are about 6 inches tall). (1:13)
https://www.youtube.com/watch?v=LICDb8nM5rs

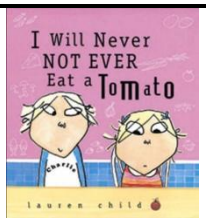
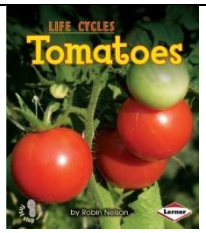
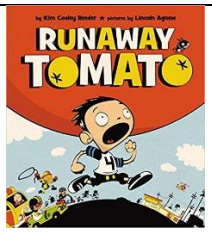
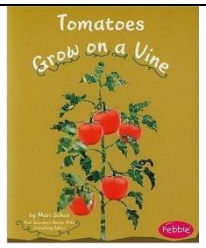
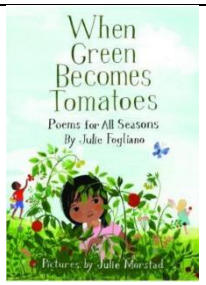
Ways of Ripening Green Tomatoes
Explains multiple ways of ripening green tomatoes. (3:31)
https://www.growveg.com/guides/the-best-ways-to-ripen-green-tomatoes/

Super Sprowtz Episode #3 - "What's So Special About A Tomato?"
Todd the Tomato wonders whether his super safe superpowers are just as incredible as the rest of the Sprowtz team — sometimes we all forget what we're really capable of.
https://www.youtube.com/watch?v=4RyOCmKLsfg

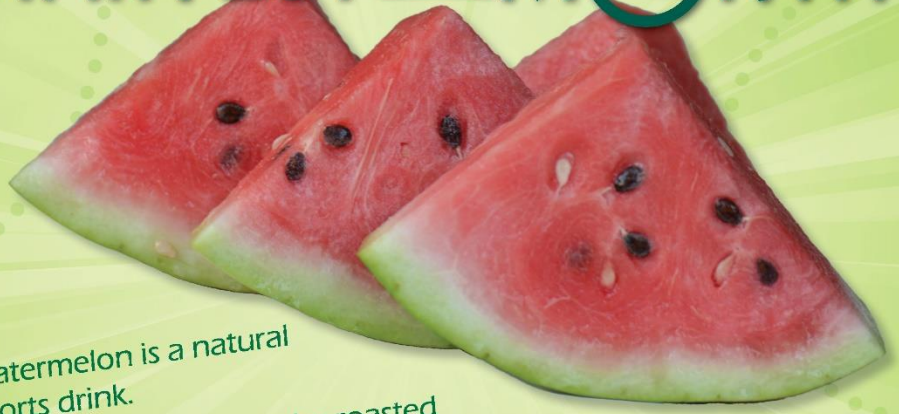
Super Sprowtz Episode #3 - "A Tomato Force Field!"
Celebrity guest & former White House Chef, Sam Kass, on a culinary adventure to Aztec, Mexico, learn about the super powers inside every tomato.
https://www.youtube.com/watch?v=BaugQl85uUs

Books

Big Red and the Terrible Tomato Hornworm by Cynthia Wylie (2018) Big Red starts planting tomatoes when he discovers that he'll have to battle hornworms to keep his tomatoes healthy and safe. In the end, he has to use his newfound gardening knowledge and peacemaking skills to work with the hornworms and save his tomatoes. Ages: 4-8 years.	
Dear Tomato: An International Crop of Food and Agricultural Poems edited by Carol-Anne Hoyte (2015) A collection of poems from thirty-four writers featuring a wide assortment of styles, from haiku to acrostics to free verse, these poems touch on topics that range from lighthearted to seriously thought-provoking. Grade Level: 4 – 6.	
First Tomato by Rosemary Wells (1992) On a cold winter day, Claire takes a trip to the Bunny Planet where it's always summer and the tomatoes are just starting to get ripe. Grade level: 1-2.	

