



Wisconsin Ag in the Classroom
Monthly Themes- Links and Lessons
February 2021- Dairy Goats and Vegetables



www.wisagclassroom.org

About this series:

The Monthly Theme Lesson Series from Wisconsin Ag in the Classroom is a compilation of resources found on Ag in the Classroom, commodity, and other educational websites, YouTube, and sources.

Each month we will feature an animal and crop and share lesson plans, career information, activities and videos about them.

Thank you to all our Ag in the Classroom partners, commodity groups, American Farm Bureau Foundation for Agriculture, and other sources who help to tell the agricultural story and provide educational resources for our students, teachers and volunteers!

This issue:

Dairy Goat related resources - Pages 3-6

Vegetable resources – Page 6-24

Dairy Goat Resources

Wisconsin Ag in the Classroom-

Goat fact sheet- <https://www.wisagclassroom.org/wp-content/uploads/2019/09/Goats-Fact-Sheet.pdf>

This Business Called Agriculture- https://www.wisagclassroom.org/wp-content/uploads/2020/04/BCA-Workbook_Revised-2016_Web.pdf

American Farm Bureau Foundation for Agriculture

- **[Goats on the Farm by Mari C Schuh - Recommended by American ...](#)**
The book introduces the reader to the different parts of the **goat**, a buck vs. a doe as well as what **goats** eat, and where they live on the farm. The book also.
(<https://www.agfoundation.org/recommended-pubs/goats-on-the-farm>)
- **[Beatrice's Goat by Page McBrier - Recommended by American Farm ...](#)**
Recommended Publications · Chuck's Ice Cream Wish (Tales Of The **Dairy** Godmother) Educator's Guide · Chuck's Ice Cream Wish (Tales Of The **Dairy** Godmother).
(<https://www.agfoundation.org/recommended-pubs/beatrices-goat>)

National Ag in the Classroom

https://www.agclassroom.org/matrix/search_result/?search_term=goat&findlesson=on&findresource=on&maxlessons=25&maxresources=25

Silky Genes

Students will simulate the process of gene splicing, understand the application of transgenic organisms in agriculture, and see how goats can be used for the production of goods other than meat and milk through the use of biotechnology.

Taming the Wild Aurochs

Students will read about and research the domestication of animals to better understand why and how they are raised on a farm. They will create a timeline of animal domestication.

Beatrice's Goat

Page McBrier and Lori Lohstoeter beautifully recount the true story of Beatrice, a young girl from Uganda, Africa who longs to go to school more than anything else. Unfortunately, only children who can afford uniforms and books can go to school, and with five other brothers and sisters, Beatrice knows that her family is much too poor. But then Beatrice receives a wonderful gift: a goat that will give milk that she can sell. Thanks to Heifer Project International - a charitable

organization that donates livestock to poor communities around the world - Beatrice and other families like hers will have a chance to change their lives. Book based on a true story.

Farm Animals

Farm Animals is a 32-page book filled with facts to learn about many types of farms and the animals that live there. The book includes real-life pictures and color illustrations. In addition to the text, each page includes a fun fact. Readers will learn why traditional farm animals such as beef cattle, dairy cattle, goats, sheep, chickens, and pigs are kept on farms. They will also learn why specialty farms raise ducks, geese, fish, and ostriches.

The Goat Lady

Although their neighbors bemoan the "Goat Lady's" rundown house and barnyard animals, the children see how she cares for her goats, they hear her stories, and they come to love her. For many years Noelie has provided goat's milk for people who need it and has sent her extra goat kids to poor people in poor countries through the Heifer Project. The children's mother paints a series of portraits of the "Goat Lady," and her art show at the local town hall helps the rest of the community see Noelie's kindness and courage.

About...Books

If you are a teacher who creates educational books with your children, try creating the About Cattle, About Sheep, About Chickens, About Pigs, and About Goats books. Some of the books provide pages ready to color, others require the names of the animals be written, and other pages ask students to glue down feed samples or wool products. The books provide an opportunity to talk about animal needs, uses, offspring, seasonal changes, etc. The package of materials includes ready-to-copy booklet masters and enough samples of wool, hay, straw, cattle, pig, and chicken feed for the entire class to create the booklets. **Order this kit online from agclassroomstore.com.**

Wisconsin Dairy Goat Association- <http://www.wdga.org/>

Links to Other Goat Related Resources

Below is a collection of links that have been suggested to the WDGA as being useful to other producers. Please let us know if there are other sites that you'd like to see included in this list.

[Wisconsin Meat Goat Producers](#) – Wisconsin Meat Goat Networking Group.

[American Dairy Goat Association](#) – The national organization of goat shows. The ADGA website includes national show schedules, results, breed standards and other information relevant to show goats.

[Dairy Goat Journal \(Publication\)](#) – Find articles about raising, breeding, and marketing dairy goats as well as health issues and recent news of interest to goat owners and the dairy goat industry.

[Come To The Farm.com](#) – Free web-based classifieds for farm related goods and services

Goat Connection – Articles and news headlines related to goats including and alphabetical index of health concerns

Iowa State University – Though the Iowa State University Dairy Team website focuses on dairy cows, it includes a number of resources of interest to dairy farmers milking any species.

WI Ag Connection – Includes equipment and auction listings as well as news headlines relevant to Wisconsin Agriculture

USDA – Agricultural news headlines as well as a wide range of regulatory information, educational resources, and market information.

Focus on Energy – Focus on Energy works with Wisconsin homes and businesses to install cost effective energy efficiency and renewable energy projects. Their website includes information about financing programs and other resources that can help you make your energy consumption more efficient.

ATTRA-National Sustainable Agriculture Information Service – ATTRA provides information and other technical assistance to farmers, ranchers, Extension agents, educators, and others involved in sustainable agriculture in the United States.

