



# Vegetable Spotlight



## SWISS CHARD

### VEGETABLE SUMMARY

**SYG Varieties:** Bright Lights

**Growing Seasons:** Spring & Fall

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

**Maintenance:** Swiss chard is fairly low maintenance. Remember to continually harvest throughout the season as this encourages more growth from the plant.

**Harvest:** Once plants reach about 4" tall, harvest the chard by cutting or pinching the outer leaves off at the stem, leaving inner leaves so that it may grow new leaves for more harvesting.



SEEDS



SEEDLINGS



FULLY GROWN PLANTS

**Nutrition Facts:** Swiss Chard and other leafy greens are a great source of **lutein and zeaxanthin**. Lutein and zeaxanthin are phytonutrients that keep our eyes healthy by helping our eyes read and see fine details. Swiss chard is also a good source of many other phytonutrients as well as vitamins A, C and K, and minerals such as magnesium, manganese, and potassium.

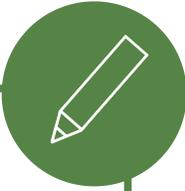
**Recipe:** Try swiss chard in this delicious recipe for [Vegetable & Fruit Rainbow Smoothie](#).

**Book Recommendations:** *Plants Feed Me* by Lizzy Rockwell

# VEGETABLE PLANT PARTS IN A RAINBOW SMOOTHIE (SWISS CHARD)

## MATERIALS:

- Vegetable Plant Parts and Rainbow Smoothie Recipe sheet (provided)
- Ingredients for Vegetable and Fruit Rainbow Smoothie (see recipe card for specific ingredient list)
- Blender or food processor
- Small dixie cups (enough for each student to have a sample size portion of the smoothie)



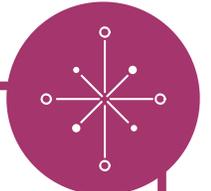
## SUMMARY:

In the book, *Plants Feed Me* by Lizzy Rockwell, we learn that each part of a vegetable plant not only feeds and nourishes our bodies when we eat it, but the parts also play important roles in keeping the plant healthy while it's growing. Which parts of the vegetables growing in your garden do you eat? Enjoy a variety of veggies in the Vegetable and Fruit Rainbow Smoothie!



## ACTIVITY:

1. Take students out to the garden and review each vegetable you have growing.
2. As you look at each, review which part of the plant we eat for each vegetable using the attached SYG plant parts sheet. Help students remember each part encouraging them to perform the movement listed. For example, when showing kids the swiss chard plants, you can discuss how we eat the leaves. Instruct students to put their hands on their hips and flap their 'leaves' like wings. Do the same for each vegetable.
3. After reviewing all of the vegetables you have growing, review any plant parts that weren't discussed as part of your garden.
4. If your garden is ready for harvesting, harvest enough of each vegetable to put into the Vegetable and Fruit Rainbow Smoothie recipe attached. Alternatively, use store bought veggies and fruit.
5. Wrap the activity up by heading back inside and making the Vegetable and Fruit Rainbow Smoothie. As you add each vegetable ingredient, ask students to act out and name the part of the plant going into the blender.
6. Let students enjoy a sample of the smoothie.



## KANSAS AND MISSOURI EARLY LEARNING GOALS:

### KANSAS:

PHD.p4.6: Demonstrates basic understanding that eating a variety of foods helps the body grow and be healthy.

### MISSOURI:

III.B.1.b.: Makes healthy food choices.



# VEGETABLE PLANT PARTS IN A RAINBOW SMOOTHIE (SWISS CHARD)

## Vegetable Plant Parts

**Roots/Bulbs/Tubers:** found underground; absorb water and nutrients for growth; store food for plant

**SYG Root Vegetables:** Beets, Carrots, Garlic, Onions, Potatoes, Sweet Potatoes, Radishes, Turnips

**Movement:** stomp your feet

**Stems:** connect leaves to roots; carry water and nutrients from roots to leaves

**SYG Stem Vegetables:** Green Onions, Swiss Chard

**Movement:** stand up tall and straight with arms down by your side

**Leaves:** catch the sun, which gives plants energy to grow through a process called photosynthesis

**SYG Leaf Vegetables:** Arugula, Beet Greens, Cabbage, Collards, Kale, Lettuce, Mustard Greens, Spinach, Swiss Chard, Turnip Greens

**Movement:** put your hands on your hips and flap your 'leaves' like wings

**Flowers:** where the fruits and seeds form

**SYG Flower Vegetables:** Broccoli

**Movement:** put your hands around your face

**Fruits:** contain seeds

**SYG Fruit Vegetables:** Cucumber, Green Beans, Okra, Peppers, Squash, Sweet Peas, Tomatoes, Zucchini

**Movement:** make a big circle with your arms above your head

**Seeds:** form inside the fruit; stores energy that grows a new plant

**SYG Seed Vegetables:** Dried Beans

**Movement:** crouch down and hug you knees

## Recipe for: VEGETABLE & FRUIT RAINBOW SMOOTHIE

*Serves 10-20 students a sample size portion or 2-3 full portions*

### INGREDIENTS

- 4-5 medium strawberries (or blackberries or raspberries)
- 1/2 of an orange, peeled
- 1/2 of a medium yellow squash (or carrot, cucumber, zucchini)
- 2 handfuls of greens (try spinach, kale, collards, or chard)
- 1 cup of ice
- 1/3 cup milk or water (both dairy or non dairy milk will work)
- 1/3 cup plain Greek yogurt (optional for added thickness)

\*You can sub any of the above ingredients based on season and availability. Just make sure it's colorful!

### DIRECTIONS

1. Put all ingredients in a blender and pulse 5-7 times.
2. Scrape down the sides and let blender run until all ingredients are combined and mixture is smooth.
3. Pour rainbow smoothie in a cup and enjoy!

