

Beads of the Garden

Materials Needed:

Brown pony bead

Purple pony bead

Green pony bead

Light Blue pony bead

Orange pony bead

Pipe cleaner for bracelet

Red pony bead

White pony bead

Yellow pony bead

Dark Blue pony bead

- At this station we will be discussing different fruits and vegetables that are raised in gardens. Fruits and vegetables come in a variety of colors. To help us we will read about fruits and vegetables and then be making a bead bracelet as we talk about the many items.
- Let's start with a brown bead to represent the soil that all of our fruits and vegetables need to grow.
- What else do fruits and vegetables need to grow? **WATER**...we will add a blue bead to represent the water that is needed for fruits and vegetables to grow.
- Let's add a red bead- Can anyone tell me a fruit or vegetable that is red?
 - Veggies-tomatoes, peppers, radishes, beets, potatoes, onions, rhubarb
 - Fruit-watermelon, apple, cherries, raspberry, strawberry, cranberries
- Now a yellow bead- Can anyone name a yellow fruit or vegetable?
 - Veggies- squash, corn, peppers, tomatoes
 - Fruit-bananas, apples, pineapple
- Next is purple-Who can name a purple fruit or vegetable?
 - Veggies-egg plant, turnips, cabbage, carrot
 - Fruit-grapes, plums, pomegranate
- How about an orange fruit or vegetable?
 - Veggies- sweet potatoes, gourds, carrots,
 - Fruit- pumpkins, cantaloupe, oranges, tangerines, mango, apricot
- Now let's put on a white bead- What are white fruits and vegetables?
 - Veggies-Cauliflower, potatoes, corn, asparagus, radishes, garlic, mushrooms
 - Fruit- grapes, peaches, nectarines
- Let's add a dark blue bead.....Can you think of any blue fruits and vegetables?
 - Blueberries, blue Indian corn, blackberries
- Finally we will add the last bead...a green bead-What are some green fruits and vegetables?
 - Veggies- zucchini, cucumbers, green peppers, green beans, lima beans, peas, broccoli, celery, lettuce, artichoke, asparagus
 - Fruit-Lime, pear, green apples, kiwi, lime

Beads of the Garden Filler Information

- ✓ Radishes are related to broccoli, cauliflower, and cabbage.
- ✓ Beets-both the roots and leaves of beets are edible
- ✓ Cucumbers are native to India and records indicate it may be one of the oldest cultivated vegetables.
- ✓ Beans are low in calories, rich in carbohydrates and a good source of fiber.
- ✓ Keep garden peas in the pod until just before you plan to use them to preserve their quality.
- ✓ Don't wash broccoli before storing in the refrigerator because water left on the florets will promote the development of bacteria and breakdown of the florets.
- ✓ Celery-nutritionally, not much benefit; however eaten by people trying to lose weight due to its ability to fill up with minimal calories. Actually use more calories chewing celery than are contained in a single stalk!
- ✓ There are four main types of lettuce: butterhead, crisphead, looseleaf, and romaine.
- ✓ Potatoes are responsible for a large-scale immigration of Irish people to the United States in the mid-19th century.
- ✓ Asparagus is derived from the Greek word Asparagos which means "sprout" or "shoot"
- ✓ Pie pumpkins are smaller, sweeter, and have more flesh than do the pumpkins that are grown for jack-o-lanterns that have relatively large seed cavities and thin walls.
- ✓ The first carrots grown were purple and pale yellow. Their early use was primarily therapeutic and was prescribed to cure stomach problems as well as liver and kidney ailments. It was not until the 17th century in the Netherlands that orange carrots were cultivated.
- ✓ Sweet corn should be refrigerated immediately and eaten soon after purchase as its quality deteriorates rapidly after harvest. Leave the husk on until you are ready to prepare the corn to retain moisture in the ear.
- ✓ Strawberry
 - Eat 8 strawberries a day to help you stay strong and healthy.
 - Strawberries are sweet but have very little sugar in them.
 - Strawberries have more Vitamin C than most other fruits.
 - Strawberries are eaten in 94% of United States homes.
- ✓ Apples
 - The Gold Rush apple-a yellow sweet-tart variety is Illinois' official state fruit.
 - The crabapple tree is the only apple tree native to North America.
 - Apples are a member of the rose family.
 - It takes 36 apples to make one gallon of apple cider.
- ✓ Pumpkins
 - Pumpkins are fruits, not vegetables!
 - Illinois is the leading state in pumpkin production.
 - Pumpkins are 90% water.
 - Morton, Illinois is the pumpkin capital of the World.
- ✓ Tomato
 - The tomato is the world's most popular fruit.
 - Tomatoes are rich in Vitamins A and C and are cholesterol free.
 - In 1893, the Supreme Court ruled that the tomato must be considered a vegetable.
 - There are more than 10,000 varieties of tomatoes.