SARE-Sustainable Agriculture Research and Education – SARE works to advance farming systems that are profitable, environmentally sound and good for communities through a nationwide research and education grants program. The program, part of USDA's Cooperative State Research, Education, and Extension Service, funds projects and conducts outreach designed to improve agricultural systems. Sign up for free newsletter to keep current on SARE events and programs.

New York State 4-H Youth Goat Programs – This is a great source of information for anyone considering raising a goat for the first time. This site includes an introduction to goat care, housing, behavior, kidding and more.

New South Wales Department of Agriculture – New South Wales maintains a site with very extensive information about goat breeds, marketing, management and health.

University of Wisconsin Cooperative Extension – The UW Extension program has county agents across the state as well as numerous state specialists. UW-Ex offers a wide variety of programs from field days to financial trainings, as well as 1:1 support on a variety of topics for WI residents.

WI Sheep & Goat Extension – Claire Mikolayunas WI small ruminant extension specialist's website for the state

Langston University – One of the few goat focused university research programs in the country. Research focuses on dairy goat production and includes some information about cashmere fiber goats and meat goats.

New York State Extension-

<https://4h.ansci.cornell.edu/animal-programs/goats/education/>

Cornell University-

<https://4h.ansci.cornell.edu/animal-programs/goats/education/>

Vegetable Resources

Wisconsin Ag in the Classroom-

Facts sheets- <https://www.wisagclassroom.org/wisconsin-ag-facts/wisconsin-commodity-facts/>

This Business Called Agriculture- https://www.wisagclassroom.org/wp-content/uploads/2020/04/BCA-Workbook_Revised-2016_Web.pdf

National Ag in the Classroom

School Garden Center- <https://www.agclassroom.org/garden/>

Matrix- search for vegetable

Apple Science: Comparing Apples and Onions

Students will explore heredity concepts by comparing observable traits of apples and onions, collecting data on the traits of different apple varieties, and learning about apple production. Additional activities include hands-on methods for testing apple ripeness.

Backpack Garden

Through project-based learning, students use school resources to construct and grow a school garden to supplement the school Backpack Program with fresh fruits and vegetables.

Eat 'Em Up

In this lesson, students will review the plant parts that they eat, including roots, stems, flowers, leaves, fruit, and seeds. Students will choose a favorite fruit or vegetable to feature in a healthy recipe and prepare it with their families.

Eating Plants

Students will identify the structure and function of six plant parts and classify fruits and vegetables according to which parts of the plants are edible.

Edible Numbers

Students will develop a working vocabulary regarding food, categorize foods by their sources, examine grocery ads, learn about food production, and apply what they learned by analyzing foods they eat at a particular meal.

Esperanza Rising

Students will read the novel *Esperanza Rising* written by Pam Munoz Ryan to learn more about migrant workers, agricultural economics, the impact of agriculture to rural communities, agricultural history, and how fruits and vegetables have been harvested historically and are harvested currently.

FoodMASTER Middle: Vegetables

Students will learn the concept of pH, and the impact of acids and bases on plant pigments, explore the impact of acids and bases on plant cell structure, and discover the health benefits of consuming vegetables.

FoodMASTER: Vegetables

Students will measure the weight and length or circumference of various vegetables. After studying the vegetables, students will classify the vegetables based on plant parts and explore chemical reactions from cooking colored vegetables in acidic and basic water. Students will also use a variety of vegetables to prepare soup.

Fruit and Vegetable Bingo

Students will recognize the names of different fruits and vegetables and understand why they are important.

Fruits and Vegetables: The Right Pick for Vitamins and Minerals

Students will describe the farm-to-table process of common fruits and vegetables, recognize the nutrients fruits and vegetables provide, and evaluate methods of food storage and preparation for preserving nutrients.

Give Me Five!

Students learn about the five food groups and what state-grown foods fit into each group. This lesson makes a local connection to good nutrition and a healthy lifestyle.

Homegrown in Your State: Fruits and Vegetables

Students explore their state's specialty crops, discover how food gets from the farm to the table, and discuss the importance of eating fruits and vegetables every day.

How Does Your Garden Grow? (Grades 3-5)

Students synthesize what they know about soils, plants, and the environment to plan a garden, present their plans, and explain why they made the decisions that they did.

Making Half MyPlate Fruits and Vegetables

The purpose of this lesson is to introduce students to MyPlate (2015-2020 Dietary Guidelines for Americans) and to reinforce the importance of making half your plate fruits and vegetables.

My Healthy Plate

Students will become familiar with the foods they eat and healthy eating habits while learning about the MyPlate food campaign. This lesson introduces students to the concept of MyPlate while placing foods they eat into categories for eating a balanced diet.

My Life as a Fruit or Vegetable

The purpose of this lesson is to provide students with an opportunity to enhance writing skills while simultaneously learning about the production and distribution of fresh produce.

Nutritional Value of Fresh Produce

In this lesson students will learn that fresh produce is a good source of vitamin A, vitamin C, and fiber, and that all fruits and vegetables do not contain the same quantities of each nutrient.

Plant Tops and Bottoms

Students will identify where fruits and vegetables belong on a MyPlate diagram and describe the major parts of plants - roots, stems, leaves, flowers and fruits according to if they are produced on the top or bottom of a plant.

Robots Wanted!

Through project-based learning, students examine fruit and vegetable farms to discover the amount of manual labor required to plant, grow, and harvest some of our food. They research the business economics of farm management, the plant life cycle, and the requirements and challenges faced in reducing manual labor through mechanization or robotics. Students present their findings to an agricultural engineer to begin developing a solution to farm labor shortages.

[The Farmer Grows a Rainbow: Three Reasons](#)

Students will gain familiarity with the health benefits of foods contained in each group of MyPlate.

[The Seed Match](#)

Students will investigate where food comes from, the parts of plants that we eat, and the difference between fruits and vegetables. Activities include examining food plants and their seeds, reading and discussing the book *Tops and Bottoms*, and completing activity sheets.