I Will Never Not Eat a Tomato by Lauren Child (2003) Lola declares a list of vegetables that she absolutely will not eat. Her brother, Charlie, cleverly gets her to give them a try. Ages: 4-8.	
Life Cycles: Tomatoes by Robin Nelson (2009) A close-up view of the life cycle of a tomato. Non-fiction. Ages: 5-8 years.	
Runaway Tomato by Kim Cooley Reeder (2014) When a giant tomato breaks loose at the top of a hill, it takes every tractor, fire engine, and helicopter to stop it. Told in catchy rhyme, culminating in a jam-packed gate-fold spread of the town's Tomato Festival. What will happen when it rains on all those giant seeds? One giant surprise. Ages: 3-5 years.	
Tomatoes Grow on a Vine by Mari Schuh (2011) A book that explores the life cycle of the tomato. The book features labelled close-up photos. Ages: 4-8 years.	
When Green Becomes Tomatoes: Poems for All Seasons by Julie Fogliano (2016) A book of free verse poems that follow the seasons beginning and ending in the spring. Reading level: 5-10 years.	

Louisiana HARVEST of the MONTH

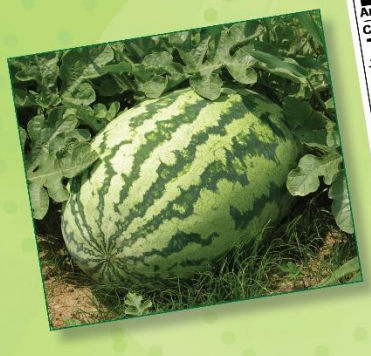


Watermelon is a natural sports drink.

Watermelon seeds can be roasted and eaten like pumpkin seeds.

Watermelon is grown in over 96 countries worldwide.

Watermelon



Nutrition Facts
Serving Size 1 cup (154 g)

Amount Per Serving	
Calories 46	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	2%
Sugars 10g	
Protein 1g	
Vitamin A 18% • Vitamin C 21%	
Calcium 1% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com

Watermelon Goodness:

Vitamin A = Good vision

Vitamin C = Helps fight infection

Vitamin B6 = Healthy heart

GROWN FRESH FOR YOU IN LOUISIANA

LSU AgCenter Research · Extension · Teaching

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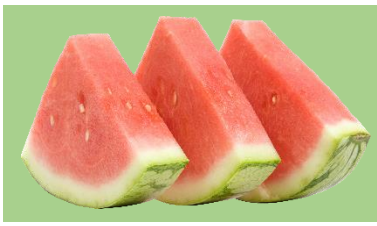


Watermelon

Lessons & Activities

Oklahoma Ag in the Classroom: Watermelon learning activities — Grades PreK-12

This site features a variety of lessons on watermelons: Melon Madness (Grades 3-5: ELA, SS), Melon Math (Grades PreK-4), Melon Meiosis (Grades 6-12: Science, ELA), Melons in Prose and Poetry (Grades 6-10, ELA), Watermelon, Watermelon (taste test) (Grades PreK-2: ELA, Science, Music), Seed Spitting Contest. https://www.agclassroom.org/ok/lessons/watermelon/melonbook.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		K-LS-1-1 1-PS4-1 1-LS1-1 2-LS2-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3		

The Stem Laboratory's Watermelon STEM Book — Grades PreK-K

A printable foldable book on measuring various watermelon attributes.
https://thestemlaboratory.com/watermelon-stem-book/

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	K.MD.A.1	K-LS-1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3		

Anansi and the Talking Watermelon — Grades K-5

A downloadable book with accompanying Reading/ELA lessons. Anansi is stuck inside of a watermelon and tricks his way out. Folktale. Also available in Spanish and French.
https://www.readinga-z.com/book.php?id=783

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3		

National Ag in the Classroom: Plant and Animal Life Cycles (Watermelon) **Grades K-4**

A series of lessons featuring life cycles of common plants (apple, cotton, pea, pumpkin, tomato, and watermelon) and animal (chicken). https://www.agclassroom.org/va/teachers/lesson_subject/life.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		K-LS-1-1 2-LS2-1 [3-4]-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3		

National Ag in the Classroom: Melons, Mitosis and Meiosis **Grades High School**

This lesson (2-hours) uses the steps of mitosis and meiosis to learn about the production of both seeded and seedless watermelon. https://www.agclassroom.org/teacher/matrix/lessonplan_print.cfm?lpid=278

Florida Harvest of the Month: Watermelon **Grades K-8**

This is set of lessons regarding watermelon for grades K-8.

