



Vegetable Spotlight



PEAS

VEGETABLE SUMMARY

SYG Variety: Sugar Ann

Growing Seasons: Spring & Fall

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

Maintenance: Peas don't like to be crowded, so you'll want to thin seedlings to stand about 4-6" apart shortly after they sprout. Watch this quick "[How to Thin](#)" video to learn more.

Harvest: You will harvest peas in a similar fashion to how you will harvest green beans. Watch this quick "[How to Harvest Green Beans](#)" video to learn more.



SEEDS



SEEDLINGS



FULLY GROWN PLANTS

Nutrition Facts: Peas are a rich source of **protein**, which helps our muscles, hair, skin bones and nails stay strong and healthy. Peas are also an excellent source of vitamin K and C as well as manganese.

Recipes: Snap peas are wonderful eaten raw in the garden, right off the plant! If you're looking to mix it up though, try this simple recipe for [Roasted Snap Peas](#) or include them in this recipe for [Garden Veggie Wraps](#).

Book Recommendations: *Mouse & Mole and the Year-Round Garden* by Doug Cushman

PRACITING PATIENCE (PEAS)



MATERIALS:

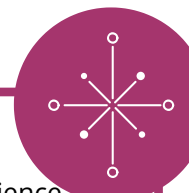
- 'Turn Ball' (any ball or soft object that can be passed/tossed between students will do)



SUMMARY:

In the book, *Mouse & Mole and the Year-Round Garden*, Mole teaches Mouse that sometimes we have to be patient and wait. The two friends are waiting for their vegetables to grow in the garden, but this is a good lesson to learn for many things in life. Practice being patient with the 'turn ball.'

ACTIVITY:



1. Instruct students to sit in a circle and explain that you're going to be playing a game that practices patience. Explain that patience means calmly waiting for something. For example, after we plant the garden we have to wait patiently for many weeks before the vegetables start growing. Ask students for other examples of being patient .
2. Next, introduce the 'turn ball'. The 'turn ball' will help us practice being patient, because we will have to take turns using it. When you're holding the turn ball, it's your turn. If you do not have the 'turn ball' you are sitting still, listening, and waiting patiently for the 'turn ball' to be passed to you. You are also paying attention to your classmate that has the 'turn ball'
3. Pick a theme (example: dance moves) and demonstrate it for the class. When you are holding the 'turn ball' you can stand up and perform a dance move. Once you've completed your dance move, pass the ball to another student in the circle so that they can preform their dance move. Once they've finished, they will pass the ball to a different student, and so on, until all students have had a turn performing.
4. Once each student has a turn, get the 'turn ball' back and discuss how it felt to be patient (or wait your turn), again using the 'turn ball' this time to take turns talking.
5. Examples of questions: What did it feel like to wait your turn? Why is it important to be patient? What do you think is happening to the seeds in our garden as we wait patiently for them to grow?"

KELS AND MISSOURI EARLY LEARNING GOALS:



KANSAS:

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

SED.SD.p4.6: Participates in conversational turn taking by listening and responding to what was said.

PHD.p4.2: Demonstrates coordination in using objects during active play (e.g., riding a trike, catching a ball, throwing, balancing, pushing).

Missouri:

II.B.1.d.: Works and plays cooperatively with children and adults.

III.A.1.a.: Controls body movements.