[Who Grew My Soup? \(Grades 3-5\)](#)

Students will identify the source of the food they eat and investigate the processes and people involved in getting food from the farm to their spoon.

[Who Grew My Soup? \(Grades K-2\)](#)

Students will identify the source of the food they eat and investigate the processes and people involved in getting food from the farm to their spoon.

[Fill MyPlate Game](#)

Test your students' understanding of nutrition with this exciting, fast-paced board game. Students take turns rolling a die, moving to different sections of the MyPlate board, and answering basic trivia about healthy eating and food science. The first to "fill their plate" with one trivia card from each section (Fruits, Grains, Vegetables, Protein, and Dairy) wins! In-game bonuses encourage students to exercise, reinforcing personal choice as an important component to a healthy lifestyle. Each gameboard comes with materials for up to five students. Available for purchase or free download. [Order this game online from agclassroomstore.com](#).

[A Fruit is a Suitcase for Seeds](#)

Many seeds travel inside fruits. The fruit is like a suitcase for the seeds. It protects them on their trip. Readers will learn how fruits are designed to protect a plant's seeds and also to help the plant spread its seeds to new places.

[A Green, Green Garden](#)

Little Critter learns that planting his own garden is a lot of fun and a lot of work. But the result—a green, green garden—is something he can cherish and enjoy.

[Amazing Plant Powers: How Plants Fly, Fight, Hide, Hunt, & Change the World](#)

How do plants survive when they can't run away from danger? Plants can live in diverse places such as under water, in deserts, cold climates, high elevations or even on other

plants. They must contend with storms, fire, poor soils, and hungry animals and insects. Fortunately plants can grow from spores, seeds, or vegetatively and often get a helping hand from people. Plants are cultivated to provide fruit, vegetables, nuts, grains, and fibers such as cotton as well as for wood, paper, and many other products. The book concludes by noting a few of the habitats plants help create such as forests, prairies, and marshes as the comical plant characters conclude that they do indeed have amazing powers. Several related activities are listed such as a plant power scavenger hunt, a writing prompt: My Plant Power, and a kitchen scrap garden.

Bring Me Some Apples and I'll Make You a Pie

From the whippoorwill's call on the first day of spring through the first snowfall, Edna and members of her family gather fruits, berries, and vegetables from the fields, garden and orchard on their Virginia farm and turn them into wonderful meals. Includes facts about the life of Edna Lewis, a descendant of slaves who grew up to be a famous chef.

Carrots Grow Underground

Part of the *How Fruits and Vegetables Grow* set, this title highlights the life cycle of a carrot and gives examples of other plant-based foods that grow underground. Designed for early readers, the book includes a list of additional resources and a glossary.

Eating the Alphabet

An alphabetical tour of the world of fruit and vegetables from apricot and artichoke to yam and zucchini.

Farm Crops

This book provides a detailed overview of how farmers grow crops, exploring topics like why soil is important, what a grain crop is, how farmers grow fruits and nuts on trees, and how farmers pick crops. Important vocabulary words are highlighted and defined in a glossary at the end.

Farmers Market

Rise and shine it is market day! This book was developed with fresh vegetables and fruits in mind! The story recounts a family trip to the farmers market through the eyes of a small girl. The setting is southwestern as is the scenery.

First Day in Grapes

All year long Chico and his family move up and down the state of California picking fruits and vegetables. Every September they pick grapes and Chico starts at a new school again. Often other children pick on him—maybe because he is always new or maybe because he speaks Spanish sometimes. Chico's first day in third grade turns out to be different. His teacher likes him right away, and she and his classmates are quick to recognize his excellent math skills. He may even get to go to the math fair! When the fourth-grade bullies confront Chico in the lunchroom, he responds wisely with strengths of his own.

Food

This book traces the production of food from the farm to our fork. Readers learn where fruits and vegetables grow, visit a dairy where milk is produced, learn about eggs and meat which come from animals, and see how wheat is processed into flour to bake cakes or make pasta.

Fruit Bowl

All the fruits are in the bowl. There's Apple and Orange. Strawberry and Peach. Plum and Pear. And, of course, Tomato. Now wait just a minute! Tomatoes aren't fruit! Or are they? Using sly science (and some wisdom from a wise old raisin), Tomato proves all the fruit wrong and shows that he belongs in the bowl just as much as the next blueberry! And he's bringing some unexpected friends too!

Grandpa's Garden

This beautifully told story follows Billy from early spring to late summer as he helps his grandpa on his vegetable patch. They dig the hard ground, sow rows of seeds, and keep them watered and safe from slugs. When harvest time arrives, they can pick all the vegetables and fruit they have grown. Children will be drawn in by the poetry of the language and the warm illustrations, while also catching the excitement of watching things grow!

Green Bean! Green Bean!

A girl plants the seed of a green bean and watches it grow and mature through the seasons, even providing a nook in which to read a book. Includes supplementary information about the life cycle of plants, pertinent vocabulary, and activities.

Grow! Raise! Catch!

Who grows our juicy fruit and yummy vegetables? Who raises animals for our tasty eggs, milk, and meat? Who catches fresh fish for our table? Farmers and fishermen show off their bounty in this lively and informative look at the people who produce the food on which we all rely.

Growing Seasons

Growing Seasons is a non-fiction picture book about farm life at the turn of the last century, as told through the eyes of Elsie Lee Splear [1906-1996] and the paintings of artist Ken Stark. Nearly everything was done by hand-washing clothes with homemade lard soap, canning fruits and vegetables, butchering meat, and much more- before the advent of rural electricity, indoor plumbing and central heating.

Harvesting Friends, Cosechando Amigos

Harvesting Friends, Cosechando Amigos is a story about a garden that grows more than its garden vegetables; it grows friendships! Come meet young Lupe and her new friend Antonio as

they meet in an unexpected way and grow their friendship to include their neighbors and friends of all ages.