Grades K-2:
https://dcps.duvalschools.org/site/handlers/filedownload.ashx?moduleinstanceid=30141&dataid=35742&FileName=Grades%20K-2%20Classroom%20Guide.pdf

Grades 3-5:
https://dcps.duvalschools.org/site/handlers/filedownload.ashx?moduleinstanceid=30141&dataid=35744&FileName=Grades%203-5%20Classroom%20Guide.pdf

Grades 6-8:
https://dcps.duvalschools.org/site/handlers/filedownload.ashx?moduleinstanceid=30141&dataid=35738&FileName=Watermelon-Grades%206-8.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards	K.CC.B.4 K.CC.A.3 K.CC.C.7 1.OA.D.8 2.OA.A.1 3.OA.D.8 5.NBT.B.5-6	K-LS-1-1 1-LS1-1 2-LS2-1 3-LS3-1 3-LS4-2 [4-5]-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3	1.3.5	1.E.1 [K-5]

Videos

Top 10 Foods That Originally Looked Totally Different

Here are 10 fruits and veggies that looked and often tasted very different before we started cultivating them! Included: corn, avocado, peach, eggplant, tomato, strawberry, carrot, cucumber, banana, and watermelon. (10:02) https://www.youtube.com/watch?time_continue=50&v=M5Qly-VQfbo

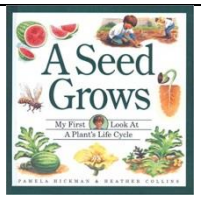
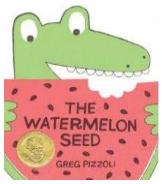
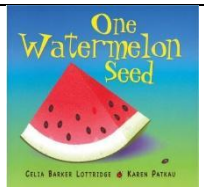
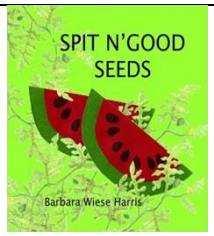
Square Watermelons in Japan
How square watermelons are grown in Japan. (1:40) https://www.youtube.com/watch?v=2JNSpMhJLvg

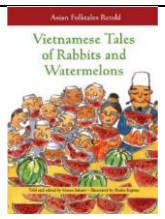
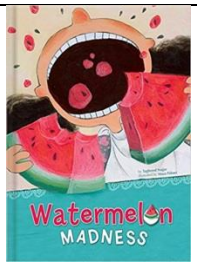
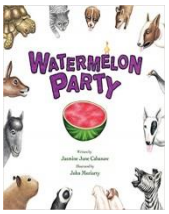
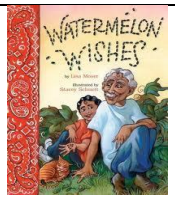
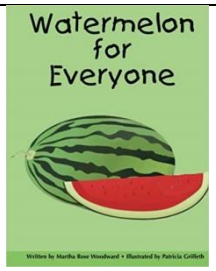
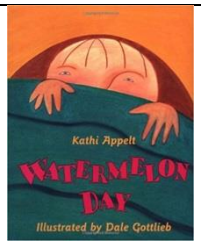
How to Grow Square Watermelons
How to grow your own watermelon cubes. A great project for your school gardeners. (3:37)
https://www.youtube.com/watch?v=U_TTVDakGQg

Watermelon Magic
Time-lapse video of watermelon growing from seed to harvest. (1:40)
https://www.youtube.com/watch?v=-GWdpaguj7Q
Accompanying lesson plan:
http://www.bigmoviezone.com/filmsearch/movies/teacher.../WatermelonEdGuide_r6.pdf

Watermelon Time-Lapse
A time-lapse video of watermelon growing from germination (Day 8) to first true leaves (Day 39). (1:05)
https://www.youtube.com/watch?v=nW_IJrJhZhY

Books

A Seed Grows (My First Look at a Plant's Life Cycle), by Pamela Hickman (1997) The My First Look at series provides young children with an introduction to the world around them. In A Seed Grows, follow the growth of a plant, from a peek inside a sprouting seed to the harvest of the fruit. The book suggests ways parents and children can explore nature -- without disturbing it. Reading level: Upper Elementary	
The Watermelon Seed, by Greg Pizzoli (2013) A crocodile has one big fear: swallowing a watermelon seed. Winner of the 2014 Theodor Seuss Geisel Award. Lexile: 180L. Grade level: PreK	
One Watermelon Seed, by Celia Barker Lottridge (2012) Max and Josephine tend their garden, counting as they plant their garden from one to ten. As the harvest comes in, they count by groups of ten. Engaging illustrations with hidden animals. Age: 3-6 years.	
Spit N' Good Seeds, by Barbara Wiese Harris (2014) An engaging tale based on a true story originally written by the author for her niece. Morgan, the main character, interacts with the people and animals around her to create a watermelon patch so that she can enjoy spit n' seeds with her Uncle. The story is full of laughable twists that will delight the reader. The author, having studied botany, has craftily woven the life cycle of a watermelon into the plot and has further enhanced it with her illustrations. Grade Level: 3 – 4.	

