



Vegetable Spotlight

POTATOES



VEGETABLE SUMMARY

SYG Variety: Red Norland, Yukon Gold and Purple Majesty

Growing Seasons: Spring

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

Maintenance: To keep soil temperature regulated and weeds at bay, be sure to **mulch** your potato plants. As the plants sprout and grow you will need to mound the dirt up around the stem of the plant by gathering soil around it. The soil along with the mulch helps to keep the potatoes, that are growing underground, covered and protected.

Harvest: Watch our quick "[How to Harvest Potatoes](#)" video to learn more.



SEED POTATOES



SEEDLINGS



**FULLY GROWN PLANTS
(READY FOR HARVEST)**

Nutrition Facts: Potatoes are a great source of **potassium**. Potassium is a mineral that is important for keeping all of our cells healthy, but it also helps regulate our heartbeat and helps keep our muscles and nerves working properly. Potatoes are also a good source of vitamins C and B6 as well as fiber.

Recipes: Keep it simple with this recipe for [Oven Roasted Spring Potatoes](#).

Book Recommendations: *Two Old Potatoes and Me* by John Coy, Illustrated by Carolyn Fisher and *No Small Potatoes - Junius G Groves and His Kingdom in Kansas* by Tonya Bolden

RECYCLED GARDEN ART



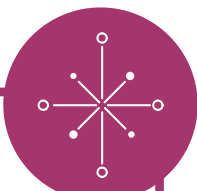
MATERIALS:

- Various items from the recycle bin (ex: plastic bottles, milk jugs, plastic food containers, etc.)
- Various items from nature (ex: pine cones, rocks, twigs, shells, etc.)
- Scissors
- Hot glue gun and/or tape or glue sticks
- Markers and/or paints



SUMMARY:

In the book, *Two Old Potatoes and Me* by John Coy, we learn an important lesson about reusing something that might have otherwise been thrown away. In the book the characters reuse old potatoes to grow new ones. In this activity you'll use various objects from nature and the recycle bin to make recycled art for your garden!



ACTIVITY:

1. Before beginning the activity round up a collection of items found in nature as well as from the recycle bin for students to use to make their art. Alternatively, have students bring recycled objects from home or take time to collect items together as a class. Have a discussion with students about the importance of reusing and recycling items. Explain that by reusing and recycling we help keep waste out of our landfills which is good for the earth. Ask students if they know of other reasons why recycling is important.
2. Explain that students can make any kind of art they'd like for their garden. Before they start creating, ask for examples of art they might have seen in gardens. This will help them get ideas for what they can make. A few examples might include sculptures of animals or insects, pinwheels, garden gnomes, etc.
3. As the students start creating their art, walk around and assist with more advanced tasks such as using scissors or offer to adhere various objects using a glue gun.
4. Once everyone has had a chance to finish their garden art, let volunteers share with the class.
5. Lastly, display the recycled art in your garden for all to admire!

KELS AND MISSOURI EARLY LEARNING GOALS:



KANSAS:

- S.p4.12: Recognizes the difference between helpful and harmful actions toward the natural environment and demonstrates ways that individuals are responsible for protecting our planet (e.g., recycling, mending broken things instead of throwing them away, etc.).
- CA.p4.13a: Uses a variety of materials to create art.
- CA.p4.13b: Shows skill with scissors.
- CA.p4.14a: Recognizes and describes various art forms - sculpture, painting, printing.

Missouri:

- VI.B.4.c.: Represents observations through art and construction.
- VI.B.4.d.: Talks about plants and animals.
- 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.

