



Vegetable Spotlight

LETTUCE



VEGETABLE SUMMARY

SYG Varieties: Lettuce Transplants - Red Cross, Coastal Star, Canasta, Buttercrunch
Lettuce Seeds - Buttercrunch, KCCG Anniversary Blend

Growing Seasons: Spring & Fall

Fast or Slow Crop: Fast (3-5 weeks from seed to harvest)

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



SEEDS



SEEDLINGS



TRANSPLANT



FULLY GROWN HEADS

Nutrition Facts: Different lettuce varieties contain varying amounts of nutrients, but one thing they all have in common is being a good source of **fiber**. Fiber is found in all plants and it can't be digested by humans. This might sound like a bad thing, but eating fiber actually helps your intestines stay clean and healthy!

Recipes: Use large lettuce leaves as the wrap in this delicious recipe for Garden Veggie Wraps or make a tasty salad with this Tangy SYG Herb Dressing or Homemade Ranch Dressing.

Book Recommendations: *What will Grow* by Jennifer Ward, Illustrated by Susie Ghahremani

GARDEN RHYMES (LETTUCE)

MATERIALS:

- Garden Rhymes Worksheet (provided)
- Pencils/Crayons
- Clipboards (if doing activity outside)



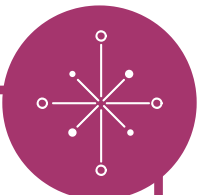
SUMMARY:

In the book, *What will Grow* by Jennifer Ward, we see different plants growing and hear a lot of fun rhyming words that describe how they grow. There are a lot of things in the garden that rhyme. Using the words provided, find the rhyming words that match and then decide which words might be used in a garden!



ACTIVITY:

1. Start this activity by defining rhyming. Tell students, rhyming words are words that end in the same sound. Give examples found in the classroom and write the words on the board so students can both see and hear the endings.
2. Call on volunteers to give a few more examples of words that rhyme.
3. Next, pass out the "Garden Rhymes Worksheet" provided. Read the instructions aloud to explain how students will complete the worksheet. If the weather allows, do this activity out by your garden, so students can see and/or touch the words listed. Alternatively, do this worksheet as a class, reading each grouping of words out loud and letting students call out the words that rhyme so that you can circle them. If completing activity together as a class, consider also writing and circling word groupings on the whiteboard for the class to see.
4. Wrap the activity up by asking students for other rhyming words that might be found in their schoolyard garden.



KANSAS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

CL.F.p4.2a: Recognizes and produces rhyming words.

Missouri:

IV.D.3.a.: Repeats rhymes, simple songs, poems and finger plays.

IV.D.3.b.: Participates in word games.

IV.D.3.c.: Discriminates some sounds in words.



GARDEN RHYMES WORKSHEET (LETTUCE)

Instructions:

1. Each group of three words below contains two words that rhyme.
2. Circle the two words that rhyme in each group.
3. Next, put a 'G' next to any word that might be used in a garden.
4. Can you think of any other words from the garden that rhyme? Discuss as a class.

1. row sow bag

2. seed cat weed

3. can flower power

4. dig cup pig

5. bug mug rip

6. rain shovel train

7. leaf beef dog

