



Maine Agriculture in the Classroom Brassicas Resource Page

www.MaineAgintheClassroom.org



Activities & Resources:

Edible Plant Game. This game incorporates the knowledge students have gained about plant parts with the fact that plants provide people with the nutrients and energy needed for a healthy lifestyle. This activity will be most beneficial if conducted with students after they have been taught the individual plant parts.

Producepedia. Fruits, vegetables, and nuts are all considered produce. 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.

Wisconsin Fast Plants. Fast Plants are members of the cabbage family (*Brassicaceae*) that have been selectively bred for rapid development. In five to six weeks, these plants will complete an entire life cycle, from seed to seed. They are small, productive, and easy to grow, making them practical and manageable for classroom research and demonstration.

Vertical Kale Growing. Visit a vertical farm, *Bowery Farming*. The farm is a piece of proprietary software that makes most of the critical decisions -- like when to harvest and how much to water each plant. It still takes humans to carry out many tasks around the farm. Will robots change the need for farm laborers?

Magical Sour Cabbage. "Super food" is a well-known term representing a food rich in nutrients. Did you know sauerkraut was a superfood on sailing ships in the 1500-1800s? Introduce or support a lesson on food preservation, food storage, or nutrients by teaching your students how fermented cabbage prevented sailors from coming down with scurvy on long voyages.



Teachers can register for a **Harvest of Curricula** to support Maine Farmers and producers, and harvest of the month!

For direct delivery to your inbox [Sign up here!](#)



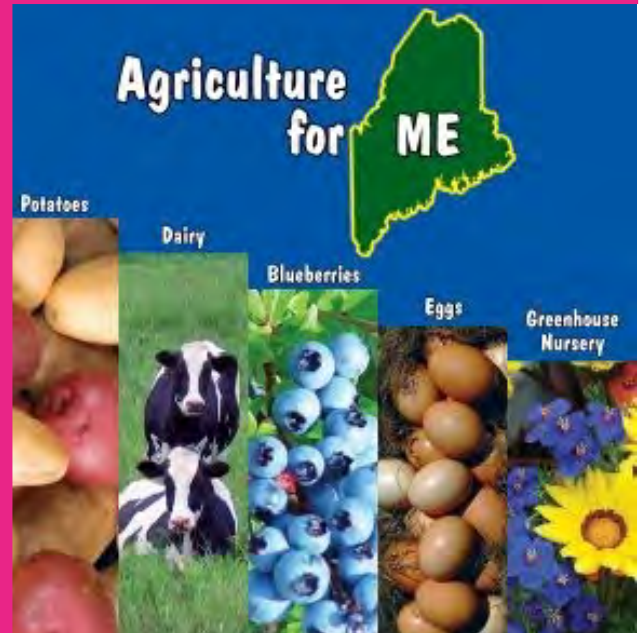
Suggested MAITC Lesson Plans for Educators

(Aligned to State & National Standards)

www.TeachMEFoodandFarms.org



- **Broccoli.** Grades 2-5. Students will be able to explain the history of broccoli and locate where it is grown on a Maine map. They will be able to explain what part of a plant broccoli is and its nutritional benefits. Also students will be able to observe and predict changes due to cooking and record these in a table.
- **Mixed Vegetables.** Grades K-5. Students will learn about the history of vegetables and locate their origin on a world map. They will be able to identify the growing seasons, increase their awareness of the health benefits, and make a no-bake veggie pizza! Includes writing exercises.



Funding from this Specialty License plate and the Department of Agriculture, Conservation and Forestry supports teacher curriculum materials connecting classrooms to the HARVEST OF THE MONTH project! Please thank everyone you know with this plate!





You can receive monthly resources from Maine Agriculture in the Classroom by signing up for our E-Newsletter [HERE](#)



November is Brassicas Month!

Check out these great Agriculture lessons from our National Ag Literacy Curriculum Matrix

- [Plant Tops and Bottoms](#). K-2. 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.
- [Snappy Stems](#). K-2. In this lesson students will learn the function of plant stems and identify edible stems belonging to certain plants.
- [Who Grew My Soup?](#) Grades K-2, 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.
- [FoodMASTER: Vegetables](#). Grades 3-5. 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.
- [Plants Around You](#). Grades 3-5. Students will categorize plants into groups, describe what plants need for healthy growth, and start their own garden by planting seeds inside a cup.
- [Plant Parts and Functions](#). Grades 6-8. In this lesson students will learn about plant parts and how they function in plant growth and reproduction.
- [FoodMASTER Middle: Vegetables](#). Grades 6-8. 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.
- [Surrounded by Plants](#). Grades 9-12. Students identify the importance of plants to human life by surveying their home & neighborhood for plant products used for medicine, aesthetics, fuel products, fiber, and food.
- [Fruits and Vegetables: The Right Pick for Vitamins and Minerals](#). Grades 9-12. 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.

Great Books about Brassicas!



Videos

CAULIFLOWER

How Does it Grow?



Farm to School: Kohlrabi



Foods That Are Actually Edible Flowers