[How Groundhog's Garden Grew](#)

Little Groundhog, in trouble for stealing from his friends' gardens, is taught by Squirrel to grow his very own. From seed-gathering to planting, harvesting, and eating home-grown fruits and vegetables, children join Little Groundhog in learning about the gardening process. At the end, Little Groundhog invites his animal friends to a Thanksgiving harvest feast.

[In the Garden: Who's Been Here](#)

Christina and Jeremy have been sent to the garden to gather vegetables for dinner. But they quickly realize that they are not the first visitors to the garden today. There's a slimy trail on a leaf in the cucumber patch, and some corn kernels have been pecked off the cob. Not only that, someone has been snacking on the lettuce leaves! Christina and Jeremy follow the clues to discover which birds, animals, and insects have been in their garden. Keep your eyes open and join Christina and Jeremy on a scientific journey in their own backyard!

[Jack & the Hungry Giant Eat Right with MyPlate](#)

Yummy! Colorful images of fruits, vegetables, grains, dairy, and protein foods fill the pages of this picture book starring Jack of beanstalk fame. Fortunately, the friendly giant in this version of the story is happy to invite a guest for dinner. As they cook together, Jack learns about the food groups that are a part of a well-balanced meal. The book is an appetizing way to introduce children to the MyPlate nutrition program, written and illustrated by Loreen Leedy.

[Josias, Hold the Book](#)

Every morning Josias, a Haitian boy, is hard at work in the family's garden under the hot Haitian sun. His friend Chrislove asks, "When will you join us and hold the book?" With his garden failing, Josias has no time to learn how to read and write. There may not be enough food for his family. Soon, Josias realizes a book might hold the solution to his problem.

[Katie's Cabbage](#)

Katie's Cabbage is the inspirational true story of how Katie Stagliano, a third grader from Summerville, South Carolina, grew a forty-pound cabbage in her backyard and donated it to help feed 275 people at a local soup kitchen. In her own words, Katie shares the story of the little cabbage seedling and the big ideas of generosity and service that motivated her to turn this experience into Katie's Krops, a national youth movement aimed at ending hunger one vegetable garden at a time. *Katie's Cabbage* reminds us of how small things can grow and thrive when nurtured with tender loving and care and how one person, with the support of family, friends and community, can help make a powerful difference in the lives of so many.

Look Inside Food

Look Inside Food is an all-inclusive book highlighting the production of our food from the farm to our table. This interactive flap book includes extensive information and illustrations about the origin of our foods including grains, fruit and vegetables, and food from animals such as milk, meat, and eggs. Even sugar and chocolate begins its production on a farm.

Migrant

Anna is the child of Mennonites from Mexico, who have come north to harvest fruits and vegetables. Sometimes she feels like a bird, flying north in the spring and south in the fall, sometimes like a jackrabbit in an abandoned burrow, since her family occupies an abandoned farmhouse near the fields, sometimes like a kitten, as she shares a bed with her sisters...But above all Anna wonders what it would be like to be a tree rooted deeply in the earth, watching the seasons come and go, instead of being like a "feather in the wind."

Muncha! Muncha! Muncha!

Tippy, tippy, tippy, Pat! That's the sound three hungry bunnies make when the sun goes down and the moon comes up and Mr. McGreely's garden smells yum, yum, yummy. While he's dreaming of his mouth-watering carrots, the bunnies are diving over fences and swimming trenches to get the veggies first! *Hammer, hammer, hammer, Saw!* That's the sound Mr. McGreely makes when the sun comes up and the moon goes down and he sees what those twitch-whiskers have done....Nibbled leaves! Empty stalks! Mr. McGreely *will* build something bigger and better, sure to keep even pesky puff-tails away.

Oliver's Fruit Salad

Oliver is off to stay with Grandpa, who grows his own vegetables. But Oliver doesn't eat vegetables—only chips. How will Grandpa persuade him into a week of healthy eating?

Oliver's Vegetables

On a visit to his grandparents' house, Oliver wants to eat only French fries. Grandpa tells him that he may look in the garden for potatoes, but that he must eat what he finds, whatever it may be. On the first evening, Oliver pulls up carrots and discovers that he likes them. On successive days he discovers spinach, rhubarb, cabbage, beets, and peas. A fun book about eating from the garden.

On the Farm, at the Market

Take a behind-the-scenes tour of three different farms where food is locally grown, harvested, and sold at the market. This book illustrates the journey of vegetables, cheese, and mushrooms as they travel from the farm to your fork.

[Our School Garden!](#)

New city. New school. Michael is feeling all alone—until he discovers the school garden! There's so many ways to learn, and so much to do. Taste a leaf? Mmm, nice and tangy hot. Dig for bugs? "Roly-poly!" he yells. But the garden is much more than activities outdoors: making school garden stone soup, writing Found Poems and solving garden riddles, getting involved in community projects such as Harvest Day, food bank donations, and spring plant sales. Each season creates a new way to learn, explore, and make new friends.

[Plants Feed Me](#)

Plants Feed Me is an early elementary, non-fiction picture book about the plant foods we eat. This book describes which parts of plants are edible in simple accessible language using botanically realistic illustrations. Basic botanical science concepts of seed, sprout, flower, fruit, and plant structure are introduced with words and pictures.

[Radio Man](#)

Diego and his family are migrant farmers who move from state to state picking fruits and vegetables. Each day brings a new experience—a different place, a different crop, and different people to meet. But no matter where Diego goes, his radio goes with him—it helps him to learn about the places he's going and to keep in touch with the people he meets along the way.

