



Vegetable Spotlight



BULB ONIONS

VEGETABLE SUMMARY

SYG Variety: Candy (yellow), Candy Apple (red), Superstar (white)

Growing Seasons: Spring

Fast or Slow Crop: Slow (7-10 weeks from onion plant to bulb harvest)

Maintenance: As the onion plant grows and the bulb develops, carefully push the soil off the part of the onion bulb that is exposed and growing up from the soil.

Harvest: Once the tops of the onion plants have folded over, leave them in the ground for another 10 days. When you are ready to harvest, pull the plant and bulb from the ground, and let them sit in the sun to dry.



ONION PLANTS



FULLY GROWN PLANTS
(READY FOR HARVEST)

Nutrition Facts: Onions contain **organosulfur compounds**. Organosulfur compounds are phytonutrients that support brain and heart health as well as good gut bacteria that keeps your digestive system happy. Onions also contain vitamins C, B6 and folate as well as the minerals manganese and potassium.

Recipes: Try this simple and delicious recipe for [Quick Pickled Red Onions](#).

Book Recommendations: *Growing Vegetable Soup* by Lois Ehlert

GROWING VEGETABLE SOUP (BULB ONIONS)

MATERIALS:

- Large soup pot (or large bowl that can be used as a 'soup pot')
- Construction paper in various colors (2-3 sheets per child)
- Pencils
- Child safety scissors
- Large wooden spoon or ladle

SUMMARY:

In the book, *Growing Vegetable Soup*, we learn about all of the wonderful vegetables we can grow in our garden and then harvest to make into vegetable soup. Work together as a class to make your own version of vegetable soup!

ACTIVITY:

1. Pass out the construction paper and pencils to each student.
2. Ask students to give examples of their favorite vegetables.
3. Tell students that, just like in the book, *Growing Vegetable Soup*, they're going to work together as a class to make a big pot of vegetable soup. First they'll need to use their imaginations to 'grow' their favorite vegetables. Tell them that since we're using our imaginations we're going to pretend our paper is our garden and we'll draw our favorite vegetables and then cut them out. Instruct students to each draw 2-3 vegetables.
4. As students are drawing, walk around and ask them questions about the vegetables they're drawing. Remind them of vegetables they saw in the book if they're having trouble.
5. Once students have finished drawing, pass out the scissors and instruct students to carefully cut out their vegetables.
6. When they're finished cutting out their vegetables, call up students one at a time to drop their vegetables into the pot. Have students tell their classmates what vegetable they're adding as they drop it into the pot.
7. Once each student has added their vegetable, let students take turns stirring and 'tasting' the soup. Encourage them to use their imagination and senses to describe what the soup smells, looks, and tastes like.

KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

ATL.p4.15: Understands what is real and what is 'make-believe'.

CA.p4.13a: Uses a variety of materials to create art.

CA.p4.13b: Shows skill with scissors.

Missouri:

I.3.b.: Uses imagination to generate a variety of ideas.

III.A.2.a.: Uses fingers and hands to accomplish fine motor tasks.

III.A.2.b.: Uses tools in a functional manner.

