

Brassicas

Characteristic cards

About the lesson

The Montana Harvest of the Month program offers lessons related to each HOM food. The Brassicas lesson can be found in the Brassicas Classroom Bites handout, and these characteristic cards supplement the lesson to engage students in learning about plant types through matching the plant type cards to the plant family cards.



Wild Mustard



Broccoli



Lentils



Chickpeas



Bibb Lettuce



Frisee Lettuce



Zucchini



Winter Squash

**Brassicaceae:
Mustard Family**

Description:

Their leaves have tiny waxy hairs. The flowers have four petals. Plants have a sulfur odor.

Growing Characteristics:

Grows in cool seasons. Has shallow roots. It requires little amounts of water. Thrives in soil with added compost.

**Leguminosae:
Pea and Bean Family**

Description:

These plants are grown as food plants. The fruit splits open with seeds along one side.

Growing Characteristics:

Their leaves and seeds contain high protein that gives us energy when we eat them.