[Stinky and Stringy: Stem & Bulb Vegetables \(Plants We Eat\)](#)

This book provides a fun-filled exploration of the history and field-to-table processes of onions, garlic, leeks, celery, asparagus, and rhubarb. Examine the discovery and migration of these vegetables as well as their roles in cooking, technology, and world cultures.

[The Carrot Seed](#)

When a little boy plants a carrot seed, everyone tells him it won't grow. But when you are very young, there are some things that you just know, and the little boy *knows* that one day a carrot will come up. So he waters his seed and pulls the weeds and he waits... This beautiful simple classic teaches the patience and technique of planting a seed and helping it grow. This story was first published in 1945 and never out of print.

[The Fruits We Eat](#)

This book teaches accurate science about fruits and the production of fruits. It is a book of facts, examples, and illustrations. Facts taught include: How fruits are included in a healthy diet, different ways fruits are eaten, types of plants that grow fruit (tree, bush, vine, etc.), parts of a fruit, colors of fruit, and sweet fruits vs. tart fruits. The illustrations are very detailed and include many diagrams.

[The Giant Carrot](#)

A TALL tale about the power of teamwork. When sweet Little Isabelle's family plants a carrot seed one day, tall Papa Joe, wide Mama Bess, and strong Brother Abel all do their part. But when Little Isabelle wants to help too, Brother Abel just laughs. "What can you do," he asks. "I'll sing and dance to the carrot to make it grow," she says. "And come summer, we'll have little cups of sweet carrot puddin.'" Sure enough, that carrot takes a fancy to Little Isabelle's singing and dancing and grows to an amazing height, proving that great things can be accomplished when everyone works together. Based on an old Russian folktale, and complete with a scrumptious recipe for carrot puddin', this wonderfully humorous story shows the strength of teamwork and the power of a touch of imagination.

[The Story of Food: An Illustrated History of Everything We Eat](#)

This glorious visual celebration of food in all its forms reveals the extraordinary cultural impact of the foods we eat, explores the early efforts of humans in their quest for sustenance, and tells the fascinating stories behind individual foods. With profiles of the most culturally and historically interesting foods of all types, from nuts and grains, fruits and vegetables, and meat and fish, to herbs and spices, this fascinating culinary historical reference provides the facts on all aspects of each food's unique story. Feature spreads shine a spotlight on influential international cuisines and the local foods that built them. *The Story of Food* explains how foods have become the cornerstone of our culture, from their origins to how they are eaten and their place in world cuisine.

[The Ugly Vegetables](#)

A Chinese-American girl wishes for a garden of bright flowers instead of one full of bumpy, ugly vegetables. The neighbors' gardens look so much prettier and so much more inviting to the young gardener than the garden of "black-purple-green vines, fuzzy wrinkled leaves, prickly stems, and a few little yellow flowers" that she and her mother grow. Nevertheless, mother assures her that "these are better than flowers." Come harvest time, everyone agrees as those ugly Chinese vegetables become the tastiest, most aromatic soup they have ever known. As the neighborhood comes together to share flowers and ugly vegetable soup, the young gardener learns that regardless of appearances, everything has its own beauty and purpose.

[The Vegetable Alphabet Book](#)

A wonderful blend of facts and humor make learning about vegetable gardening fun and easy for children. The wonderful, accurate illustrations guide children through a variety of vegetables and terms from A to Z relating to vegetable gardening.

[Up in the Garden and Down in the Dirt](#)

Up in the garden, the world is full of green—leaves and sprouts, growing vegetables, ripening fruit. But down in the dirt there is a busy world of earthworms digging, snakes hunting, skunks burrowing, and all the other animals that make a garden their home. Discover the wonders that lie hidden between stalks, under the shade of leaves...and down in the dirt.

Vegetable Garden

In this colorful picture book even very young students can follow along with a family as they plant, tend, and harvest a vegetable garden. The sun shines brightly, summer rain falls, and vegetables grow and ripen. For Pre-K through 1st grade this book makes a nice introduction to gardening and related activities or lessons.

Water, Weed, and Wait

When Miss Marigold challenges the kids at Pepper Lane Elementary to turn an unpromising patch of their schoolyard into a garden full of fruits, flowers, and vegetables, they know they'll need all the help they can get. Soon everyone in the community is lending a hand—including an unlikely neighbor with a soft spot for gardening—and it isn't long before peppers, zucchini, sugar peas, snapdragons, zinnias, and much more are growing and blooming. The book includes photos of students gardening in real school gardens and information on how readers can start their own school or home garden project.

What's in the Garden?

Good food doesn't begin on a store shelf with a box. It comes from a garden bursting with life, color, smells, sunshine, moisture, birds, and bees! Healthy food becomes much more interesting when children know where it comes from. So what's in a garden? Children will find a variety of fruits and vegetables and a tasty, kid-friendly recipe for each one to start a lifetime of good eating. A "Food for Thought" section explains facts about each fruit and vegetable, and a "How Does Your Garden Grow?" section explains facts about gardening and the parts of plants.

When Vegetables Go Bad

This work of fiction is a great tool to introduce nutrition to younger audiences and encourage them to eat vegetables. This title might mislead you to think the vegetables in the book are spoiling but the story is really about vegetables behaving badly because Ivy refused to eat them. Instead of eating her vegetables, Ivy stuffed them into her pocket. At night when she is sleeping, the vegetables form a taunting chorus in Ivy's sleep and invade her dreams with nasty songs. No matter how Ivy tries to run from this nightmare, the vegetables chase her down and continue their harassment. Once she admits she likes vegetables, the nightmare stops.

Who Grew My Soup?

Who Grew My Soup? tells the story of young Phineas Quinn and his questions about the vegetable soup his mom serves for lunch.

Zora's Zucchini

The first zucchini of a summer garden is always exciting, but what happens when the plants just keep growing...and growing...and growing? Zora soon finds herself with more zucchini than her family can bake, saute, or barbecue. Fortunately, the ever-resourceful girl comes up with the perfect plan—a garden swap!

