



Vegetable Spotlight



BEETS

VEGETABLE SUMMARY

SYG Varieties: Detroit Dark Red, Red and Golden Blend, Early Wonder

Growing Seasons: Spring & Fall

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

Maintenance: Root vegetables such as beets need to be **thinned**. Watch this quick "[How to Thin](#)" video to learn more.

Harvest: Watch our quick "[How to Harvest Beets](#)" video.



SEEDS



SEEDLINGS



FULLY GROWN PLANTS

Nutrition Facts: Beets contain natural **nitrates**. Our bodies can use natural nitrates to deliver oxygen to our muscles which helps us to run, jump and play!

Recipes: Try this tangy and refreshing recipe for [Grated Beet Salad](#). Interested in eating the beet greens? This recipe for [Beet Green Chips](#) is the one for you!

Book Recommendations: *Goodnight Veggies* by Diana Murray, Illustrated by Zachariah OHora

MULTIPLE MEANING WORDS SCAVENGER HUNT (BEETS)

MATERIALS:

- Multiple Meaning Word Cards (provided)
- consider laminating cards for multiple uses



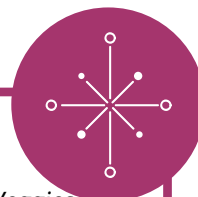
SUMMARY:

In the book, *Goodnight Veggies* by Diana Murray, the author uses a multiple meaning word to describe one of the veggies growing in the garden. "Beets are simply beat." Learn about more of these multiple meaning words by going on a multiple meaning word scavenger hunt through your garden!



ACTIVITY:

1. Cut out each of the word cards provided and set aside, keeping them with their match.
2. Explain to students that sometimes words have multiple meanings, just like in the book *Goodnight Veggies* when it says "Beets are simply beat." The words beet and beat sound the same, but they have different meanings. Beet is a vegetable and beat here means being tired. We can use the other words in the sentence to help us figure out which meaning the word has.
3. Test students understanding by giving another multiple meaning word sentence (i.e. The ocean is full of waves) Hold up the 2 wave cards and let students tell you which is the correct wave used in the sentence.
4. Once you feel like students have grasped the multiple meaning words concept, hide one of each pair of the cards in your garden (i.e. hide the baseball bat card in the garden and keep the animal bat card in your stack of word cards).
5. Give each student one card and let them find the matching card hidden in the garden.
6. Once they find their card have them bring both cards to you and check that they've found the correct match.



KELS AND MISSOURI EARLY LEARNING GOALS:

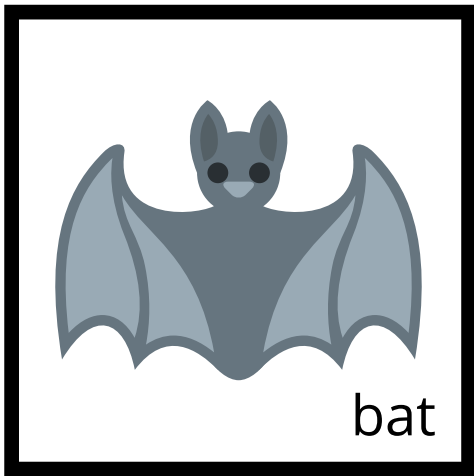
KANSAS:

CL.LS.p4.3: Determines or clarifies the meaning of unknown and multiple meaning words with assistance or cues from an adult (e.g., providing a frame of reference, context or comparison).

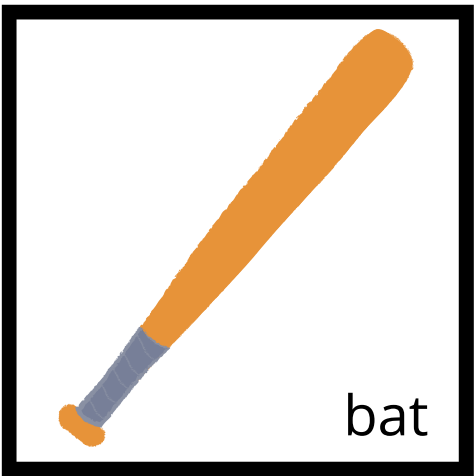
Missouri:

IV.C.2.a.: Learns new words.

