



Vegetable Spotlight



KALE

VEGETABLE SUMMARY

SYG Variety: Redbor, Winterbor

Growing Seasons: Spring & Fall

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

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



Harvest: Watch our quick "How To Harvest Kale" video.



TRANSPLANT



FULLY GROWN PLANT

Nutrition Facts: Kale and other cruciferous vegetables contain phytonutrients called **glucosinolates**. Glucosinolates help the body get rid of toxic or harmful substances and help cells stay healthy. Kale is also a great source of the vitamins A, C, and K as well as the mineral manganese.

Recipes: Try this delicious recipe for Kale Apple Salad.

Book Recommendations: *The Forever Garden* by Laurel Snyder and Samantha Cotterill

WRITE A SONG (KALE)

MATERIALS:

- Whiteboard or large pad of paper
- Marker
- Musical instruments (ex: drums, bells, maracas, etc.)



SUMMARY:

In the book, *The Forever Garden* by Laurel Snyder, Honey teaches us about sharing and being kind. Honey loves to share her garden with others and she loves to take care of her plants. One way she shows kindness and care to her plants is by singing to them. Can you make up your own simple song about sharing and caring?



ACTIVITY:

1. Before beginning the activity with your class, decide on a melody you'll use for your "sharing and caring" song. Choose something familiar that the whole class knows. Nursery rhymes or songs from popular movies are usually safe bets.
2. Introduce the activity to the class by telling students that together you'll be writing a song about sharing and caring. Let them hear the melody you've chosen by humming it or having a version of it ready to play for the class if necessary.
3. Next, ask the class to brainstorm different things that people do to demonstrate kindness, caring, and sharing. Write each idea on the whiteboard or large pad of paper so the whole class can see.
4. Take the ideas and work them into the melody you've chosen.
5. Once you're satisfied with the order, try singing it out loud as a class, revising if needed.
6. Finally, put it all together by letting students take turns with the musical instruments while the class sings the new song they've created.

Optional - Try singing your new song to the plants growing in your garden!



KANSAS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

SED.CD.p4.5: Demonstrates an understanding of what it means to be a friend (i.e., someone who cares, listens, shares ideas, trustworthy, provides comfort).

CA.p4.7a: Creates own songs and movements, includes musical instruments.

MISSOURI:

II.B.1.b.: Develops relationships with others.

II.B.1.c.: Develops empathy and respect for others.

II.B.1.d.: Works and plays cooperatively with children and adults.

VIII.A.2.b.: Uses the body to create sounds, move to music and express oneself.

VIII.A.2.c.: Uses music and movement to express concepts, ideas or feelings.

