



# Vegetable Spotlight



## GREEN ONIONS

### VEGETABLE SUMMARY

**SYG Variety:** Red, Yellow, White

**Growing Seasons:** Spring

**Fast or Slow Crop:** Fast (3-5 weeks from onion set to harvest)

**Maintenance:** Green onions require very little maintenance and grow very easily.

**Harvest:** Watch our quick "[How To Harvest Green Onions](#)" video.



GREEN ONION SET



FULLY GROWN PLANT

**Nutrition Facts:** Green onions are a great source of **vitamin K**. Vitamin K, among other benefits, plays an important role in helping blood clot normally, so that when we get cuts or scrapes we can heal faster. Green onions are also a good source of vitamins C, A, and folate as well as the minerals iron and potassium.

**Recipes:** Try this simple and delicious recipe for [Green Onion Cream Cheese Dip](#).

**Book Recommendations:** *Grow Happy* by Dr. Jon Lasser and Sage Foster-Lasser

## GARDEN YOGA POSES (GREEN ONIONS)

### MATERIALS:

- Garden Yoga Poses Cards (provided)

*Optional: Carpet Squares, Towels, or Mats (one per student)*



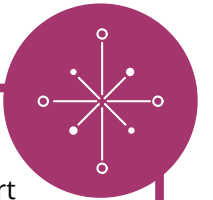
### SUMMARY:

In the book, *Grow Happy*, Kiko reminds us that just like a garden, our bodies need a lot of care to be happy. One way Kiko takes care of her body is by exercising. There are a lot of different ways to exercise, but one really fun way is through yoga! Follow the activity below and try out some garden yoga poses.



### ACTIVITY:

1. Instruct students to spread out and find a space where they won't be in each others way as they start stretching and moving into the various yoga poses. Laying towels, mats or carpet squares down for each student is a good way to keep kids spread out and in their own space.
2. Once students are in their spots, have a brief discussion about why exercise and stretching is good for your body. Remind them that just like the garden, our bodies need care. When you move your body, you work your muscles, get your blood flowing, and help your mind think more clearly.
3. Using the Garden Yoga Pose cards provided, demonstrate each pose and have students do the poses along with you. Hold each pose for about 15-30 seconds, reminding students to breathe. Tell students that taking deep breaths is also an important way of taking care of our bodies, because breathing helps get oxygen to all your organs and body systems so they can work properly.
4. After holding each pose a few times, let students lay or sit still for a few minutes with their eyes closed. Wrap the activity up by thanking them for participating.



### KELS AND MISSOURI EARLY LEARNING GOALS:

#### KANSAS:

PHD.p4.3: Explores, practices and performs skill sets (e.g., throwing, pushing, pulling, catching, balancing).

PHD.p4.5: Participates in active play exhibiting strength and stamina.

#### Missouri:

III.A.3.a.: Exhibits sensory awareness.

III.A.3.b.: Exhibits body awareness.

III.A.3.c.: Exhibits spatial awareness.

III.A.3.d.: Exhibits temporal awareness.



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