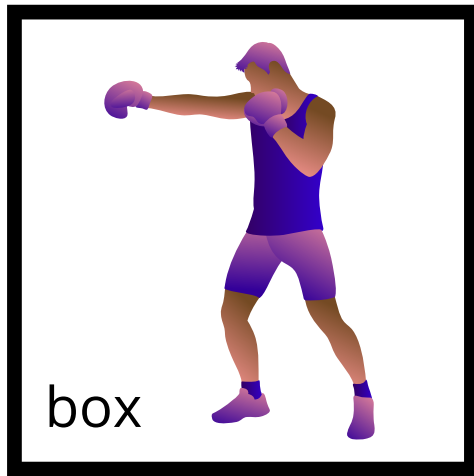




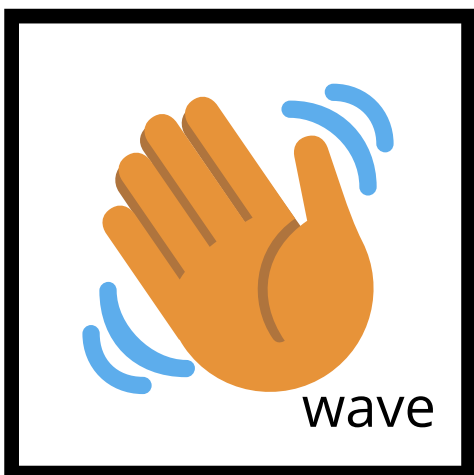
bat



bat



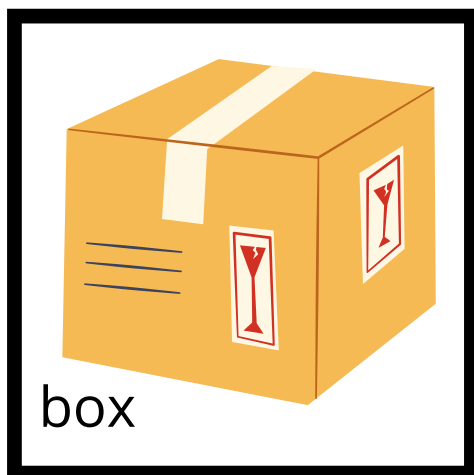
box



wave



wave



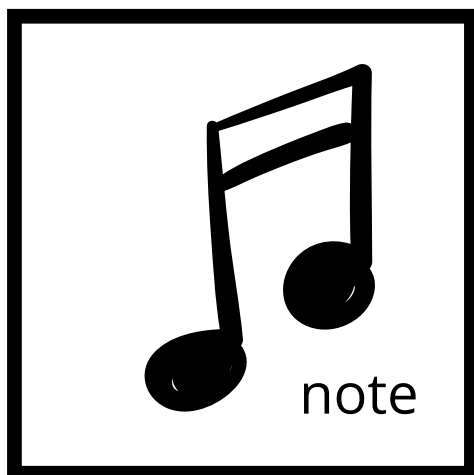
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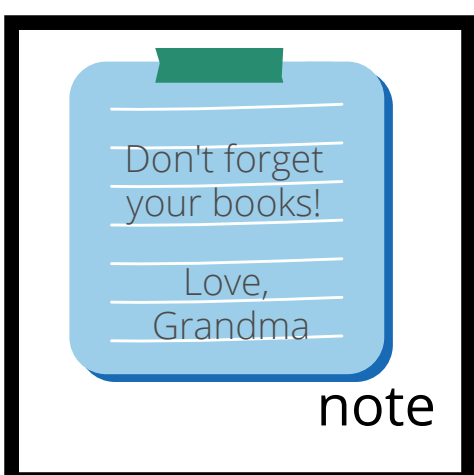
watch



