



December

..... HARVEST OF THE MONTH

CABBAGE

NC Standard Course of Study

Math:

NC.K.MD.1 Classify objects by attributes (long, short, heavy, light, big, small).

NC.1.MD.1 Compare lengths to determine which is longer, shorter and taller.

NC.2.MD.1 Measure the length of objects using non-standard units.

NC Essential Standards

Social Studies:

1.G.2.2 Understand how humans and the environment interact within local community.

1.C & G.1 Understand the importance of roles

2.E.1.1 Give examples of ways in which businesses in the community meet the needs and wants of consumers.

1.E.1.3 Explain how supply and demand affects the choices families and communities make.

Science:

Science 1. L. 1 Understand characteristics of various environments and behaviors of humans that enable plants and animals to survive.

Goal:

Students explore food system by tracing the supply chain of local Warren County cabbage



Activity Length:

Flexible. 45 minutes ideal



Location:

Classroom

Materials needed:

- Head of cabbage
- Map of Warren County

Cabbage Life Cycle

Question for the class:

How do our CABBAGE GROW? What does it need to grow?

Invite students to join in narrating or acting out the process:

Possible script: *It starts of as a tiny little SEED. If that plants gets SOIL + WATER, it will start to GERMINATE. It will send ROOTS down into the SOIL. Then it sends up its STEM toward the sky. It sends out its LEAVES to collect more sun. When it wants to make more plants, it will open up a FLOWER (when leafy greens like cabbage do this, it is called BOLTING). Inside the FLOWERS are lots of tiny SEEDS, which can each make a new plant!*

Optional warm-up songs:

Roots, Stems, Leaves by the Banana Slug String Band

Sun, Soil, Water & Air by the Banana Slug String Band

Bonus: Have students act it by starting as a tiny little seed (ball on the floor), pressing their roots (feet) into the floor, stretching their stem (body) towards the sky, and opening leaves (hands).

Supply Chain

Question for the class:

WHERE do CABBAGES GROW?



They grow on a farm or they can grow in a garden (do we have them in our garden?).

Where can we get or buy CABBAGE?



We can buy them at the grocery store, farmer's market, or we can eat them at the cafeteria.

HOW did the CABBAGE get from the farm to our plate? WHO helps?



Harvest: The farmer had to harvest (pick) them.

Transport: A driver had to drive them from farm to store orv market.

Prepare: Someone (a chef or a family member) had to wash it.

Eat: And finally... after all that... YOU get to eat it!



Harvest of the Month Moment!



Before diving into the lesson, introduce the featured produce!

If space, gather in a circle or around the poster. Feel free to use this space to share your own experiences with the harvest and celebrate what students know.

The Harvest of the Month for DECEMBER is CABBAGE!

Cabbage is a member of the Brassica family along with cauliflower, brussels sprouts, and broccoli.

Cabbage grows well in the fall and winter months

Ask students to find the harvest on the What's Growing On? Poster. If available, pass around the harvest and invite students to share observations (How does it feel, look, smell, sound? Does it remind you of another harvest we've done this year?).

Consider asking some warm-up questions for students:

Have you tried it? When did you try it?

How does your family like to prepare this fruit/vegetable?

Do you have anything that you know about this harvest that you'd like to share?

What's Growing On?



1. Act it Out

Read: *How Did That Get in My Lunchbox: The Story of Food* by Chris Butterworth

And/Or watch the Youtube video "Dirt Made My Lunch":

<https://www.youtube.com/watch?v=MwgP2gCzSC4>

Act Out the Story of Food

Divide students into four groups, or have students divide themselves by counting by fours. Assign each group one of the following roles:

- Farmer
- Processor (chopper)
- Distributor
- Chef

Ask each group to come up with an action for that role (for example, a farmer could bend down to plant seeds, a distributor could be moving the steering wheel on a truck, etc.)

Pass a head of cabbage through the various stages, and have each group act out what happens to the cabbage at each stage!

Apple Coleslaw



Ingredients

- Shredded local cabbage
- Grated local apples
- Shredded carrots
- Coleslaw dressing

Instructions

Mix the apples, carrots, and cabbage in large bowl. Then add the dressing. Toss all of the ingredients together until they're thoroughly mixed.