



Vegetable Spotlight



MUSTARD GREENS

VEGETABLE SUMMARY

SYG Varieties: Tendergreen, Red Giant

Growing Seasons: Spring & Fall

Fast or Slow Crop: Fast (3-5 weeks from seed to harvest)

Maintenance: Mustard greens can get pretty spicy and pungent in flavor the longer they mature, so if you prefer a more mild flavor, harvest when plants are about 4 inches and continually harvest leaves throughout the season. Be sure to also watch for bolting. Learn more in our [Bolting 101 video](#).

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



SEEDS



SEEDLINGS



FULLY GROWN PLANTS

Nutrition Facts: Mustard Greens are a great source of **vitamin A**. Vitamin A among many other benefits, helps support healthy vision and skin. It also plays a very important role in helping our brain stay healthy so we can think and problem solve. Mustard Greens are also a good source of vitamins C, K, and folate as well as the mineral manganese and many phytonutrients.

Recipes: Try this [Mustard Green and Roasted Beet Salad](#) or add mustard greens to this recipe for [Garden Veggie Wraps](#)

Book Recommendations: *Plant a Little Seed* by Bonnie Christensen

GARDEN ACTION MOVEMENTS (MUSTARD GREENS)

MATERIALS:

- Garden Actions List (provided)



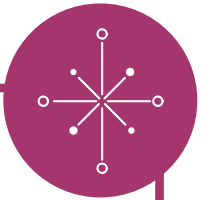
SUMMARY:

In the book, *Plant a Little Seed* by Bonnie Christensen, the characters show us a lot of different actions one might perform when planting, taking care of, and harvesting a garden. Let's see if we can act out some of these gardening movements ourselves!



ACTIVITY:

1. Review the *Garden Actions List* with students reminding them how to perform the different gardening actions if necessary.
2. Let students take turns acting out an action of their choice from the provided list and let the rest of the class guess what the student is acting out.
3. Once each student has had a turn acting out an action, let students brainstorm more actions that are performed in the garden.
4. Make your own list of actions as a class and take turns acting them out.



KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

- CA.p4.3a: Creates movement based on imagery from pictures, books or other ideas.
CA.p4.4a: Able to listen and carry out instruction.
CA.p4.4b: Able to create movement and discovery.

Missouri:

- VIII.2.a.: Explores and experiments with a range of media through sensory exploration and using whole body.
VIII.2.d.: Uses creative art to express thoughts, feelings, experiences, or knowledge.



GARDEN ACTION LIST (MUSTARD GREENS)

Garden Actions:

1. Planting a seed
2. Pulling out weeds
3. Watering the garden
4. Looking for bugs
5. Digging with a trowel
6. Harvesting a vegetable from the garden
7. Tasting a vegetable from the garden
8. Mulching with straw
9. Picking pests off a plant
10. Planting a transplant



Found in the Garden:

1. Pretend to be a butterfly
2. Pretend to be a caterpillar
3. Pretend to be a bee
4. Pretend to be a seed
5. Pretend to be the sun