Vietnamese Tales of Rabbits and Watermelons, by Masao Sakairi (2006) Two folktales are written for reading aloud. In the first tale, a trickster rabbit gets into one scrape after another but always manages to escape. The second story is about a good man wronged by the lies of rivals but triumphs with the help from watermelons. Age: 9-12 years	
Watermelon Madness*,* by Taghreed Najjar (2018) Noura is crazy about watermelon. She wants to eat nothing else, every day, at every meal. In fact, Noura thinks there is no such thing as too much watermelon. Until one night, when the watermelon she has hidden in her room to eat all by herself begins to grow and Noura gets taken on a wild watermelon adventure! A story that can be the springboard for a discussion on favorite foods, eating a balanced diet, sharing with others and trying new foods. Reading level: Elementary	
Watermelon Party, by Jasmine Cabanaw (2014) Watermelon Party is based on a real event that happened at Rocky Ridge Refuge. One July 4th, Janice put out a watermelon, and one by one the animals gathered around the watermelon, sharing in its juicy sweetness side by side, despite their differences in species and size. It is the perfect story of friendship, love, animal rescue, and good, old summertime fun!. The writing style is light and fun. The repetitive rhyming scheme will help children with their reading skills and learning action words. Reading level: Elementary	
Watermelon Wishes, by Lisa Moser(2006) Charlie and his grandfather spend their summer growing a patch of watermelons, and waiting for the perfect one to wish on. Reading Level: Elementary	
Watermelon for Everyone, by Martha Rose Woodward (2011) A colorful book geared towards students from kindergarten through college level. This non-fiction book is the winner of a Special Award as Best Cookbook in the World on the Topic of Watermelon from Gourmand Magazine in Madrid, Spain 2013. The Cookbook Section contains recipes-both non-cook and cooked dishes having watermelon as the primary ingredient. Lesson Plans and teaching activities for teachers and parents are also included as well as historic facts about watermelon. Reading level: K-5	
Watermelon Day, by Kathi Appelt (1996) There's a watermelon growing in the corner of the patch where the fence posts meet, and Jesse is waiting for it. Waiting for it to fill up with the cool summer rain and the hot summer sun. Waiting until at last it is ripe and ready for eating. Waiting until it is ready for her family's annual Watermelon day. Reading level: Elementary	

Louisiana HARVEST of the MONTH

Winter squash are members of the gourd family.

Winter squash is a tasty source of fiber.

Seeds from winter squash make a great snack!

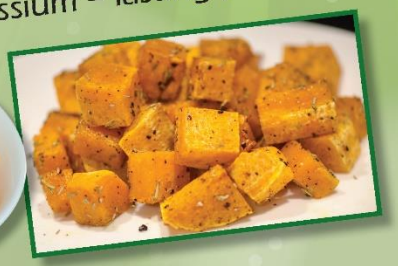
Winter Squash

Squash Goodness:

Antioxidants = strong immune system

Vitamin A = good vision

Potassium = lasting power



Nutrition Facts
Serving Size 1 cup, cubes 140g (140 g)

Amount Per Serving	
Calories 63	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	0%
Cholesterol 0mg	0%
Sodium 6mg	5%
Total Carbohydrate 16g	11%
Dietary Fiber 3g	
Sugars 3g	
Protein 1g	
Vitamin A 298% • Vitamin C	49%
Calcium 7% • Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com

GROWN FRESH FOR YOU IN LOUISIANA

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Winter Squash

Lessons & Activities

Vermont Harvest of the Month: Winter Squash **Grades K-5**

Eight activities for K-4 that include a taste test, measurement, classification, and map skills focused on winter squash.

http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/12_winter_squash_lesson.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		K-LS-1-1 [1, 3-5]-LS1-1 2-PS1-1 2-LS2-1 3-PS2-2	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

California Harvest of the Month: Winter Squash **Grades K-5**

Informational fact sheet on winter squash with ideas for the classroom.

http://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed_News_Winter Squash.pdf

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards		K-LS-1-1 1-LS1-1 2-LS2-1 3-LS1-1 4-LS1-1	W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

