



# FLORIDA GREEN BEAN



## SPECIAL NEWS

Plan a winter harvest event before the holiday break. Connect with your school food service department to bring the school garden produce into the cafeteria. Seasonal recipes can be supplemented with fresh herbs and garnish from the garden. Classroom tasting parties are a great way to allow students to taste the fruits of their labor.

Florida Farm to School:  
[FarmToSchoolFL.com](http://FarmToSchoolFL.com)

National Farm to School Network:  
[www.FarmToSchool.org](http://www.FarmToSchool.org)

## DEAR TEACHER

This month's Harvest of the Month product is the savory green bean. Green beans are a popular plant for Florida which are easy to grow even in poor soil. They grow on a bush that is able to stand unsupported, unlike pole beans. Let's learn more about this Florida produce!

## CLASSROOM RECIPE

### FRESH GREEN BEANS WITH GARDEN DILL DIP



Serves 20-25

#### INGREDIENTS:

- Florida green beans
- 1 cup plain low-fat yogurt
- Lemon juice
- 1 tablespoon fresh dill, chopped
- 1 tablespoon crumbled feta cheese

#### PREPARATION:

1. Snap the ends off the green beans and rinse in cool, running water.
2. Stir together the yogurt, fresh dill and feta cheese.
3. Serve a sample of the dip and raw green beans to your students.

*This institution is an equal opportunity provider.*



**MATH****STANDARDS:** MAFS.1.OA.3.6, MAFS.2.OA.2.2**ESTIMATED TIME:** 30 Minutes**OBJECTIVE:** Students will differentiate between even and odd numbers and practice addition and subtraction.**MATERIALS:**

- Harvest of the Month PowerPoint
- *Green bean Math* Worksheet
- Scrap pieces of paper
- Coloring pencils materials

**INTRODUCTION:** Teacher will describe the difference between even and odd numbers. Teacher will also review how to solve one and two-step addition and subtraction problems using the examples on the *Addition and Subtraction PowerPoint* slide.**GUIDED ACTIVITY:** Each student will receive a card with a number (design the number range based on students' level). The teacher will call out the following commands:

1. Raise your hand if you have an even number.
2. Raise your hand if you have an odd number.
3. Find a partner whose sum makes you an even number.
4. Find a partner whose difference makes you an odd number.

**INDEPENDENT ACTIVITY:** Students will complete the *Green bean Math* worksheet and color the even answers red and the odd numbers blue.**Extension:** Working in small groups, allow students to use fresh green beans to solve the math problems.**SOCIAL STUDIES****STANDARDS:** SS.1.A.2.2, SS.2.A.2.4, SS.2.A.2.1**ESTIMATED TIME:** 40 Minutes**OBJECTIVE:** Students will identify the "Three Sisters" crops and compare foods eaten in the past to foods eaten in the present.**MATERIALS:**

- Harvest of the Month PowerPoint
- *What's on My Plate?* Worksheet
- Coloring pencils

**INTRODUCTION:** The "Three Sisters" crops corn, beans and squash were the staple agricultural crops of ancient cultures and Native Americans. The three crops complement each other by filling different niches in gardening. Review the *Three Sisters PowerPoint* slide.**GUIDED ACTIVITY:** First, ask students "What foods do you think that Native Americans used to eat? What foods might you see on their plates and why?" Next, describe the "Three Sisters" and explain the nutritional value of each crop. Ask "What part of a healthy diet was missing from their plates?" (Answer: fruit.) Students may also say protein; however, beans contain protein.) Finally, talk about how early exploration and immigration might have impacted and influenced the foods we eat today.**INDEPENDENT ACTIVITY:** Students will complete the *What's on My Plate* worksheet to compare the Native American diet to the modern diet.**Extension:** Ask students to consider the way the table, people, utensils, plates, and eating environment might look in both situations.



## SCIENCE



**STANDARDS:** SC.1.L.14.2, SC.2.L.16.1

**ESTIMATED TIME:** 30 Minutes (15 minutes of daily observations for two weeks)

**OBJECTIVE:** Students will identify the life cycle of a plant and sprout a bean seed.

**MATERIALS:**

- Harvest of the Month PowerPoint
- *Did It Sprout?* Worksheet
- Coloring materials
- Class set of dried beans (mix of lima, red kidney, white navy beans)
- Small plastic sandwich bags and wet paper towels

**INTRODUCTION:** Teacher will review the life cycle of a plant – seed, sprout, seedling with roots, seedling with leaves, young plant and adult plant. Adult plants then flower and produce fruit, which contains seeds. The small beans inside fully mature green beans will sprout when planted.

**GUIDED ACTIVITY:** Each student will receive a bean, a plastic bag and a wet paper towel. Students will place their beans on a folded wet paper towel and place it inside the bag. Tape the beans in a window sill where they will receive ample sunlight. Re-moisten the towel as needed and leave the bags slightly open to allow air flow.

**INDEPENDENT ACTIVITY:** Students will check their bags every day for two weeks and record their observations on the *Did It Sprout?* worksheet. Review what plants need to survive and ask students if their bag provides these things.

**Extension:** Change the variables by placing some bags in the sun and others in the dark. Vary the type of beans that you give students to test which beans grow best.



## LANGUAGE ARTS



**STANDARDS:** LAFS.RL.4.10, LAFS.W.1.3

**ESTIMATED TIME:** 60 Minutes

**OBJECTIVE:** Students will complete a writing activity about how to plant a bean seed.

**MATERIALS:**

- Harvest of the Month PowerPoint
- *Bean Sprout Flip Book* Worksheet
- "O Say Can You Seed" by Dr. Seuss
- Coloring materials

**INTRODUCTION:** Review the science lesson and discuss the life cycle of a bean plant. Teacher will read "O Say Can You Seed" by Dr. Seuss.

**GUIDED ACTIVITY:** Have students act out pages six through fifteen of the book. These pages describe the process of planting a bean.

**INDEPENDENT ACTIVITY:** Students will create a flip book describing how to plant a bean using the *Bean Sprout Flip Book* worksheet.





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

[FarmToSchoolFL.com](http://FarmToSchoolFL.com)

## TASTE TESTING IN THE CLASS

- Fresh green beans will “snap” when you break them in half. Look for the crispest beans and avoid buying soft or bendy beans.
- Keep them fresh! Store green beans in a ventilated plastic bag in the refrigerator.
- This month’s classroom recipe is super easy to prepare. Serve raw green beans to your students and talk about the flavor of fresh vegetables.

# TASTE

## NUTRITION EDUCATION

- Green beans, also known as the green bean or string bean, contain important nutrients such as fiber, potassium and vitamin C.
- Green beans are also a source of folate. Folate is important for cell production and heart health.
- Beans are a member of the legume family, which also includes lentils, soybeans and peas. Legumes help fight heart disease by improving cholesterol.

# LEARN

## SCHOOL GARDEN TIPS & TRICKS

- Beans are a great addition to any school garden. They are easy to grow and a great companion plant, as legumes are nitrogen-fixing plants.
- Choose pole bean varieties if you want your beans to climb. There are also bush bean varieties if you do not have a trellis in your garden.
- Directly plant your bean seeds into well-drained soil. Plant bean seeds 2 inches deep and space them two to four inches apart.

# GROW

## BOOK SUGGESTIONS

**“Green Bean! Green Bean!”**  
by Patricia Thomas (Pre-K to Grade 3)

**“Giggles the Green Bean Turns Stinkytown into Greentown”**  
by Lauren Davis (Pre-K to 4)

**“Beans, Greens & Grades”**  
by D.S. Venetta (Grades 3 and up)

# READ