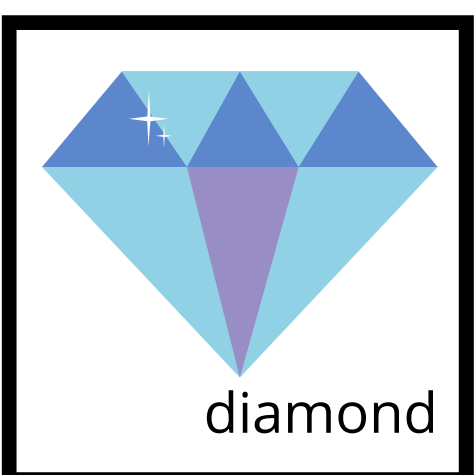
watch



note



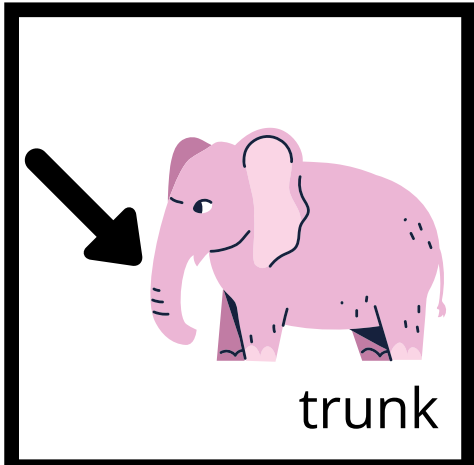
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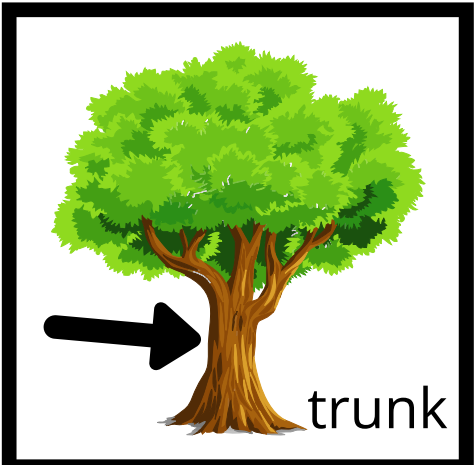
diamond