[Dig In! Posters](#)

These dynamic posters visually express the world of possibilities found in growing and eating fruits and vegetables. Display them in your classroom, the school cafeteria, and throughout the school to motivate students to choose more fruits and vegetables at meals and as snacks. Horizontal posters are 24" x 36". Vertical posters are 36" x 24". Posters are available in [PDF](#) or upon request from [USDA Team Nutrition](#).

[Nutrition Posters](#)

How would you rather eat calcium, fiber, iron, protein, vitamin C, and zinc? This set of posters provides examples of foods that fit into each category and includes nutrition information about each.

[Parts of a Strawberry Plant Poster](#)

The fruits and vegetables we eat come from parts of a plant. Flowering plants have six main parts. Use this 28" x 24" laminated poster of a strawberry plant to label and discuss the functions of the roots, stems, leaves, flowers, fruit and seeds. [Order this poster online from agclassroomstore.com](#).

[Plant Part Chart](#)

The fruits and vegetables we eat come from parts of a plant. Identify examples of roots, stems, leaves, flower, fruit, and seeds from every letter of the alphabet using this colorful 25" x 30" poster. [Order this poster online from agclassroomstore.com](#).

[What is a Fruit? What is a Vegetable? Bulletin Boards](#)

This set of bulletin boards teaches students about the differences between fruits and vegetables and offers many examples of each. The set also includes 36 fruit and vegetable cards along with instructions for how they can be used in your classroom. [Order this kit online from agclassroomstore.com](#).

[Where Does Your Pizza Come From?](#)

Farmers Make Great Pizza! Use this 11" x 17" student poster to discover the connections between your favorite pizza ingredients and toppings, and agriculture. These are available to educators free of charge from Minnesota Agriculture in the Classroom.

[Food Doesn't Grow in the Supermarket!](#)

This DVD, narrated by children, follows "The City Guy," an adult who thinks he knows where food comes from (the grocery store), as he visits three different farms to learn where food really comes from and what it takes to produce it. Interesting even for those who have experience in

farming and food production! This video is available on DVD or [YouTube](#). [Order this DVD online from agclassroomstore.com.](#)

[From the Field to the Farmers Market](#)

Travel with nine-year-old Mason as he shows what it's like to be a part of a farm family and bring produce to the Farmers Market! Mason and his family are part of the Hmong American Farmers Association (HAFA), and they have been selling at the farmers market for over 20 years. See how their produce is grown and sold at the farmers market.

[Programming Sun and Rain](#)

On the cramped urban campus of Boston Latin School, students grow an acre's worth of vegetables in an old shipping container that's been transformed into a computer-controlled hydroponic farm. Using a wall-mounted keyboard or a mobile app, the student farmers can monitor their crops, tweak the climate, make it rain and schedule sunrise. Use this article to illustrate an example of hydroponics, the use of technology in agriculture, and/or urban farming.

[That's So Sweet! – A Look at Honey Production in the Twin Cities](#)

Follow along on the fascinating journey of honey from the hive to your home. Kristy Lynn Allen, head beekeeper at the Beez Kneez introduces the process of honey collection, extraction, and delivery. Learn the important role honey bees play in honey production and the pollination of some of our favorite fruits and vegetables!

[Who Grew My Soup Song](#)

The song "Who Grew My Soup?" was co-written by Story Laurie and a group of students from Delhi Elementary School in Delhi, NY. Inspired by the picture book of the same title, the song celebrates the school garden and Farm-to-School efforts underway at Delhi Elementary and an ever-growing number of schools across the nation.

[Will the Last Farmer in America Please Turn Out the Light? video](#)

Immigration policy affects how we eat... what we eat... and how much it costs. Discover the necessity farmers have for skilled labor in order to plant, grow, and harvest the food on our tables. When did immigrant farm labor begin and what challenges would occur if this work force was lost?

[Jr. Sprout - Funky Foods](#)

Blue tomatoes, red bananas, and green oranges - is this possible? Yes, it is with the help and knowledge of farmers and scientists. Changes in color or taste made to fruits and vegetables can create healthier foods. This booklet an activity and provides colorful images and information regarding healthy fruits and vegetables through standards of science, math and English.

[Jr. Sprout - Gardening](#)

From seed to plate, this booklet provides an activity to examine the natural resources needed to grow vegetables and flowers, their life cycle, along with plant parts and their functions. The booklet covers science, math, and English standards in the form of engaging questions, counting and measurement activities, and drawings.

[Jr. Sprout - Healthy Eating](#)

This creative activity booklet engages students to create their own food faces while using healthy fruits and vegetables grown in a vegetable garden. It also discusses challenges that people encounter while selecting "bad foods" that contain oils, sugars, and fats versus "good foods."

[Nutrition Research Articles](#)

See a collection of articles reporting the results of various research projects carried out by the United States Department of Agriculture. These articles can help secondary students make connections with topics such as food, nutrition, and overall health.

[Science in Your Shopping Cart](#)

We pay less for food than citizens of other nations; the United States enjoys the cheapest food in the world. Each year, dozens of improved products and new varieties of fruits, nuts, and vegetables emerge from the laboratories and greenhouses of the Agricultural Research Service. But walking through the grocery store, do we ever consider where such an abundance and variety of food and products come from? Learn about ARS research and how it affects your food in this [Free PDF booklet](#) (24MB) and [video](#). **Order the DVD video online from aqclassroomstore.com.**

[Edible Gardening: Growing Your Own Vegetables, Fruits, and More](#)

This gardening guide provides fun and creative ideas for growing vegetables, fruits, and more. It lists of everything you need and easy, step-by-step instructions accompany each project. Grow a pepper plant in an upside-down planter or plant a spaghetti garden. Teachers will be inspired to create edible class gardens with their students.

