



Vegetable Spotlight



ARUGULA

VEGETABLE SUMMARY

SYG Variety: Astro

Growing Seasons: Spring & Fall

Fast or Slow Crop: Fast (3-5 weeks from seed to harvest)

Maintenance: Arugula leaves get pungent in flavor the longer they mature, so be sure to harvest when leaves are small for a more mild flavor. Continually harvest leaves throughout the season. Arugula flowers are also edible, but at this stage in the plant's life, the leaves may have that stronger pungent flavor.

Harvest: Watch our quick "[How To Harvest Arugula](#)."



SEEDS



SEEDLINGS



FULLY GROWN PLANTS

Nutrition Facts: Arugula is a good source of **calcium**. Calcium, along with other nutrients found in arugula such as vitamin K, are important for keeping bones and teeth strong. Arugula also contains vitamins A, C, and the B vitamin folate.

Recipes: Arugula is delicious eaten raw. The peppery flavor pairs nicely with the [SYG Tangy Herb Dressing](#).

Book Recommendations: *From the Garden, A Counting Book about Growing Food* by Michael Dahl

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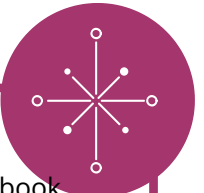
MATERIALS:

- *From the Garden, A Counting Book about Growing Food*
- Large seeds (ex: peas or beans) - 12 per child



SUMMARY:

In the book, *From the Garden, A Counting Book about Growing Food*, the characters count the vegetables they're harvesting. Another fun thing to count is seeds. As the characters count the vegetables they're harvesting, follow along by counting out the correct number of seeds!



ACTIVITY:

1. Tell students that you'll be reading a book about counting vegetables in the garden. Explain that the book will count from 1 to 12 as each character harvests their vegetables.
 2. Pass out 12 seeds to each student.
 3. Explain that as you're reading the book out loud they'll be using their seeds to count out the same number of seeds as the number being read from the book. For example, tell the class that when they hear you say, "Tony tugged TWO golden carrots from the garden today.", they'll count out 2 seeds from their pile and place the seeds in front of them on their desk. Walk around to check that each student understand the instructions. Once they have the correct number of seeds out, tell students to return the seeds to their pile each time, so that they have enough seeds to count out for each number read from the story.
 4. Once the class understands what to do, start reading the book. After each number is read, walk around to make sure students are still understanding how to count out their seeds and remind them to return their seeds to the pile before the next number is read from the book.
- Optional - Further test student's knowledge by flipping to random pages in the book and calling out numbers in a random order, instructing students to count out their seeds to match the number read.



KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

M.CC.p4.4: Understands the relationship between numbers and quantities to 10; connect counting to cardinality.
M.CC.p4.4a: Uses one-to-one correspondence when counting objects, says the number names in the standard order pairing with each object (e.g., counts out napkins for snack time, saying the number aloud as they put each one on the table).

Missouri:

V.A.1.a.: Shows interest in counting and quantity.
V.A.1.b.: Participates in experiences that involve counting.
V.A.1.c.: Develops an increasing ability to rote count in sequence.
V.A.1.d.: Counts objects with understanding.

