



Quicktivities | Activity Ideas

Activities

Summer Squash

- Have students measure and compare different varieties of summer squash.
- Have students compare and contrast different varieties of summer squash and write a sonnet or other poem based on their observations.
- Observe a squash plant in the school garden (or with pictures) and have students identify the parts of the plant and their functions.

Kale

- Collect several varieties of kale leaves. Have students compare texture, color, and taste.
- Have students imagine they are a kale plant and describe their life from seed to plate. Include the life cycle of kale, including as it survives through the winter.

Source: Vermont Harvest of the Month (vermontharvestofthemonth.org)

Dig Deeper

Get more information, register, or download resources:

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Apples

- Using a few different varieties of Montana apples, conduct a taste test and have students create a graph to represent the votes for the class's favorite apple.
- Have students explore two varieties of Montana apples with all five senses and compare and contrast them using a Venn diagram.
- Taste Montana apples and have students write an apple haiku.

Winter Squash

- Collect a variety of winter squash. Have students weigh and/or measure the squashes and count and chart the number of seeds for a math activity.
- Introduce the three sisters garden: corn, beans, and squash. Have students research how and why some Native American tribes cultivated these crops together, using the term companion planting.

Carrots

- Using whole carrots, carrot seeds, and images of carrots flowering, discuss the biennial life cycle of a carrot. Have each student draw an image of part of a carrot's life cycle and write a short story to accompany it. *Source: Vermont Harvest of the Month (vermontharvestofthemoth.org)*
- Have students engage in a root exploration! Gather a variety of roots (e.g., carrots, beets, rutabagas) and cut cross sections of each while leaving others whole. Have students diagram their observations and taste each root crop.

Beets

- Boil cut beets in water to create beet paint. Read *The Legend of the Indian Paintbrush* by Tomi dePaola to extend the discussion about natural paints and dyes.
- Sprout a beet! Cut the root and stems so a 1/2 inch remains of each. Press the remaining crown of the beet, root facing down into the soil with stems up. Place the container in a window with good light and water, and have students observe the growth of the leaves over time.
Source: Vermont Harvest of the Month (vermontharvestofthemoth.org)

Beef

- Map the distance your hamburger travels from ranch to plate.
- Explain the digestive process of a cow using diagrams and/or videos. Have students compare and contrast this to the digestive system of a human.
- Have students research different breeds of beef cows raised in Montana and present their findings to the class.

Grains

- Use an air popper to make a healthy, whole grain popcorn snack for the class.
- Plant wheat in your school garden or indoors in containers. Have students decorate the outside of the containers with faces to create a "Wheat Head." They can give it a "hair" cut when the wheat starts to grow!
- Experience the seed to table process by grinding wheat to make flour and using the flour to make bread!

Lentils

- Sprout lentils in a glass jar topped with cheesecloth or fabric following the instructions in this handout. You can enjoy them alone or on a cracker with cream cheese.
- Create a lentil rainbow or mosaic by gluing the colorful varieties onto paper.
- Use lentils for students to practice counting and sorting.

Leafy Greens

- Plant a variety of leafy greens in your school garden for children to enjoy. Let some of the plants go to seed so the students may harvest the seeds at the end of the season. Or, have each student plant leafy greens in a container that they can tend at home.

- Have students taste multiple varieties of leafy greens and discuss the different flavors and textures. Each student can then select a few leaves to incorporate into a drawing of their choice. Quick! Take photos of the drawings before the leaves wilt.

Bison

- Have students use the Bison classroom handout to create flashcards of how each part of the bison can be used. Have them draw a picture of the item or items on one side and write the body part on the other side.
- Use the HOM Bison video and classroom handout to learn the words for Bison in some tribal languages. Stop and have students repeat the word. You can also have them repeat the name of the tribe in English and the Native language.

Chickpeas

- Fill two different sized jars fully with chickpeas. Have students hold one jar for 5-10 seconds. Have them write down or shout out how many chickpeas they think are in the jar. Have them put their pencil down. Announce the number. Do the same thing with the new jar. The guesses for the second jar should be closer to the correct number.
- Have students make hummus in the classroom with a mortar and pestle. Explain that mortar and pestles were used before electricity and are still used today. Let them try the hummus with carrots, crackers, or pretzels.

Dairy

- Have students try cheeses with different flavor profiles, appearances, and consistencies. A combination might be Swiss, whipped goat cheese, and blue cheese. Ask them to describe the taste, texture, appearance, and smell.
- Have students try different milks and explain how each is produced. Maybe almond, oat, and cow milk.
- Make art with milk! Pour milk onto a plate, put a few drops of different colors of food dye atop the milk. Give the students a cotton swab that has been lightly dipped in dish soap. Have them touch the cotton swab to the food coloring. Let them make art!

Brassicas

- Have students do a raw vs. cooked taste test with brassicas. Options include, but are not limited to, broccoli, cauliflower, cabbage, kale, and turnips. Ask them to describe the differences in taste, texture, appearance, and smell.
- Have students organize brassicas based on the part of the plant we eat. For example, for collards we eat the leaves, but for broccoli we eat the leaf buds.
- Have students draw their favorite brassica and write three ways they like to eat it. For example: "My favorite brassica is cauliflower. I like to eat cauliflower roasted, as "wings", and steamed."

Herbs

- Grow window herbs. Get potting soil, small cups poked with drainage holes, and seeds. Have students each seed a cup with several of one seed variety, label it with variety and name, and give them the responsibility to take care of the plant. Many herbs grow well in windows.
- Make herb butter. Let a stick of butter soften to room temperature. Divide it into four parts. Have students put it into small bowls. Have them rip herbs with their hands and add about a TSP of one herb to 2 TBSP of butter. Use herbs like chives, parsley, dill, basil, oregano, and rosemary. Have students try it on crackers or bread, and vote on the one they like best.
- Go for a nature walk. Ask someone with a garden or go to an area you know has herbs growing wildly. Take the students on a tour of herbs.

Cherries

- Have students try different cherry products. Maybe raw cherries, juice, jam, salsa, yogurt, and popsicles. Have them vote on what they liked best. Ask them to describe why they liked certain products over others. Ask them if they were surprised by any of the products. Maybe they liked something they didn't expect to like.
- Take the students to an area where you know chokecherries grow. Or ask their parents to go with them in search of chokecherries. Have their parents take their photo in front of the chokecherry plant.