



FLORIDA CAULIFLOWER



WANT TO START A GARDEN FROM SEEDS?

If you are looking for seeds to start a classroom garden, you can reach out to your local Institute of Food and Agricultural Sciences (IFAS) office to obtain seeds for Harvest of the Month gardening activities.

Cauliflower Florida Food Fare

<http://sarasota.ifas.ufl.edu/FCS/FlaFoodFare/Cauliflower.pdf>

Cauliflower Nutritional Benefits

<http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce/cauliflower>

Florida Farm to School:
FarmToSchoolFL.com

National Farm to School Network:
www.FarmToSchool.org



DEAR TEACHER

This month's Harvest of the Month is cauliflower! The lesson plans, worksheets and activities provided were developed to guide your classroom's understanding of the origins and nutritional benefits of coveted cauliflower. We hope you are able to utilize all of the materials and be sure to encourage your students to try cauliflower at home.

CLASSROOM RECIPE

CRÈME DUBARRY (CAULIFLOWER SOUP)



Serves 50

INGREDIENTS:

- 2 ounces margarine
- 2 cups yellow onions, diced
- 18 ¾ pounds cauliflower heads, diced small
- 1 gallon low-sodium chicken stock
- 1 gallon low-fat milk
- 1 tablespoon salt
- 1 tablespoon pepper

PREPARATION:

1. Heat the margarine in a stock pot or steam kettle; add the onion and saute until the onion is translucent.
2. Add the cauliflower, stock and milk, bring to a boil and then simmer for 10-15 minutes, or until cauliflower is tender. Remove from heat and allow to cool slightly.
3. Add the salt and pepper; mix well.
4. Blend the soup using an immersion blender (if needed use a regular blender and blend in batches).
5. Optional: Add 1/2 tablespoon of ground cayenne pepper and 1/4 tablespoon of ground nutmeg to soup when blending.

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MATH

**STANDARDS:** MAFS.1.NBT.1.4**ESTIMATED TIME:** 30 Minutes**OBJECTIVE:** Students will compare the number of florets on cauliflower using greater than, less than and equal to symbols.**MATERIALS:**

- 4 Cauliflower heads or pictures
- Blank paper

INTRODUCTION: Teacher will review $>$, $<$, and $=$ with single, double-digit and triple-digit numerals.**GUIDED ACTIVITY:** Split students into 4 small groups and allow them to count the number of florets on 1 head of cauliflower. On blank paper, students will draw the cauliflower at their station. Use the $<$, $>$ and $=$ signs to compare the number of florets among all the groups.**INDEPENDENT ACTIVITY:** Students will use the "Comparing Cauliflower" worksheet to compare the number of florets on cauliflower heads using $>$, $<$, and $=$.

SOCIAL STUDIES

**STANDARDS:** SS.1.E.1.3**ESTIMATED TIME:** 30 Minutes**OBJECTIVE:** Students will differentiate between goods and services in agriculture.**MATERIALS:**

- Crayons or colored pencils

INTRODUCTION: Teacher will explain the difference between goods and services. The class will brainstorm some examples of goods and services that can be found on the farm. Goods: cauliflower, tractor, shovel, bucket, water. Services: harvesting, packaging and farming. *See the PowerPoint for more information and resources.***GUIDED ACTIVITY:** People use their money to pay for goods and services. Ask students to think-pair-share with a partner about the goods and services we WANT versus those that we NEED. How much would you pay for different goods and services?**INDEPENDENT ACTIVITY:** Students will play the "Goods and Services Bingo" game provided. The teacher will describe a good or service and students will color the object red if a good is described and blue if a service is described. For example, the teacher may say "when farmers plant seeds in the ground it is called..." Students will color the word "planting" blue on their boards to indicate planting is a service. Bingo is achieved by coloring an entire row.



SCIENCE



STANDARDS: SC. I.L.14.2, SC.2.N.1.1

ESTIMATED TIME: 30 Minutes

OBJECTIVE: Students will identify the plant parts we eat from different fruits and vegetables (roots, stem, leaves, flowers).

MATERIALS:
Scrap or blank paper

INTRODUCTION: Teacher will review the parts of a plant - root, stem, leaves and flower. Teacher will explain that the fruits and vegetables we eat are parts of a plant.

GUIDED ACTIVITY: Students will complete "Yum! Edible Plants" worksheet by coloring the edible part of each plant that we eat.

INDEPENDENT ACTIVITY: Students will complete a "3-2-1" reflection on blank paper: three things I learned today, two questions I still have and one thing that surprised me from today's lesson.



LANGUAGE ARTS



STANDARDS: LAFS.K.L.1.2, LAFS.I.L.1.1, LAFS.1.1.1.2

ESTIMATED TIME: 30 Minutes

OBJECTIVE: Students will choose the appropriate punctuation mark for a series of sentences about cauliflower and arrange the sentences to make a story.

MATERIALS:
No additional materials required

INTRODUCTION: Teacher will review the use of basic punctuation in sentences - exclamation mark, question mark and period. *Review quotations and commas if appropriate for the grade level.* Teacher will read a series of sentences of their choice out loud. Paying close attention to tone and inflection, students will have to guess which punctuation mark should be used at the end of the sentence.

GUIDED ACTIVITY: Students will complete the "Punctuation Practice" worksheet provided.

INDEPENDENT ACTIVITY: Students will cut out each of the sentences on the worksheet and arrange them in order to create a story.



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For more information or to provide feedback, please visit us online

FarmToSchoolFL.com

TASTE TESTING IN THE CLASS

- When asking for feedback from students, have them use positive adjectives.
- Ask students to compare broccoli and cauliflower.
- Try cauliflower in different forms: raw, steamed or even mashed!

TASTE

NUTRITION EDUCATION

- Cauliflower is high in fiber, vitamin C, folate and potassium.
- This edible flower is fat-free and cholesterol-free. One cup is about 25 calories.
- Half a cup of cooked cauliflower is equal to one serving of your daily vegetables.

LEARN



SCHOOL GARDEN TIPS & TRICKS

- Cauliflower is a cool season crop and is in the same plant family as broccoli, collards, cabbage and kale.
- The best time to plant cauliflower starts from October to January.
- Plant cauliflower in a grid spaced 2 feet apart to give them enough room to grow.
- The leaves protect the growing cauliflower head from yellowing. It takes up to 3 months for a cauliflower to mature for harvest.

GROW

BOOK SUGGESTIONS

“The Trouble with Cauliflower”
by Jane Sutton

“Cabbages and Cauliflowers:
How to Grow Them”
by James J. H. Gregory

READ