

Seed to Salad: Growing Vegetables

Grade Levels & Subjects: Early Childhood and K-2 English Language Arts

Learning + Food Objectives:

Students will learn how food and the environment are interconnected by reading *Sylvia's Spinach* by Katherine Pryor and retelling the steps of how spinach is grown.

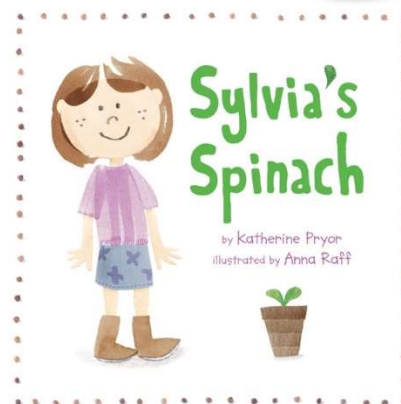
Common Core Standards:

Common Core English Language Arts

Retelling events in a story

[CCSS.ELA-LITERACY.RL.K-2.2](#)

Retell stories, including key details, and demonstrate understanding of their central message or lesson.



MATERIALS NEEDED

- *Sylvia's Spinach* by Katherine Pryor, illustrated by Anna Raff, published by Readers to Eaters
 - Read aloud video available on YouTube read by the author: <https://www.youtube.com/watch?v=8NojEfvCiSQ>
- Pilot Light Video: Colorful Quesadillas with Chef Beth Somers: <https://vimeo.com/420788928>
- Student Worksheet (Attached below)

CLASSROOM PROCEDURE

INTRODUCTION (5 - 10 minutes)

1. Ask students to think about how fruits and vegetables are grown. If students have seen fruits or vegetables being grown, what did it look like? Where were they being grown? Questioning could also begin with: "Where do vegetables come from?" If student respond with answers like "the grocery store," probe students as to where the grocery store gets their vegetables.
2. Next, engage students in thinking about a specific type of vegetable - it could be something that they don't like *or* something that they really like. As an option, teacher could prepare images of a few vegetables and ask students if they like or do not like the vegetables presented.
3. Have students share out the vegetable they are thinking about, what they think of it, and why.

4. Ask students to think about the things that are needed to grow that vegetable. Make a list (with pictures or drawings if preferred) about what is needed for plants and vegetables to grow. You could also create a KWL chart to facilitate this discussion.

INSTRUCTION (20 minutes)

1. Tell students that they are going to read a story about a character named Sylvia who grows her own spinach. Preview with students that as you read, you are going to make personal connections and also record the things that Sylvia provides for her spinach plants.
2. Read aloud the text *Sylvia's Spinach* by Katherine Pryor. If you do not have access to the text, it can be found on YouTube read by the author here: <https://www.youtube.com/watch?v=8NojEfvCiSQ>
3. As the story is being read, teacher can stop to allow students to make personal connections to Sylvia and her experiences. As Sylvia plants and harvests her spinach, take note of each step. Teacher could use a visual to record the steps or go back and reference the steps brainstormed in the introduction activity.
4. After reading the story, have students recount the events of the story, including the steps of growing spinach using the worksheet attached.
5. Have students draw a vegetable that they would like to grow and eat. Depending on the level of students, have them explain why.

CLOSING (teacher discretion)

1. As a closing, students can share out the type of vegetable that they are interested in growing.
2. As an extension, students can watch a video of spinach being cooked in a recipe. Here are a few options from Pilot Light:
 - "Sweet Potato-Chickpea Tagine" with Chef Heidi Coudal <https://vimeo.com/419947300>
 - "Smoothies" with Chef & Teacher Marria Rahim <https://vimeo.com/403340038> (adding greens such as spinach to smoothies)

ADDITIONAL RESOURCES

- *The Carrot Seed* by Ruth Krauss
- "Grow, Grow, Grow a Garden" Kids Learning Song by AO Kids: <https://www.youtube.com/watch?v=zdBPH7Dj1bc>

RECIPE FROM VIDEO

"Sweet Potato-Chickpea Tagine" with Chef Heidi Coudal <https://vimeo.com/419947300>

Below is the recipe from one of the videos suggested at the end of this lesson as an extension to show spinach being used in a recipe.

Sweet Potato Chickpea Tagine

Serves 4+ people

Ingredients:

- 4 TB olive oil or canola oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 large or 2 medium sweet potatoes, peeled & diced
- 1 can (14.5 oz.) coconut milk
- 1 TB Salt
- pinch ground pepper
- 2 TB curry powder
- 1 can (14.5 oz.) garbanzo beans (chickpeas)
- 1 bag (5oz) fresh spinach

Preparation for Tagine:

1. Using a medium saucepan, add oil and let it warm. Add onions and cook about 5 minutes on medium heat until beginning to turn translucent.
2. Add garlic and stir. Continue to cook a few more minutes.
3. Add coconut milk, sweet potatoes, salt, pepper, curry powder. Cook about 8 minutes, until sweet potatoes are tender to poke.
4. Add the garbanzo beans, cook for 4-5 more minutes. Add fresh spinach on top of tagine, and continue to cook a few minutes until it's wilted. Stir together.

(Variations: this is also great with cauliflower or any other vegetables. Feel free to add oregano, chili flakes, fresh parsley, or cilantro.)

Couscous

Serves 4+ people

Ingredients:

- 1 cup couscous
- 1 cup water
- 1 tsp olive oil, canola oil or butter
- pinch salt

Preparation for Couscous:

1. In a small saucepan, add water, oil and salt.
2. Bring water to boil, add couscous, turn off the burner. Use a fork to fluff up the couscous.

(Variations: this is also great if you add pistachios, raisins, diced red bell peppers or green onions for some crunch.)

The student worksheet below can be printed or copied onto
any online learning platform.

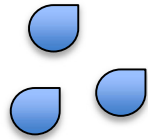


Growing Vegetables

1. Circle what you need to grow spinach.



sun



water

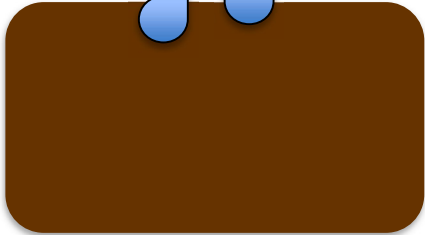
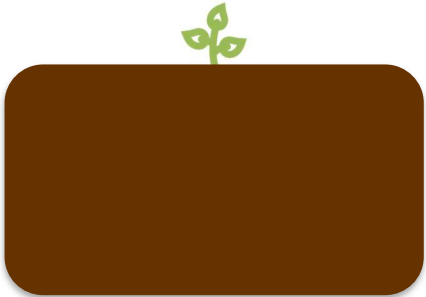
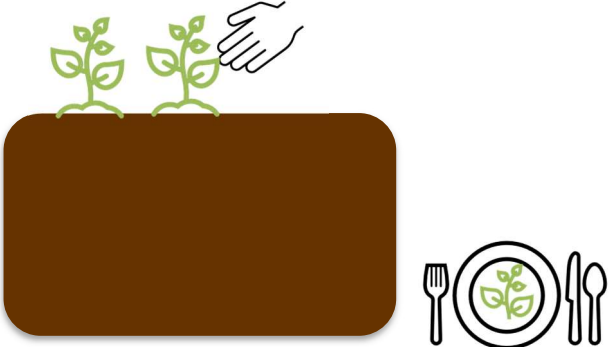



seeds



soil

2. Put these pictures in the right order to grow spinach to eat. Put 1, 2, 3, and 4 in the boxes.

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3. Draw a vegetable that you would like to grow and eat.

I would like to grow and eat _____ because
