



Vegetable Spotlight



TOMATOES

VEGETABLE SUMMARY

SYG Varieties: Cherry - Sun Gold, Sweet Chelsea, Super Sweet 100
Large Slicer - Variety varies based on availability

Growing Season: Summer

Maintenance: Mulch tomatoes in using straw. Watch the "[How to Mulch Your Garden](#)" video to learn more. Also consider caging your tomatoes to keep the plant supported and to make harvesting easier as it grows. Watch the "[How to Cage Your Tomato Plants](#)" video to learn more.

Harvest: Tomatoes can be continually harvested throughout summer and fall up until the first frost. Watch this quick "[How to Harvest Tomatoes](#)" video to learn more.



TRANSPLANT



FULLY GROWN PLANTS

Nutrition Facts: Tomatoes are a great source of **lycopene**. Lycopene is a phytonutrient found in many red and pink vegetables and fruits. It helps your body's immune system stay strong and healthy. Tomatoes are also a good source of vitamins C and A and contain the minerals potassium and manganese.

Recipes: Use tomatoes in simple recipes like [Salsa on a Stick](#) and [Pizza on a Stick](#).

Book Recommendations: *Zombies Don't Eat Veggies* by Megan Lacera and Jorge Lacera

GARDEN VEGGIES TASTE TEST (TOMATOES)

MATERIALS:

- Various vegetables (harvested from the garden or store bought)
- Whiteboard
- Dry erase marker

Optional - if doing a taste test in the classroom, consider using paper plates (one for each student)

SUMMARY:

In the book, *Zombies Don't Eat Veggies*, we learn that Mo LOVES veggies. Mo's love of vegetables makes him different than the rest of his family. It can be hard to be different, but as we learn in the book, it's best to be true to yourself, be honest, and be respectful of differences. Do a taste test of veggies growing in the garden to celebrate the differences in tastes in your classroom.

ACTIVITY:

1. After reading the book, *Zombies Don't Eat Veggies*, venture out to your garden for a taste test of the vegetables you have growing. Before starting the taste test, remind students that everyone is different and has different likes. Tell students that different opinions are a good thing and if they dislike a vegetable they try, their vote will go under the "still deciding" column, because they just may not like the way they've had it today, but could like it prepared another way in the future. Also remind students to not "yuck someones yum" meaning if they don't like a vegetable they've tasted, that's ok, but since a classmate might like it, we need to celebrate differences instead of discourage them.
 2. Bring a white board or something to tally up the taste test votes out to the garden too. Draw 2 columns on the board, one for "likes" and the other for "still deciding". After students try each vegetable, take a vote by raising hands for "likes" and "still deciding" and tally the votes on the board.
 3. After all vegetables have been tasted, examine the "likes" and "still deciding" numbers and celebrate the ways your class is the same and different.
- As an alternative to doing a garden harvest and taste test, use store bought veggies. Begin by washing and chopping vegetables, enough for each student to try a bite size portion of each type. Place one of each type of vegetable on plates, preparing enough plates for each student to have their own.

KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

SED.SD.p4.5: Displays socially competent behavior with peers (e.g., helping, sharing and taking turns).

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

Missouri:

II.B.1.c.: Develops empathy and respect for others.

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

