Grow On!

Newsletter for MG SPROUTS Families

Session Four: The Ugly Vegetables

Dear _____:

Today I learned all about special vegetables and flowers! Grace learned all about planting seeds, growing and harvesting vegetables, and she made new friends in her neighborhood by sharing what she and her mother knew and grew.

We learned a little bit about gardening, too! I planted some garlic, and I will need to take care of it. I am bringing it home in a plastic bag that is like a greenhouse, a place to help it grow.

Our Master Gardener leaders told us that it will soon begin to sprout. We can take care of it like a house plant. Every couple of days, I should give it a drink of water. They told us enough water to keep the soil moist. If I stick my finger in the potting soil, it should feel damp and a few pieces of peat moss should stick to my finger.

Master Gardeners also told us we can plant the garlic in our vegetable garden. Garlic is usually planted outside in the fall. It forms roots in the fall and will sprout leaves in the spring. The bulbs, formed underground, are usually ready in mid-summer.

Thanks for taking me to SPROUTS!

Love,

_____ (name)

I had a lot of fun today at MG SPROUTS! I am looking forward to coming to the next session

_____

I have some journal sheets to work on before then. I can look in our garden for ideas to draw and write about!

Garlic Calendar

FALL – Order garlic bulbs from garden supply companies. Separate into cloves, choosing the largest and fullest for planting. Smaller cloves can be used for cooking. Prepare your planting bed according to soil test recommendations, incorporating several inches of organic matter into the soil. Plant the clove, pointed end up, by pushing two to three inches into the ground and spacing four inches between cloves. Cover over with soil, and mulch with straw or other material. Water in, keep weeded, and wait!

WINTER – Garlic is forming roots in the late fall.

SPRING – As soil temperatures begin to warm, the garlic cloves will sprout, pushing up leaves through the soil. Remember to keep the bed weeded and watered as the garlic leaves grow. If you start to see flower scapes appear, snap those off, leaving the leaves in place to keep growing.

SUMMER – As the plants mature, they will begin to turn yellow and brown, looking like they are dying. This is a signal that the garlic is ready (its bulbs are underground!). When you see three to four leaves per plant beginning to turn, pull or dig the garlic from the ground, shaking off any excess soil. Allow the garlic to dry for several days by laying it on window screens or a picnic table in the sun, out of rain or other moisture. Once the garlic bulbs have cured, they can be stored in a cool dry place. Use for cooking.

More information is available in the UGA Extension Publication Garlic Production for the Gardener (C 854)

http://extension.uga.edu/publications/detail.cfm?number=C854

MG SPROUTS

Horticulture Activities for Kids

MG Sprouts Horticulture Activities for Kids. © UGA Extension

Modeling Healthy Eating Behaviors

Eat a Variety of Foods: Encourage your family to stay healthy by eating a variety of foods.

You can play a large role in helping your family maintain a healthy lifestyle. By demonstrating healthy behaviors for your children, you can encourage them to follow your positive example. Young children learn about the world by watching adults they trust. Children imitate their parents' behaviors both during play and in their own lives.

You can help your child learn to eat a variety of foods by selecting items from several food groups to complete your own meals. Try to include foods of differing colors on your plate. Talk to your child about the variety of colors and foods groups from which you are eating.

Your child is always watching you, making it important for you to model healthy eating habits. Let your child see you eating breakfast, drinking water, eating a variety of foods, stopping when you're full, and being physically active.

Excerpted from Eat Healthy Be Active (C 1037-18) Available for download at http://extension.uga.edu/publications/files/pdf/C%201037-18_1.PDF

UGA Extension Family and Consumer Sciences

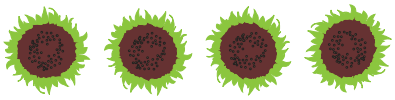
UGA Extension provides resources for parents, other family and household members, caregivers, and other individuals promoting the positive development and safety of school-age and adolescent youth, consumer economic issues and financial planning, and healthy home environments.

UGA Extension helps families thrive with information for professionals and adults on fostering healthy couple relationships, positive parent-child relationships, and the care of aging adults.

When people become educated about financial management, they become empowered to live a better life. Extension's basic financial literacy programs are designed to help consumers plan spending to meet needs, wants and goals today and in the future.

We provide users with information about water and energy conservation, reducing waste, buying or renting a home, and improving the indoor environment by reducing pollutants like mold, radon, lead, and volatile organic compounds. These resources allow families and individuals to create healthy, safe, and sustainable homes and improve their quality of life.

http://extension.uga.edu/family/



Parents: here are some ideas for journaling activities to use at home to help your child begin the process of inquiry. Please bring any completed journal sheets along to the next MG Sprouts session to be placed in the My SPROUTS Journal binder.

My SPROUTS Journal ideas...

What unusual vegetables have you seen at the supermarket or farmer's market?

What vegetables or fruits would you like to taste?

What vegetable or fruit would you try to send into space to see how it grows?

If your child enjoyed The Ugly Vegetables, may we suggest:

The Vegetables We Eat by Gail Gibbons, ISBN-13: 978-0823421534

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