

# HARVEST of the MONTH

Seasonal snacks from garden to classroom

## December 2018 – Brussels Sprouts

The CSG Educational Roots Framework (RootEd™) is grounded in our core values, and is intended to provide garden-based, experiential learning opportunities and leadership development that: cultivates gardening skills, promotes health, nurtures social & cultural development and enhances academic learning.

### Trivia Question and Brussels Sprouts Facts

 **QUESTION:** “These small leafy vegetables are part of the cabbage family and, in fact, look like miniature cabbage heads. These veggies grow in little buds on a long stalk and can range from the size of a marble to a golf ball. In Virginia, they can be harvested from late fall all the way through winter.”

 **FACTS:**

- Although they are referred to as “sprouts” —a word often associated with young seedlings—Brussels Sprouts grow on a long stalk and are a part of the plant that is referred to as “stem buds”.
- Brussels Sprouts will stay alive even if the weather gets down to 0° F. The Brussels Sprouts actually get sweeter after a cold frost.

### Garden Lessons and Activities

 **Winter Protection**

**Lesson:** Take students out to the garden in December and have students look around the garden to gather three examples of leaves that are still alive. Discuss what enables these plants to stay alive during the winter (storage of energy in roots-carrots, small leaves-grass, close to the ground-cabbage, etc.). A plant like cabbage is able to survive longer in the cold because its leaves grow close together to decrease wind exposure, and the plant grows close to the ground to increase warmth and protection. Work with students to show how humans can intervene to improve garden outcomes during the winter by placing row covers over the garden beds. As you place the row cover observe and discuss the changes that are made to the plants’ environment (reduce wind exposure, deter frost, retain heat, protect from predators, etc).

 **The Cabbage Family - Science 1.4**

**Lesson:** Have students plant one garden bed full of different plants in the brassica family (brussels sprouts, broccoli, turnips, collards, etc). Explain that although they look different and we, traditionally, eat different parts from these plants they all share certain characteristics (often cold tolerant, similar colors, etc). Throughout the season return twice (at one month, at three months) to compare the growth of each variety (measure height, compare leaf texture, size, etc) Have students taste parts from each plant to notice similarities.

 **Storybook Suggestion:** *Our School Garden* by Rick Swann