

Veggie Bytes

Winter Edition

Nov 2018–Jan 2019

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Scarecrow Contest Winner!

The 5th grade class at James A. Herrod Elementary School in Abbeville, LA worked together to create a scarecrow camping scene. Kids dressed the scarecrows in pajamas and constructed the scarecrow bodies using shoe boxes, newspaper, plastic bags, and construction paper. The tent was made with pool noodles, bulletin board paper, and string. Last issue, we encouraged readers to participate in a scarecrow building contest. We wanted teachers and students to get creative and use unconventional materials to decorate their scarecrow.



What's Growing!

November

Directly Place Seed into the Garden

Beets, carrots, collards, mustard greens, radishes, turnips, spinach, shallots, and garlic

Transplant into the Garden

Strawberries

December

Directly Place Seed into the Garden

Beets, carrots, collards, mustard greens, radish, spinach, and turnips

Plant Seedlings Into the Garden

Onion (sets)

January

Start Seeds (Indoors) for Mid-January to February Planting

Cabbage, broccoli, and cauliflower

Sow Seed Into Garden After Mid-January

Mustard greens, lettuce, turnips, beets, radish, and potatoes

Growing Carrots

Carrots are an easy winter vegetable that you can grow in your garden. We mostly think of carrots as an orange root vegetable, but did you know that carrots can be orange, yellow, red, purple, or white?

Before seeding, lightly rake the soil in your garden. This will loosen up the soil and will ensure that the soil won't be too compact. Make a shallow furrow where you intend to plant the carrot seeds. Plant each seed about 1 inch apart. Lightly rake the soil back over the seeds. Do this with a light touch because if the seeds are buried too deep, they won't sprout. Keep the seeds watered. Carrots should be a mature size and ready for picking about 2 months after seeding.



HINTS: Sow carrot seed into containers filled with fresh loose potting soil for a really straight root! Instead of planting the seeds just scatter them on top of the soil and press with a hoe or rake. This may help improve germination in clay soils.

Tater-licious!

A favorite vegetable crop in the school garden is the potato! Potatoes are really easy for students of all ages to plant.

Potatoes (Irish not Sweet) should be planted between mid-January throughout February.

1. Simply work the soil so it is loose and free of weeds.

2. Add fertilizer or compost.

3. Purchase potatoes from the local hardware store or plant nursery. Potatoes that are smaller than 3 inches in diameter should be cut in half. Larger than 3 inches in diameter, cut into quarters. Allow potato pieces to heal or simply wait 2-3 days after cutting to plant them.



4. Dig a trench 4-6 inches deep. Place potato pieces 9-12 inches apart from one another in the trench.

5. Cover and water. Water potatoes daily until they emerge. After emerging, water once per week.

6. As the potatoes grow, they will form short shrub like plants. When you start to notice blooms, the tubers are beginning to form. Add a little extra fertilizer now.

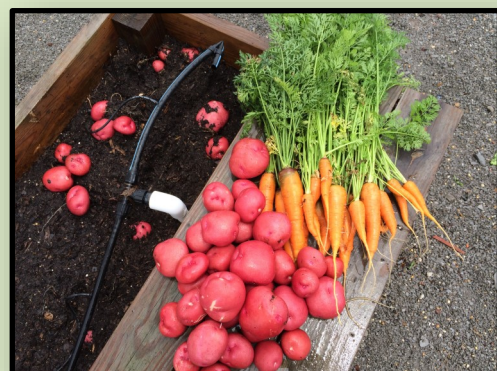
7. If you see potato tubers pushing up from the soil, simply cover them with additional soil.

8. Harvest potatoes when the foliage begins to turn yellow about 90-110 days after planting.



Red LaSoda potatoes taste great with carrots!

You can Grow BOTH!!!



Make Your Own Terrarium!

Materials Needed

Water bottle, pea gravel, cotton round, charcoal (from the garden or aquarium section), potting soil, water, and one plant.

Step 1: Find an empty water bottle and cut most of the lid off. There should be a small part still attached to make a hinge for the lid.

Step 2: Fill the bottom 1/3 of the bottle with gravel rocks. This will provide water drainage.

