



Vegetable Spotlight

SPINACH



VEGETABLE SUMMARY

SYG Varieties: Nobel Giant

Growing Seasons: Spring & Fall

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

Maintenance: Spinach is prone to bolting in unfavorable conditions such as heat, poor soil conditions, under watering or over crowding. To learn how to prevent bolting and how to tell if your spinach is bolting, watch our quick [Bolting 101 video](#).

Harvest: Once plants reach 4" tall, harvest leaves by cutting or pinching the leaves off. Harvest leaves from the outer part of the plant and leave the inner stocks to grow more leaves. Continually harvest throughout the season.



SEEDS



SEEDLINGS



TRANSPLANT



FULLY GROWN PLANTS

Nutrition Facts: Spinach is a great source of **magnesium**. Magnesium is a mineral that helps keep our muscles healthy and strong so we can do fun things like run, jump and play! Spinach is also a great source of vitamins A, K and folate as well as the mineral manganese.

Recipes: Spinach is a great leafy green to use as a base in this [Garden Pesto](#) recipe.

Book Recommendations: *Sylvia's Spinach* by Katherine Pryor, Illustrated by Anna Raff

SPINACH SEED SORTING

MATERIALS:

- Spinach Seeds
- An assortment of 3-5 other seeds - suggestions: peas, zucchini, radish, lettuce, beets (select seeds that look different enough to be easily sorted)
- Dixie cups
- Paper plates
- Plant cards (provided) - cut and laminate



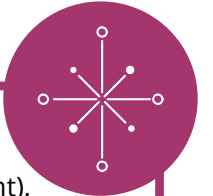
SUMMARY:

In the book, *Sylvia's Spinach* by Katherine Pryor, Sylvia discovers that spinach seeds look a lot different than the spinach leaves we eat. This is the case for most plants and seeds. Do the seed sort activity to see what seeds look like compared to the plants they grow into and also discover what different seeds look like.



ACTIVITY:

1. Before starting the activity put a pinch of each type of seed into the dixie cups (1 dixie cup per student).
2. Pass out 1 dixie cup and 1 paper plate to each student.
3. Have students dump seeds out onto their paper plates and look very closely at each seed type.
4. Next, have students sort the seeds by seed type.
5. Ask students - How are the seeds different? How are they the same? Describe the size of the different seeds. What shape are the seeds? What do they feel like in your hand? How many of each seed are in each pile?
6. Once each student has finished sorting and examining, explain that each seed they've sorted can grow into a plant. Tell students that just like Sylvia's spinach seeds, each of the seeds in their piles will grow if planted in soil, given water to drink and allowed to have sunshine and air.
7. Next, show them the fully grown plant of each seed they've sorted either by taking them to the garden to show the plant growing or by using the plant cards provided.



KANSAS AND MISSOURI EARLY LEARNING GOALS:

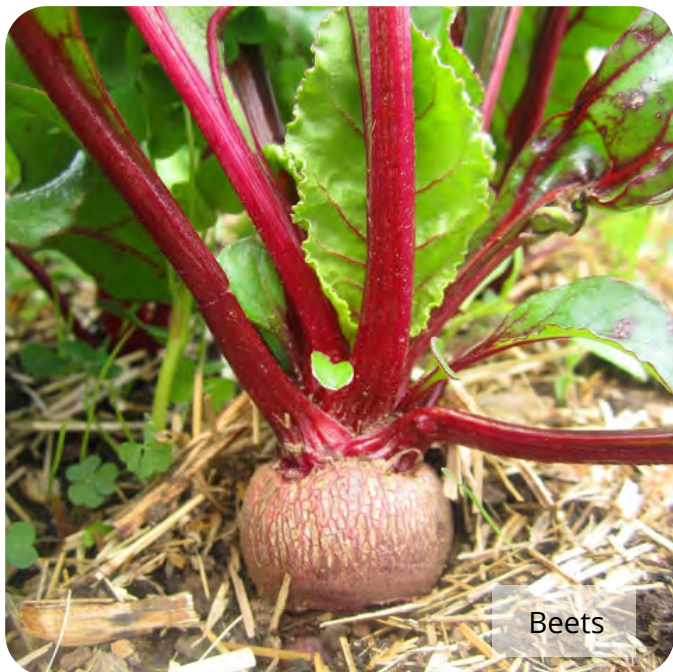
KANSAS:

- M.MD.p4.3: Sorts objects into categories; counts the numbers of objects in each category (limit category counts to less than or equal to 10); makes comparisons between the categories based on quantity.
- M.MD.p4.4: Collects data by categories to answer simple questions.

Missouri:

- V.A.3.a.: Names how many there are in a group (up to five objects).
- V.A.3.b.: Uses one-to-one correspondence when counting objects.
- V.A.3.c.: Uses one-to-one correspondence to compare the size of a group of objects.
- III.A.2.a.: Uses fingers and hands to accomplish fine motor tasks.





Beets



Peas



Zucchini



Cucumber



Lettuce



Spinach



Radish



Mustard Greens



Swiss Chard



Turnips



Green Beans



Carrots