[Grow it Again](#)

This resource will help you find creative solutions to growing affordable plants in the classroom. You may find it hard to believe, but the makings of a fantastic growing experience are probably in your kitchen right now. Don't put those carrot tops in the compost or throw out the seeds in that apple core—try growing them instead. Turn a peanut into an unusual flower or a beet top into a leafy plant. The step-by-step illustrated instructions in this book make it easy!

[GrowLab: A Complete Guide to Gardening in the Classroom](#)

This manual was developed by the National Gardening Association to lead teachers through the basics of successful indoor gardening. Step-by-step instructions will guide you through setting up an indoor garden, planning and planting, choosing vegetables, herbs, and flowers to grow indoors, maintaining a healthy growing environment, tackling pests and other problems, and conducting special gardening projects.

[The Ultimate Guide to Gardening: Grow Your Own Indoor, Vegetable, Fairy, and Other Great Gardens](#)

Full of how-to projects for any level of gardener, this book includes step-by-step instructions with accompanying full-color photographs. Whether you're planting flowers outdoors, or indoor vegetables, you'll find a range of unique gardens you can grow yourself at home or in a classroom. Tips and techniques are included, as well as variations to make each project your own.

[Producepedia](#)

Fruits, vegetables, and nuts are all considered produce. *Producepedia* is a website devoted to teaching about these important food crops. Find fun facts about various produce, learn about how and where it is grown, when it is in season, and watch videos from top chefs about how to cook and prepare the produce for eating.

[Yum! Fruit and Vegetable Wraps](#)

Food scientists have a career in developing foods that are appealing to the eye and taste bud as well as being nutritious. Use this research article about fruit and vegetable wraps to highlight what a career in food science would entail.

American Farm Bureau Foundation for Agriculture

- [Are fresh, raw vegetables healthier and more nutritious than frozen ...](#)

Research shows that frozen **vegetables** can even be more nutritious than fresh **vegetables**! There are two reasons why. First, frozen **vegetables** are often left to ...
(<https://www.agfoundation.org/common-questions/view/are-fresh-raw-vegetables-healthier-and-more-nutritious-than-frozen-vegetabl>)

- [When Vegetables Go Bad by Don Gillmor and Mary Louise Gay](#)

...
This work of fiction is a great tool to introduce nutrition to younger audiences and encourage them to eat **vegetables**. The title might mislead you to think the ...
(<https://www.agfoundation.org/recommended-pubs/when-vegetables-go-bad>)

-

Vegetables on MyPlate by Mari Schuh and Gail Saunders Smith

...

Vegetables are tasty, crunchy, and healthy. Learn about how MyPlate helps kids make great food choices every day, including **vegetables**!

(<https://www.agfoundation.org/recommended-pubs/vegetables-on-myplate>)

Green Power, Leaf and Flower Vegetables by Meredith Sayles

...

The book covers cabbage, broccoli, artichokes, spinach, Belgian endive, and lettuce. Each chapter covers the **vegetable's** history, sources, production methods ...

(<https://www.agfoundation.org/recommended-pubs/green-power-leaf-and-flower-vegetables>)

The Ugly Vegetables by Grace Lin - Recommended by American

...

A little girl is distressed by the ugly **vegetables** her mother is growing in their garden. The neighbors were all growing pretty flowers that filled the yards with color, ...

(<https://www.agfoundation.org/recommended-pubs/the-ugly-vegetables>)

Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert ...

In brilliant watercolor collages, Lois Ehlert introduces young readers to a wide variety of fruits and **vegetables** from A to Z. Clearly labeled and easy to identify, ...

(<https://www.agfoundation.org/recommended-pubs/eating-the-alphabet-fruits-vegetables-from-a-z>)

Vegetables: Healthy Eating with MyPlate by Nancy Dickmann ...

The focus of this book is to introduce young readers to **vegetables** and their nutritional value. There is little production information except that **vegetables** grow ...

(<https://www.agfoundation.org/recommended-pubs/vegetables>)

The Incredible Vegetable Group by Marcie Aboff - Recommended by ...

Vegetables may not be kids' favorite food group, but this book shows their value. The story shows that **vegetables** come to our plates through the work of farmers ...

(<https://www.agfoundation.org/recommended-pubs/the-incredible-vegetable-group>)

At Home Learning Jan 4

Jan 3, 2021 ... Enjoy this Fruit and **Vegetable** Bingo game! Students will recognize the names of different fruits and **vegetables** and understand why they are ...

(<https://www.agfoundation.org/news/at-home-learning-jan-4>)

The Vegetable Alphabet Book by Jerry Pallotta - Recommended by ...

A wonderful blend of facts and humor make learning about **vegetable** gardening fun and easy for children. The wonderful, accurate illustrations guide children ...

(<https://www.agfoundation.org/recommended-pubs/the-vegetable-alphabet-book>)

- **[The Vegetable Alphabet Book by Jerry Pallotta - Recommended by ...](#)**

A wonderful blend of facts and humor make learning about **vegetable** gardening fun and easy for children. The wonderful, accurate illustrations guide children ...
(<https://www.agfoundation.org/recommended-pubs/the-vegetable-alphabet-book>)

- **[Can eating a genetically modified fruit or vegetable change a ...](#)**

Eating GMO products does not impact our genes. Our bodies digest the proteins and absorb the amino acids in food. The body cannot tell where a protein ...