Step 3: Place a cotton round over gravel. Sprinkle a pinch of charcoal over the cotton round. Charcoal will help absorb any bad smells that may occur.

Step 4: Fill 1/3 of the bottle with potting soil. Try to find potting soil with fertilizer added to it.

Step 5: Make a small hole in the potting soil layer to allow for planting. You may need to add extra soil to cover the roots completely. In this example, a small mint plant was used. Depending on the size of the terrarium, you can use cactus, succulents, herbs, or annuals for your terrarium.

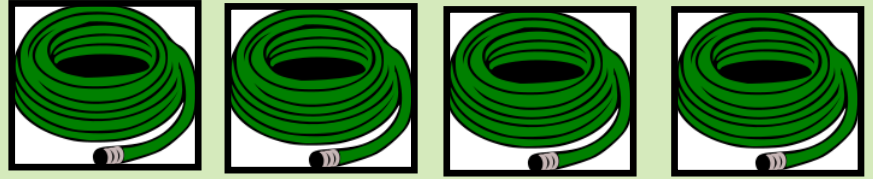
Step 6: Pour a small amount of water over the plant. Place in a bright, sunny location and watch it grow.



Addition

Farmer Brown has four hoses to water his garden, an 8 ft. hose, a 6 ft.

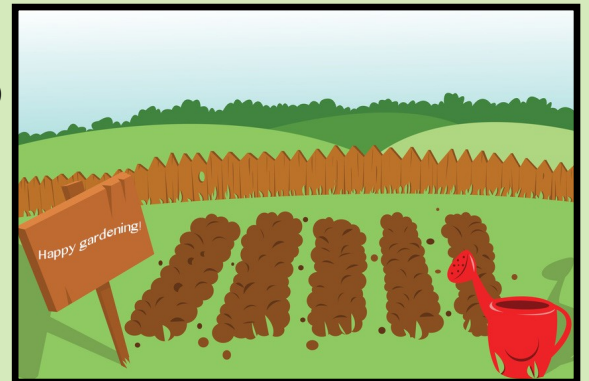
hose, a 5 ft. hose and a 3 ft. hose. What combination of hoses must he use in order to reach his garden that is 15 ft. away from the faucet?

**Subtraction**

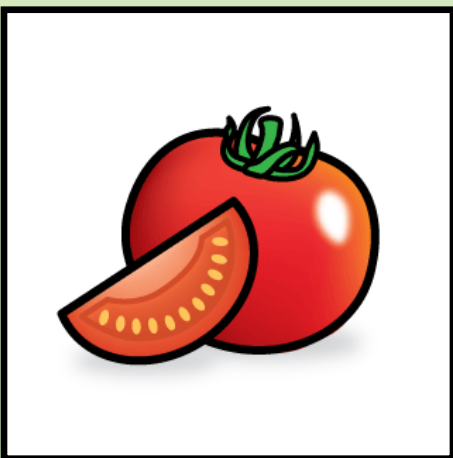
Farmer Brown is selling cabbage at the farmer's market. He has 40 cabbages for sale. Paul buys 13, Maggie buys 6 and Lisa buys 9. How many cabbages are left?

Multiplication

Farmer Brown has 35 spinach seeds to plant. He has already tilled 5 rows in his garden. How many spinach seeds should he plant in each row so that he doesn't have any leftover seeds?

**Division**

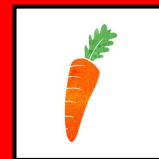
Farmer Brown has grown a huge tomato that he wants to eat with his family. He gives half of the tomato to his wife Dolly, he gives a quarter to his son Dale and he doesn't give any to Susie, his daughter. Susie doesn't like tomatoes. What fraction of the tomato is left for Farmer Brown to eat?



MATH IS FUN !



Want to Learn How to Grow a School Garden?



Need Funds?

