



Vegetable Spotlight BROCCOLI



VEGETABLE SUMMARY

SYG Variety: Blue Wind

Growing Seasons: Spring & Fall

Fast or Slow Crop: Slow (7-10 weeks from transplant to harvest)

Maintenance: Broccoli is a cruciferous vegetable and can attract cabbage loopers. Consider using dipel dust (available at KCCG) to help keep plants healthy.



Harvest: Be sure to harvest the broccoli before they flower and go to seed. Just before the flower bud opens, cut off the center head of the broccoli stock at an angle. After the main stock is cut, new, smaller broccoli heads will form.



TRANSPLANT



FULLY GROWN HEADS

Nutrition Facts: Broccoli is a great source of **folate**, which is a B vitamin that helps the body maintain brain health and development. Broccoli is also a great source of vitamins K, A, and C, and high in minerals such as manganese and potassium.

Recipes: Add broccoli to this delicious recipe for Garden Veggie Wraps.

Book Recommendations: *Monsters Don't Eat Broccoli* by Barbara Jean Hicks, Illustrated by Sue Hendra

BROCCOLI TASTE TESTING

MATERIALS:

- Broccoli, cut into bite sized florets
- Paper Plates
- 2 serving Bowls
- 3 serving Spoons
- Ingredients for Homemade Ranch Dressing and SYG Tangy Herb Dressing
- Hummus (store bought)



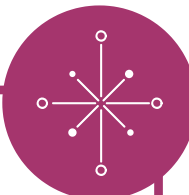
SUMMARY:

In the book, *Monsters Don't Eat Broccoli* by Barbara Jean Hicks, the monsters find out that they actually DO LIKE broccoli and sometimes it just takes trying something new to realize it tastes good. Taste test broccoli with 3 different ways to see which you like best!



ACTIVITY:

1. Prepare 2 recipes - Homemade Ranch Dressing and SYG Tangy Herb Dressing
 - *Alternatively, let students assist in making the recipes*
2. Prepare enough paper plates for each student, placing a dollop of all 3 dips (Homemade Ranch, SYG Tangy Herb Dressing, and Hummus) on each plate.
3. Place enough broccoli on each plate for students to taste test each dip.
4. Pass out plates to each student and tell them that they'll be trying each dip, one by one together as a class.
5. After one dip is tried, have students vote giving a thumbs up, thumbs down, or thumb sideways rating. Count as a class to see who gave each rating and tally the votes for students to see. Do this for all 3 dips.
6. When all dips have been taste tested, discuss the results and ask students to share their opinions of the recipes they tried.
7. Wrap the activity up by discussing the importance of trying new foods or trying foods in different ways, such as with dips. Remind students that eating a variety of foods helps your body grow and be healthy.



KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

PHD.p4.6: Demonstrates basic understanding that eating a variety of foods helps the body grow and be healthy.
M.CC.p4.4: Understands the relationship between numbers and quantities to 10; connect counting to cardinality.

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.
- III.B.1. b.: Makes healthy food choices.

