



Vegetable Spotlight



COLLARD GREENS

VEGETABLE SUMMARY

SYG Variety: Top Bunch

Growing Seasons: Spring & Fall

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

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



Harvest: You will harvest Collard Greens in a similar fashion to how you will harvest kale. Watch our quick "How To Harvest Kale" video to learn more.



TRANSPLANT



FULLY GROWN PLANT

Nutrition Facts: Collard Greens, like most dark green leafy vegetables, are a great source of **vitamin K**. Vitamin K works with other nutrients like calcium to help keep our bones and teeth strong and healthy. Collard greens are also high in vitamins A, C and folate.

Recipes: Use a collard green leaf as a wrap in this recipe for Rad Rabbit Wraps or blend up a bunch of collard green leaves to make this yummy Garden Pesto recipe.

Book Recommendations: *Up in the Garden and Down in the Dirt* by Kate Messner Illustrated by Christopher Silas Neal

OBSERVE AND INVESTIGATE THE GARDEN (COLLARD GREENS)

MATERIALS:

- Paper (blank, white)
- Magnifying glasses
 - Alternatively, use toilet paper rolls or paper towel rolls as DIY binoculars
- Crayons
- Clipboards

SUMMARY:

In the book, *Up in the Garden and Down in the Dirt* by Kate Messner, we get to see all of the wonderful creatures that make up the dirt (or soil) in a garden as well as some tasty veggies that grow there as well. Explore your garden by getting up close with a magnifying glass and draw what you see!

ACTIVITY:

1. Take the class out to the garden and explain that they'll be investigating their garden. Hand out a magnifying glass to each student. Remind them that they'll have to be good observers, and might have to be patient (wait calmly) before they see anything.
2. Encourage students to dig in the soil and use their magnifying glasses to see things up close (reminding them to not dig up or disturb any growing vegetables or seedlings).
3. After they've investigated the garden for about 10 minutes, instruct students to find a comfortable place to draw what they observed. Hand out clipboards, and crayons to each student. If they're having trouble getting started, remind them of all the things they saw in the book (roots, potatoes, earthworms, beetles, caterpillars, snails, seeds, leaves, carrots, etc.).
4. Wrap up the activity by asking students to share what they've drawn with the class.

KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

ATL.P.4.1 Sustains attention to task despite distractions.

ATL.P.4.4 Carries out tasks, activities, projects or experiences from beginning to end.

CA.p4.15a: Tells stories/works out problems with drawings.

Missouri:

I.5.a.: Sustains attention to a task or activity appropriate for his or her age.

VIII.B.1.a.: Shows visual interest and engagement in surroundings.

VIII.B.1.b.: Shows an interest in mark making or creative art.