(<https://www.agfoundation.org/common-questions/view/can-eating-a-genetically-modified-fruit-or-vegetable-change-a-persons-genes>)

- **[Where does soup come from?](#)**

Mar 1, 2017 ... This is because carrots are root **vegetables**- the edible part we eat grows ... Like the other **vegetable** plants the celery plant has roots that grow ...
(<https://www.agfoundation.org/news/where-does-soup-come-from>)

- **[Nutrition - Publications Recommended by American Farm Bureau ...](#)**

Vegetables on MyPlate. Mari Schuh and Gail Saunders Smith. 978-1429694247. Added: Mar 08, 2016. Nutrition Plants, Foods from Plants & Goods from Plants ...
(<https://www.agfoundation.org/recommended-pubs/category/nutrition/P30>)

- **[Recommended Farm Books & Publications - Showing](#)**

The **Vegetable** Alphabet Book. Jerry Pallotta. 0-88106-469-6 ... The Ugly **Vegetables**. Grace Lin. 0-88106-336-3 ... Growing **Vegetable** Soup. Lois Ehlert.
(<https://www.agfoundation.org/recommended-pubs/P184>)

- **[Common Questions About The Relationship Between Agriculture ...](#)**

Are fresh, raw **vegetables** healthier and more nutritious than frozen **vegetables**? Not necessarily. Research shows that frozen **vegetables** can even be more ...
(<https://www.agfoundation.org/common-questions/view/category/ag-lifestyle>)

- **[Recommended Publications](#)**

Green Power, Leaf and Flower **Vegetables**. Meredith Sayles Hughes. 0-8225- 2839-8. Added: Dec 23, 2014. Plants, Foods from Plants & Goods from Plants ...
(<https://www.agfoundation.org/recommended-pubs/category/booksRaymond/P250>)

- **[Plants, Foods from Plants & Goods from Plants - Publications ...](#)**

When **Vegetables** Go Bad. Don Gillmor and Mary Louise Gay. 1-55209-261-5. Added: Dec 23, 2014. Nutrition Plants, Foods from Plants & Goods from Plants ...
(<https://www.agfoundation.org/recommended-pubs/category/plants-foods-from-plants-goods-from-plants/P220>)

Does the United States import more agricultural products than we ...

United States agriculture imports total \$127.6 billion with coffee and cocoa, fresh and processed **vegetables**, and grains and feeds accounting for the majority.

(<https://www.agfoundation.org/common-questions/view/does-the-united-states-import-more-agricultural-products-than-we-export>)

- ## **Grandpa's Garden by Stella Fry - Recommended by American Farm ...**

This beautifully told story follows Billy from early spring to late summer as he helps his grandpa on his **vegetable** patch. They dig the hard ground, sow rows of ...

(<https://www.agfoundation.org/recommended-pubs/grandpas-garden>)

- ## **Who Grew My Soup? by Tom Darbyshire - Recommended by ...**

... Quinn and his questions about the **vegetable** soup his mom serves for lunch. ... to farm, learning about amazing **vegetables** and the farmers who grow them.

(<https://www.agfoundation.org/recommended-pubs/who-grew-my-soup>)

- ## **Books - Publications Recommended by American Farm Bureau ...**

When **Vegetables** Go Bad. Don Gillmor and Mary Louise Gay. 1-55209-261-5. Added: Dec 23, 2014. Nutrition Plants, Foods from Plants & Goods from Plants ...

(<https://www.agfoundation.org/recommended-pubs/category/books/P510>)

- ## **Recommended Farm Books & Publications - Showing**

The focus of this book is to introduce young readers to **vegetables** and their nutritional value. There is little production information except that **vegetables** grow ...

(<https://www.agfoundation.org/recommended-pubs/P368>)

- ## **Great Greens! A Festive Foods List**

Mar 15, 2016 ... Peas are one of the first **vegetables** to grow in the spring. When they grow they will either have a pink or white flower. Did you know – garden ...

(<https://www.agfoundation.org/news/great-greens-a-festive-foods-list>)

- ## **Rainbow Stew by Cathryn Falwell - Recommended by American ...**

... his grandchildren. While this book doesn't contain a lot of accurate ag information, the pictures create conversation about **vegetables** and where they come from.

(<https://www.agfoundation.org/recommended-pubs/rainbow-stew1>)

- ## **Recommended Farm Books & Publications - Showing**

Roberta Basel. 978-0736842860. Added: Dec 23, 2014. Plants, Foods from Plants & Goods from Plants **Vegetables** Books Elementary School ...

(<https://www.agfoundation.org/recommended-pubs/P207>)

Recommended Publications

The Ugly **Vegetables**. Grace Lin. 0-88106-336-3. Added: Dec 23, 2014 ...

The **Vegetable** Alphabet Book. Jerry Pallotta. 0-88106-469-6. Added: Dec 23, 2014.

(<https://www.agfoundation.org/recommended-pubs/category/general-farm-animalsJennifer/P530>)

At Home Learning Nov 16

Nov 13, 2020 ... What does "washing your fruits and **vegetables**" mean? Watch this video from the FDA. number 3. With the help of an adult, complete this ...

(<https://www.agfoundation.org/news/at-home-learning-nov-16>)

Websites to visit

Wisconsin Potato and Vegetable Growers Association-

<https://eatwisconsinpotatoes.com/wisconsin-potatoes/>

Spudmobile Information- <https://eatwisconsinpotatoes.com/spudmobile/>

Wisconsin Berry & Vegetable Growers Associations- <http://www.wisconsinfreshproduce.org/>

Wisconsin 4-H Vegetable Projects- <https://fyi.extension.wisc.edu/wi4hprojects/plant-soil-sciences/vegetables/>

Wisconsin Master Gardeners/Wisconsin Horticulture- <https://hort.extension.wisc.edu/article-topic/vegetables/>

Wisconsin Department of Health Services- Got Veggies publication

<https://www.dhs.wisconsin.gov/publications/p0/p00228.pdf>

Wisconsin Farm to School Resources- <https://www.cias.wisc.edu/foodservtools14/6-educate-students/food-education-resources.pdf>

Wisconsin Farmers Market Association- <http://www.wifarmersmarkets.org/home.aspx>

Wisconsin Department of Health Services- Got Dirt Publication-

<https://www.dhs.wisconsin.gov/publications/p4/p40112.pdf>