



November Harvest of the Month

KALE

HOM EPISODE CONTENTS

1. 0:00 School Garden Tour: Pfeiffer-Burleigh
2. 3:05 What's Growing On?: Kale!
3. 6:47 Science Behind It All: Food Chains
4. 13:23 Joke of the Month
6. 14:02 Farm Field Trip: Fat Hawk Farm, Guy's Mills, PA

total time: 18:57



DISCUSSION QUESTIONS

- Have you eaten kale before? How did it taste?
- What kinds of other green leaves (greens) do you eat? (Collards, lettuce, herbs, etc)
- Do you (or someone you know) grow greens at home?
- What are some of the other "cool vegetables" you saw in this episode?

VISIT THE GARDEN IN NOVEMBER/DECEMBER!

- Find the kale! (There may be different types in your school garden. How many do you see?) Touch and taste the leaves. How are they different and the same?
- Notice the shape and textures of the leaves. Are there any evidences of animals eating the leaves?
- Find and collect seeds, especially from sunflowers to make bird feeders.
- Look for other seeds and seed cases: Okra, beans, marigold, ground cherry.
- Find and taste cold weather veggies like kale, collards, brussels sprouts, cabbage, broccoli, lettuce, spinach. What characters in the food chain might eat these?
- How are the colors of plants changing? Do you see more things that are brown? Are their shapes changing? Have any plants died? How do plants and animals change as the days get shorter and the weather gets colder?

GARDEN MATH!

- Collect kale leaves (or take photos of them!) from the garden. Count and graph the different kinds.

READ MORE!

- *Trout Are Made of Trees* by April Sayre
- *Horseshoe Crabs and Shorebirds* by Victoria Crenson
- *Butternut Hollow Pond* by Brian J. Heinze
- *Who Eats What?* by Patricia Lauber
- *Eating the Alphabet* by Lois Ehlert
- *Captain Kale and the Superfoods* by Amy Roth

EAT YOUR KALE!

- Crunchy Kale Chips: <https://www.superhealthykids.com/recipes/kale-chips/>
- Kale Salad: <https://www.momskitchenhandbook.com/recipes/the-kale-salad-incident/>
- Kale Soup: <https://www.allrecipes.com/recipe/132785/vegetarian-kale-soup/>
- Super Kale Smoothie: <https://baking-ginger.com/super-kale-smoothie/>