National Ag in the Classroom: The Geography of Thanksgiving Dinner **Grades 6-8**

An activity focusing on Literacy and Geography involving winter squash.

https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=367&author_state=0&search_term_lp=squash

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

Growing Native American Heritage: Three Sisters — Grades K-5

This is a social studies lesson plan on the legend of the three sisters (corn, squash, and beans).
http://www.mlui.org/userfiles/filemanager/1713/

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

National Agriculture in the Classroom: Three Sisters Garden — Grades 3-5

This is an activity where students will learn the history revolving around the Three Sisters Garden.
https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=297&author_state=0&search_term_lp=squash

	Math	*Science*	*English Language Arts*	*Social Studies*	*Health*
Louisiana Student Standards			W.K.1-3 L.[1-2].5 SL.[K-5].1-3 RL.[K-5].1-3 RI.[K-5].1-3		1.E.1 [K-5]

Videos

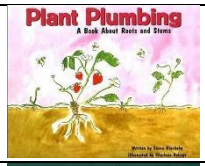
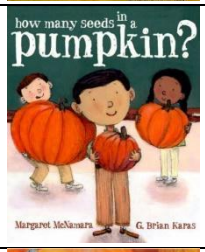
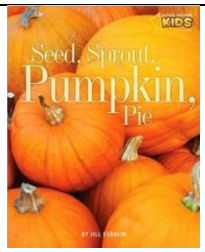
Pumpkin Growth Time-Lapse

Time-lapse video showing growth from seed to mature fruit – 108 days and nights. (4:26)
https://www.youtube.com/watch?v=ytMpE6fubSQ

1,223-Pound Giant Pumpkin Time-Lapse

This is a time lapse of a 1223-pound giant pumpkin from seed to scale. It was grown from a seed out of the 2009 pound world record pumpkin grown by Ron Wallace in Rhode Island. (3:40)
https://www.youtube.com/watch?v=ytMpE6fubSQ

Books

Pumpkin Soup by Helen Cooper (2005) A squabble between friends happens while cooking pumpkin soup. Age range: 4-8 years	
Plant Plumbing by Susan Blackaby (2003) Learn how plants store food during the winter and carry water up to the leaves through roots and stems. Age range: 4-8 years	
How Many Seeds Are in a Pumpkin? by Margaret McNamara (2007) A teacher and his students consider how many seeds might be in a big, medium, and small pumpkin that are sitting on his desk. They make estimates and use skip counting to find out the answer. Age range: 4-8 years	
Seed, Sprout, Pumpkin, Pie? by Jill Esbaum (2007) Photographs show the life cycle of a pumpkin. Nonfiction. Age range: 4-8 years	

Education & Curriculum Resources

Louisiana Farm to School

This website provides all of the information, resources, and materials necessary to implement a successful farm to school program in Louisiana.
www.lsuagcenter.com/LouisianaFarmtoSchool

Louisiana Harvest of the Month Posters

Posters highlighting Louisiana-grown foods that can be displayed in cafeterias, classrooms, or taste test sites.
https://www.lsuagcenter.com/portals/communications/publications/publications_catalog/crops_livestock/commercial%20fruits%20and%20vegetables/harvest%20of%20the%20month

Food Hero

Food Hero's mission is to help low-income families improve their health through the increased consumption of fruits and vegetables. Food Hero is a multichannel social marketing campaign that aims to meet goals through direct education.
www.FoodHero.org

National Agricultural in the Classroom Literacy Curriculum Matrix

A searchable database of K-12 lessons by grade level, content area, national standards and state.
https://www.agclassroom.org/teacher/matrix/index.cfm

New Hampshire Harvest of the Month

This set of universal lessons from the New Hampshire HOM program can be used for any crop.
https://www.nhharvestofthemonth.org/uploads/8/7/7/2/87724720/universal_lessons.pdf

NC Farm to School, Growing Minds: Farm to Preschool

This is a search tool for PreK lessons and resources.
https://growing-minds.org

Vermont Harvest of the Month and Green Mountain Farm-to School: Farm to Preschool Harvest of the Month Curriculum

This farm to preschool curriculum guide contains lesson plans, recipes, and information about implementing farm to preschool programming.
http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/hom_prek_curriculum_guide__8.6.15_.pdf

Cycles in the Garden

This hands-on unit of study builds scientific habits and celebrates the cycles found in a garden community. The lessons integrate math, science, literacy, and social studies.
http://sustainableschoolsproject.org/curricula/cycles-garden

Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate

This is a garden-themed nutrition education kit for children that introduces them to three fruits (peaches, strawberries, and cantaloupe) and three vegetables (spinach, sweet potatoes, and crookneck squash).
https://www.fns.usda.gov/tn/grow-it

The Edible Schoolyard Project

A searchable database of K-12 lessons by grade level and subject.
https://edibleschoolyard.org/resource-search

Fresh from the Farm, Seven Generations Ahead, the Edible Schoolyard

This program is comprised of two curriculum modules – Roots and Fruits (grades 1-4) and Linking Plants and Foo (grades 5-8) is grounded in USDA MyPlate Nutrition guidelines and is aligned with Common Core standards.
https://edibleschoolyard.org/program/seven-generations-ahead

Growe Foundation: Garden to Table

This program installs gardens into schools and trains teachers and parents to garden. It also provides lesson plans and materials that meet academic standards.
https://www.growefoundation.org/gardentotable.html

The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum for Grades 3 & 4

https://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4

Vermont Feed

This website contains a wide variety of curriculum and lesson plans.
https://vtfeed.org/curricular-resources

USDA for Kids

This resource page contains a plethora of resources related to agriculture.
https://www.usda.gov/our-agency/initiatives/usda-kids

Laurie M. Tisch Center for Food, Education and Policy

The Tisch Food Center produces curricula that engage children in exploring food systems, food choice, and personal health.
https://www.tc.columbia.edu/tisch/resources-overview/curricula/

Georgia Organics Resources

This resource contains curriculum for various agriculturally related topics for all ages.
https://georgiaorganics.org/for-schools/curriculum

Whole Kids Foundation & American Heart Association: School Gardens Lesson Plans

A well-written cross-curricular curriculum for grades K-5 correlated to the CCSS and NGSS. Lessons are divided into four groups of lessons: 14 on botany and garden, 9 on nutrition, 6 on consumer education, and 6 on agriculture. Subject: ELA, Science. Grades PreK-5.
https://www.wholekidsfoundation.org/assets/documents/AHA_WKF_Garden_Curriculum_rev4.2.pdf

Discover MyPlate: Curriculum Training for Teachers

Training guide and customizable slideshow presentation designed to boost educators' confidence in teaching nutrition concepts and conducting the food preparation activities included as part of the Discover MyPlate Teacher's Kit.
https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten#anchor2

Dig In! Standards-Based Nutrition Education from the Ground Up

Eleven inquiry-based lessons that engage fifth and sixth graders in growing, harvesting, tasting and learning about fruits and vegetables.
https://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground

Nutrition Voyage: The Quest to Be Our Best

Middle school resource that includes three mini-lessons per grade and reproducible worksheets that connect nutrition education to math, science, and English educational standards.
https://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best

Sustainable Agriculture Resources and Programs for K-12 Youth

A guide to sustainable agriculture-oriented educational programs and curricula that includes direct links as well as program contact information.
http://www.sare.org/content/download/50159/661951/Youth-Resources-May_2013.pdf?inlinedownload=1

Farm-to-School Lesson Plans

Farm-to-school activities that incorporate both national and North Carolina state curriculum standards.
https://growing-minds.org/lesson-plans-landing-page

Steps to Growing a Successful School Garden

Experiences and best practices from the LSU AgCenter in how to create a successful school garden for classroom use.
https://www.lsuagcenter.com/profiles/lblack/articles/page1483629430997

Garden as Classroom Manual

This manual explores experiences and best practices in the hope of assisting other school districts in implementing their own farm-to-school garden programs.
https://www.cde.state.co.us/nutrition/farmtoschoolbvgardenclassroommanual

California Harvest of the Month

Harvest of the Month provides materials for students, families and the community to engage in hands-on opportunities to explore, taste, and learn about the importance of eating fruits and vegetables and being active every day.
http://harvestofthemonth.cdph.ca.gov/Pages/default.aspx

Serving Up MyPlate: A Yummy Curriculum

Each of these three kits includes a teacher's guide with three lessons, posters, CDs, games, and handouts.
https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum

Summer Food, Summer Moves Kit

Engaging and fun activities for summer meal sites including activities, posters, fliers, placemats, and handouts.
https://www.fns.usda.gov/tn/summer-food-summer-moves

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Visit our website: www.LSUAgCenter.com/LouisianaFarmtoSchool

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