



Vegetable Spotlight



CARROTS

VEGETABLE SUMMARY

SYG Varieties: Mokum, Rainbow

Growing Seasons: Spring & Fall

Fast or Slow Crop: Slow (10-12 weeks from seed to harvest)

Maintenance: Root vegetables such as carrots need to be **thinned**. Watch this quick "[How to Thin](#)" video to learn more.

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



SEEDS



SEEDLINGS



FULLY GROWN PLANTS

Nutrition Facts: Carrots are a good source of **beta-carotene**. Beta-carotene is a phytonutrient. It is responsible for the orange color of some carrots and is also a precursor to vitamin A. Among other things, beta-carotene helps skin and eyes stay healthy. Carrots are also a great source of fiber, the vitamins C and K and the mineral potassium.

Recipes: Cut carrots into sticks and dip them in this delicious [Homemade Ranch Dressing](#) recipe.

Book Recommendations: *Errol's Garden* by Gillian Hibbs

DREAM GARDEN (CARROTS)

MATERIALS:

- Paper (enough for each student)
- Art supplies such as crayons, markers, colored pencils, paint, glitter, colored construction paper, stickers etc.
- Scissors (optional)
- Glue sticks (optional)
- Paint brushes (optional)



SUMMARY:

In the book, *Errol's Garden* by Gillian Hibbs, Errol shows us that gardening can happen in a lot of different places, but sometimes we have to get creative to make our dreams come true. Use your imagination and draw your very own dream garden. What does it look like? What will you grow and where is it located?



ACTIVITY:

1. Set out a sheet of paper for each student and art supplies for students to access.
2. Explain that for this activity they'll get to create their very own dream garden. Talk about the different things found in a garden - food, insects, people, soil, etc. Talk about the various locations for gardens - homes, yards, schools, containers, roofs etc. Ask students about their favorite vegetable and if it will grow in their garden. Remind them that Errol likes to grow carrots and ask them what they like to grow?
3. Next, instruct students to use the paper and art supplies provided to create their version of a dream garden.
4. Once each student has completed their garden drawings, wrap up the activity by allowing volunteers to share their designs with the class.

Bonus Activity - Using a large sheet of butcher paper, let students work together as a class to create a garden design for what they imagine their school garden will look like for the upcoming season.



KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

- CA.p4.13a: Uses a variety of materials to create art.
- CA.p4.13b: Shows skill with scissors.
- CA.p4.16b: Discusses own artistic creations and those of others.

MISSOURI:

- VIII.B.1.a.: Shows visual interest and engagement in surroundings.
- VIII.B.1.b.: Shows an interest in mark making or creative art.
- VIII.B.2.b.: Uses a range of materials and media to draw and create pictures or three-dimensional objects.
- VIII.B.2.c.: Uses creative art to express thoughts, feelings, experiences, or knowledge.

