



# Vegetable Spotlight



## BASIL

### VEGETABLE SUMMARY

**SYG Variety:** Sweet

**Growing Seasons:** Summer

**Maintenance:** As basil matures, you might see little flowers starting to bloom. To encourage your basil to continue growing (which means you'll get more to harvest), you should deadhead your basil. Do this by pinching off the little flower blooms as they appear.

**Harvest:** Basil should be harvested continually throughout the summer growing season. Harvesting will encourage growth. Learn more by watching our [How to Harvest Basil](#) video.



SEEDS



SEEDLINGS



FULLY GROWN PLANT

**Nutrition Facts:** Basil contains **essential oils**. The **essential oils** found in basil can help fight bad bacteria in the body which is important for a number of functions including healthy skin and healthy digestion. Basil is also a good source of vitamins A, C, K and the mineral manganese.

**Recipes:** Incorporate basil and garden greens into this delicious recipe for [Garden Pesto](#). Garden pesto goes great on pizza, eggs, or can even be eaten on its own as a veggie packed dip!

**Book Recommendations:** *Thank You Garden* by Liz Garton Scanlon, Illustrated by Simone Shin

# A THANK YOU LETTER TO THE GARDEN (BASIL)

## MATERIALS:



- Paper, enough for each student to have one sheet
- Markers or Crayons
- Whiteboard or Large Note Pad (for teachers)
- Dry Erase Marker or Marker (for teachers)

## SUMMARY:



In the book, *Thank You Garden*, we learn about many wonderful things a garden provides that we can be thankful for. Make a list of all the things your schoolyard garden provides and discuss as a class why you're thankful for all that your garden offers.

## ACTIVITY:



1. After reading the book, *Thank You Garden*, discuss as a class all of the things your schoolyard garden offers that you're thankful for. Examples could be fresh healthy food to eat, a reason to be outside, a reason to dig in the soil, fun with friends, etc.
2. Call on volunteers to give their answers and write each student's suggestion on the board for the class to see.
3. After each student has shared, read and review the list out loud as a class.
4. Pass out paper and crayons or markers to each student.
5. Explain that they will now be drawing a thank you card for the garden based on their garden gratitude discussion.
6. After students have finished creating their thank you cards, let students volunteer to take turns explaining what they drew.
7. Wrap the activity up by journeying out to the garden. Ask students to say one 'thank you' to their garden. While you're out in the garden check to see if your basil needs to be deadheaded. Don't forget to water, weed, and harvest as needed.

## KANSAS AND MISSOURI EARLY LEARNING GOALS:



### KANSAS:

CA.p4.15a: Tells stories/works out problems with drawings.

CA.p4.16b: Discusses own artistic creations and those of others.

### Missouri:

VIII.B.1.b.: Shows an interest in mark making or creative art.

VIII.B.2.c.: Uses creative art to express thoughts, feelings, experiences, or knowledge.