The LSU AgCenter and the Louisiana Department of Agriculture and Forestry have partnered to provide funding for **100 new school gardens in 2019 and 2020.**

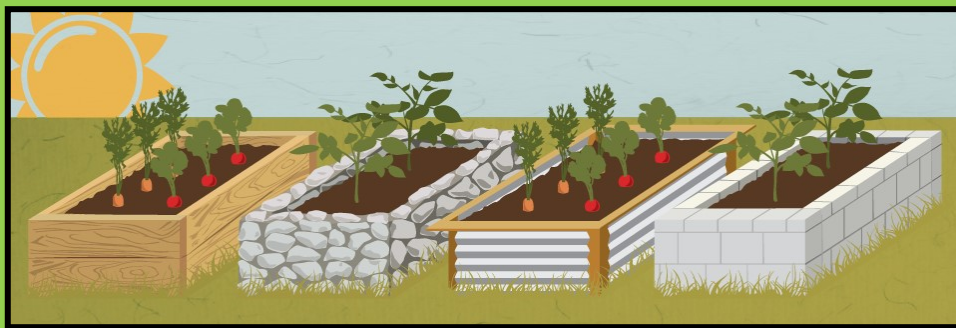
If your school does **NOT** have a garden and would like one **please email Kiki Fontenot at kkfontenot@agcenter.lsu.edu or Mary Sexton at msexton@agcenter.lsu.edu** to be placed on a list.

Schools will be chosen on a first come first served basis. We anticipate funding 50 schools in year 1 and 50 schools in year 2. **We are recruiting schools throughout the state.**

Participating schools must attend 2 workshops; teachers will provide answers to survey questions; and students will answer surveys on fruit and vegetable preference.

In return, participating school will receive

(3) 4 by 8 foot raised beds, soil, plants, seeds, fertilizers, irrigation etc.!



Need CEU's????? Want to know more about incorporating your garden into curriculum?

Consider attending the School Garden Leadership Certificate Program

JUNE 10- 14 in Baton Rouge, La

Incorporate the garden into the curriculum by participating in 10 fun hands-on workshops

(7 out of 10 mandatory for certificate of completion)

Curriculums covered = Science and Engineering, Art and Reading, History and Social Studies, P.E. and Nutrition, Math and Agriculture

Gardening topics covered = Raised bed construction/ Irrigation/ Soil Science, Insect, Weed and Disease Management, Vegetable, Fruit and Herb Basics, Composting, fertility management, Pollinators and Native plants

To find out more information visit

LSU AgCenter

Growing Gardens!
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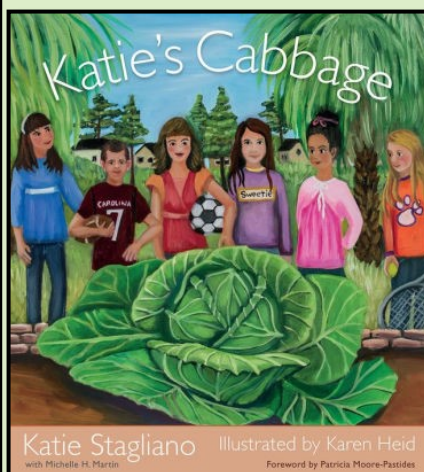
William B. Richardson,
 LSU Vice President for
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Book Review!



Katie's Cabbage is the inspirational true story of how Katie Stagliano, a third grader from Summerville, South Carolina, grew a forty-pound cabbage in her backyard and donated it to help feed 275 people at a local soup kitchen. In her own words,

Katie shares the story of the little cabbage seedling and the big ideas of generosity and service that motivated her to turn this experience into Katie's Krops, a national youth movement aimed at ending hunger one vegetable garden at a time. Katie's Cabbage reminds us of how small things can grow and thrive when nurtured with tender loving and care and of how one person, with the support of family, friends, and community, can help make a powerful difference in the lives of so many.

Prolong the Life of Your Christmas Tree with these Tips:

- Choose a tree with as little brown needles as possible.
- After selecting your tree, ask for a fresh cut on the trunk. A fresh cut will allow your tree to better take up water. (Like cut flowers)
- Look for a cooler place in your home to showcase the tree. Avoid hot air blowing on it from heater vents.
- Keep your Christmas tree watered! A fresh cut tree takes up lots of water. Its important to check the water level daily.

