Vegetable Spotlight

CABBAGE

VEGETABLE SUMMARY

SYG Variety: Stonehead

Growing Seasons: Spring & Fall

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

Maintenance: Cabbage is a cruciferous vegetable and can attract cabbage loopers. Consider using dipel dust (available at KCCG) to help keep plants healthy.

Harvest: Cabbage heads should be cut and harvested when they are firm to the touch. Use a knife to cut off the head of the cabbage.

TRANSPLANT

FULLY GROWN HEADS

Nutrition Facts: Cabbage is a good source of **vitamin C.** Among other things, vitamin C helps the body make collagen. **Collagen** is kind of like the body's glue, because it holds everything together and makes muscles and joints strong! Cabbage is also a good source of vitamins A, K, and B6, and the mineral manganese.

Recipes: For a simple and delicious way to eat cabbage, try Roasted Cabbage.

Book Recommendations: *Eating the Alphabet Fruits & Vegetables from A to Z* by Lois Ehlert

ALPHABETE HUNT (CABBAGE)

MATERIALS:

- Garden themed alphabete cards (provided)

SUMMARY:

In the book, *Eating the Alphabet Fruits & Vegetables from A to Z*, we learn about a different fruit or vegetable for each letter in the alphabet. The garden is also a fun place to hunt for letters! Can you find all of the garden themed alphabet letters hiding in your garden?

ACTIVITY:

1. Before beginning the activity, cut out each of the garden themed alphabet cards provided and consider laminating them for multiple uses.
2. Review each letter in the alphabet with your class. Use the garden themed alphabet cards to review the sound of each letter. Ask students to repeat each letter sound back as a class
3. Once you've reviewed each letter and their sounds, hold up various letters for the class to see and call on volunteers to demonstrate each of the sounds.
4. After reviewing the letter sounds, head out to the garden. Without your students looking, hide each garden themed alphabet card in your garden. Once you've finished, let students go on a scavenger hunt to find each card. If you have a large class, consider letting students search for the cards in smaller groups.
5. Once they find a card, have them bring it back to you and recite the sound(s) of the letter they've found.
6. Wrap the activity up by singing the ABCs.

Optional - Use this Leap Frog song to help students learn the sound each letter makes.

KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:
CL.F.p4.3a: Demonstrates basic knowledge of letter-sound correspondence by producing the **s**ound of some letters.

Missouri:
IV.D.2.a.: Reads environmental print and symbols.
IV.D.2.b.: Identifies some alphabet letters.

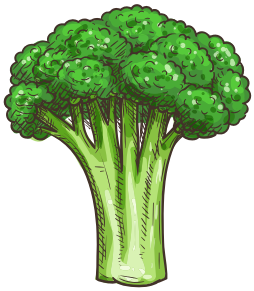
SCHOOLYARD GARDENS

Aa

Arugula

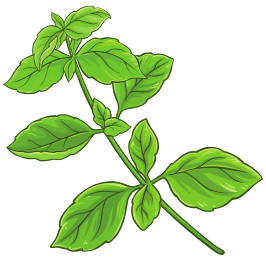
Bb

Beets



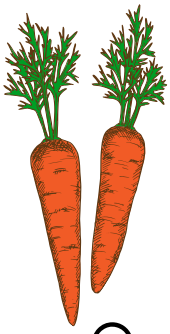
Bb

Broccoli



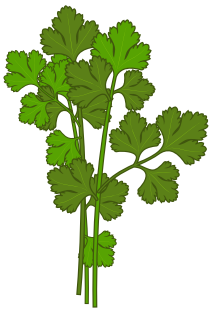
Bb

Basil



Cc

Carrots



Cc

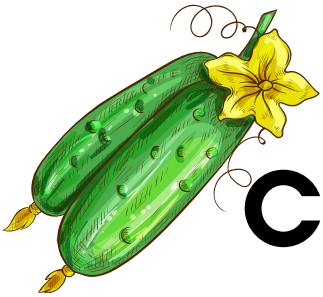
Cilantro

Cc

Cabbage

Cc

Collard Greens



Cc

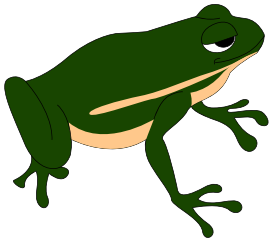
Cucumbers

Dd

Dig

Ee

Earthworm



Ff

Frog

Gg

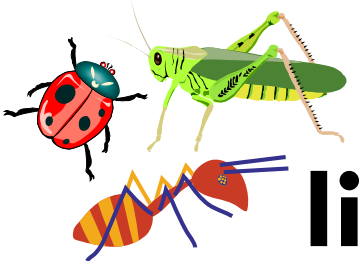
Green Onions

Gg

Green Beans

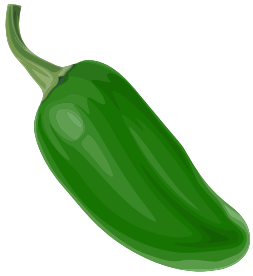
Hh

Hand Trowel



Ii

Insects



Jj

Jalapeño

Kk

Kale

Ll

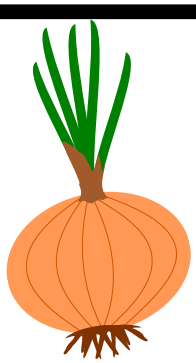
Lettuce

Mm

Mustard Greens

Nn

Nasturtium



Oo

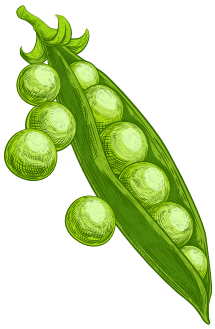
Onions

Oo

Okra

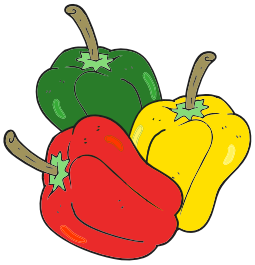
Pp

Potatoes



Pp

Peas



Pp

Peppers

Qq

Questions

Rr

Radishes

Ss

Spinach

Ss

Swiss Chard

Ss

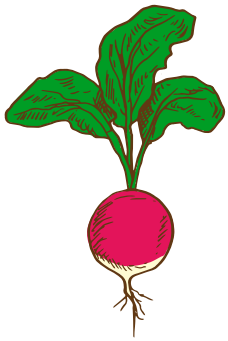
Sweet Potatoes

Ss

Sunflower

Tt

Tomatoes



Tt

Turnips

Uu

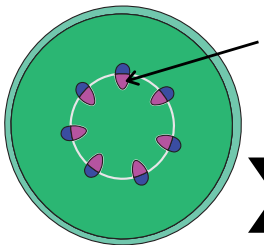
Underground

Vv

Vegetables

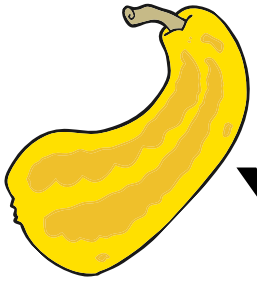
Ww

Watermelon



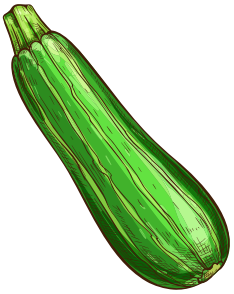
Xx

Xylem



Yy

Yellow Squash



Zz

Zucchini

Zz

Zinnia