diamond



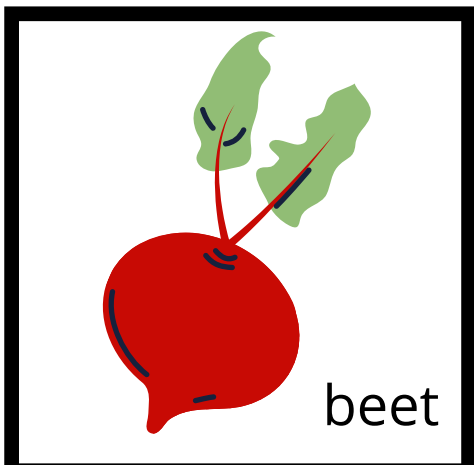
trunk



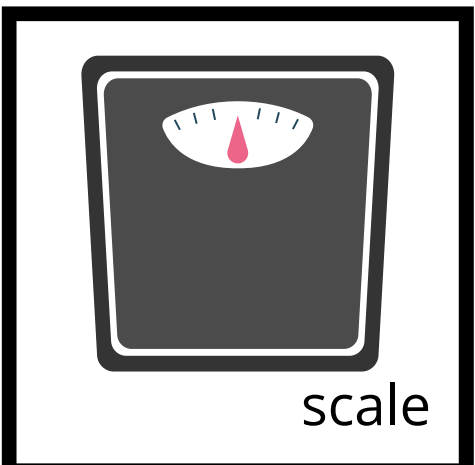
trunk



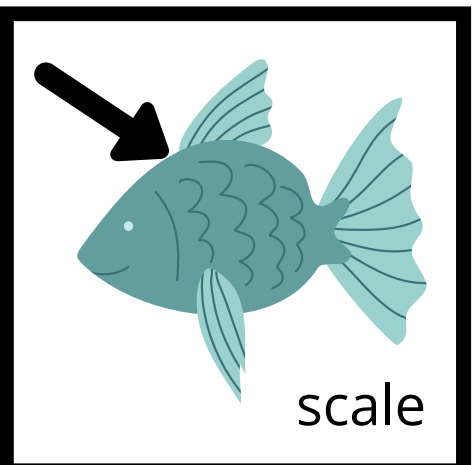
beat



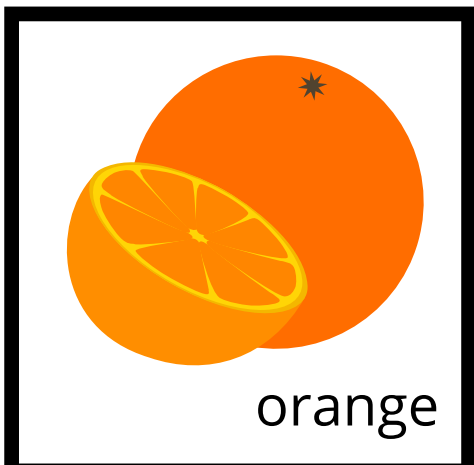
beet



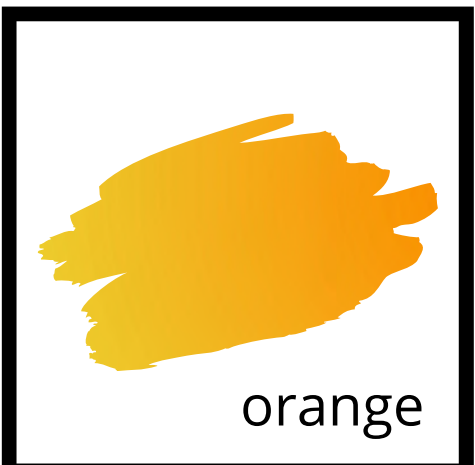
scale



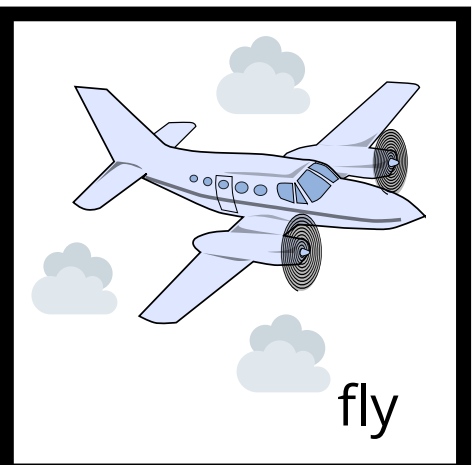
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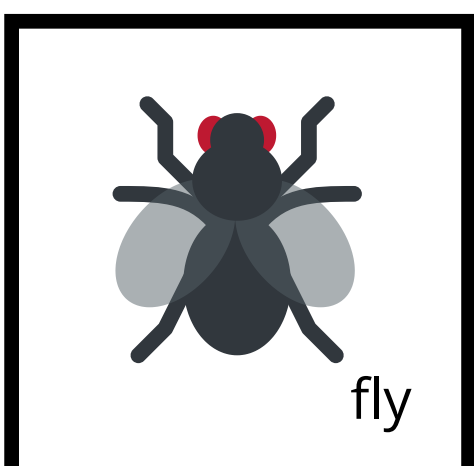
orange



orange



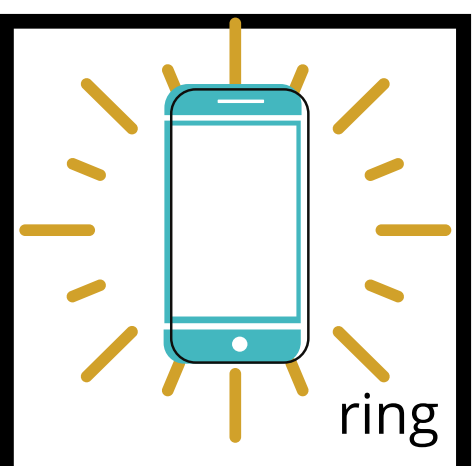
fly



fly



ring



ring