



Cole Crops

Picture It!

Check out these pictures of owls!



Cole Crops

What's the gist?

- Cole crops, that sounds like vegetables used for coleslaw to me!
- Cabbage, a main ingredient in coleslaw, is a cole crop!
- Cole crops are vegetables that grow on a stem like broccoli, Brussel sprouts, cauliflower, spinach, mustard, collard, and turnip greens, cabbage, swiss chard, and lettuces.
- They are cruciferous vegetables that all belong to the mustard family, and they have their roots (literally) in wild cabbage.
- These great cool weather crops have descended from wild cabbage.
- Cole crops have so many health benefits and they are found throughout the world.
- There are so many wonderful recipes for preparing cole vegetables.
- Cauliflower rice is a nutritious alternative to regular rice.

Learning Links

Take a look at these materials to further your experience!

Read a story, Listen to a story, Take a tour here: <https://bit.ly/30v3yAQ>

Teaching Kids How to Grow Broccoli and Lettuce:

https://www.youtube.com/watch?v=UhRoIwb_keU

Farm to School Broccoli: <https://www.youtube.com/watch?v=8vsSTY-5mHE>

Cold Crops vs Cole Crops: <https://www.youtube.com/watch?v=chtvhK4mb1w>

School Gardens: https://www.lsuagcenter.com/topics/lawn_garden/school_gardens

Basics of Planting cole crops LSU AgCenter with Dan Gill: <https://www.youtube.com/watch?v=mTkPh10zpN4>

LSU AgCenter Vegetable Tips for Growing Cole

Crops: <https://www.lsuagcenter.com/~media/system/1/6/b/9/16b95e8d5bb4a8f348b76c03e3c080cc/pub%202310%20cole%20crops%20rev%204-17pdf.pdf>

Cabbage Facts for Kids: <https://kids.kiddle.co/Cabbage>

Get it Growing Video: How to Pollinate Vegetable

Flowers: <https://www.lsuagcenter.com/profiles/tviso/articles/page1588973494066>

Activity Corner

Check out these awesome activities for an enriching learning experience!

Art: Painting Using Vegetables: https://www.momjunction.com/articles/fun-and-innovative-vegetable-paintings_00104272/

Vegetable Stamping: <https://www.youtube.com/watch?v=uzyuBz3tBF0>

Rock Painting Vegetables: Learn How to Paint Stones for Garden Markers:

Coloring Sheets Broccoli Coloring Sheet: www.supercoloring.com/coloring-pages/broccoli

Cabbage Coloring Sheet: <https://rb.gy/7fahmu>

Word Search Have Fun With Fruits and Vegetables: <https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/HaveFunWordSearch.pdf>