

SUGGESTED WEBSITES FOR VEGETABLE GARDEN CURRICULUM
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MULTIPLE VEGETABLES WEBSITES

#1 <http://urbanext.illinois.edu/>

The website of the University of Illinois Extension: Watch How Your Garden Grows. Click on “Vegetable Directory”. Includes *beans, beets, corn, lettuce, onions, potatoes, pumpkins, radishes, summer and winter squash, tomatoes*. Most of the articles are for adult reading and include a description, a list of varieties, planting & harvesting information, common problems, a Q&A section, directions for selection and storage, nutritional values, cooking & preserving suggestions and recipes.

#2 www.freshforkids.com.au

Click on “vegetables” at the bottom of the screen to bring up the list of vegetables, which includes *beans, corn, garlic, lettuce, onions, potatoes, pumpkins, squash and tomatoes*. Each article provides descriptive information, varieties, availability (CAUTION: this site is Australian, so the seasons are not comparable to ours), interesting facts, nutritional value, information about growing, harvesting, choosing and storing, vegetable history and cooking suggestions.

#3 www.gardenersnet.com/vegetable/

Facts sheets are available for the following vegetables (and more): *beans, beets, corn, garlic, onions, potatoes, pumpkins, squash, and tomatoes*. Try “Spuds Trivia”.

#4 www.global-garden.com.au/gardenkids_grow3.htm

The website has three areas: Things to Make, Growing Things and Watch & Learn. Provides information on growing *garlic, potatoes* (using old tires) *and pumpkins*. Also covers topics like plant names, how seeds are formed, good bugs and soil texture. Gives directions for making flower pots from newspapers and a barometer.

#5 www.greenearthinstitute.org

Click on “Recipes” then choose the vegetable of your choice to see a list of dishes made with that food. Click on a dish for the recipe. Provides recipes for *beans, beets, garlic, lettuce, onions, potatoes, pumpkins, radishes, summer and winter squash, and tomatoes*.

#6 www.kids-cooking-activities.com

For food fact sheets, click on “Food Facts” (from the menu on the left side of the screen) for a list of the fruits and vegetables covered and choose your vegetable. Included are *beets, corn, garlic, green beans, onions, potatoes, pumpkins, radishes, squash and tomatoes*. Fact sheets use simple language to tell when the vegetable is available, how it grows, what to look for when buying, storage tips, how to cook, nutrition facts and a recipe.

THE VEGETABLES:

GARLIC

www.wegrowgarlic.com/

Visit Karen and Mike’s garlic farm in Wisconsin. Start at the bottom and work your way up to see chronological photos of the growing, along with an explanation of what’s going on. Click on “Our Garlic” to see that they grow more than 100 kinds of garlic. Click on “How to Grow Garlic” for growing tips and click on “Recipes” for cooking ideas.

See also Multi Vegetable Websites # 2, 3, 4, 5 and 6 at top

ONIONS

www.pitara.com/discover/earth/online.asp?story=57

Explains why our eyes tear up when we cut onions.

See also Multi Vegetable Websites # 1, 3, 5 and 6 at top

BEETS

<http://gardening.about.com/od/vegetables/p/Beets.htm>

Offers tips about growing beets and gives general info about beets.

<http://home.howstuffworks.com/beets.htm>

Provides information about beets, growing beets, selecting beets for cooking, and health benefits of beets, along with a link to beet recipes.

www.oprah.com/article/food/cookingadvice/whatsin_beet

Provides nutritional information on beets.

See also Multi Vegetable Websites # 1, 3, 5 and 6 at top

RADISHES

www.healthrecipes.com/radishes.htm

Offers general information about radishes, along with choosing, storing and nutrients of the radish.

See also Multi Vegetable Websites # 1, 5 and 6 at top

LETTUCE

See Multi Vegetable Websites # 1, 2, and 5 at top

CORN

<http://urbanext.illinois.edu/corn/guide.html>

The “great corn adventure” from the University of Illinois provides information for teachers, ideas for activities, a list of websites for adults

www.campsilos.org

Click on “The Story of Corn” and the intro gives historical information. Click on “the Story of Corn for Students” for corn math, corn products, corn geography, “in a world without corn” or “other corn facts” (from www.iowacorn.org) for planting, harvesting, uses. Click on “the Story of Corn for Teachers” and “Story of Corn Resources” for information and websites covering such topics as corn products, growing, history, Indian folklore, scientific information, etc.

www.mnh.si.edu/archives/garden/history/corn/html

Kinds of corn, interesting corn facts

www.agry.purdue.edu/ext/corn/culture.html

An overwhelming amount of corn information: art, songs, stories, poetry, recipes, mazes, things to do, unusual types, places to visit, stuff made with corn

<http://42explore.com/corn.htm>

Corn information, suggested activities and suggested websites

See also Multi Vegetable Websites # 2, 3 and 6 at top

PUMPKINS

<http://urbanext.illinois.edu/pumpkins/>

From the University of Illinois, this site is packed with information and covers pumpkin history, varieties, nutrition, recipes, pumpkin facts, growing pumpkins, Q&A, pumpkin fun and ideas for teachers

www.pumpkinnook.com/

This site is full of quirky pumpkin stuff. Click on “How to Grow” for an A to Z of how to grow pumpkins. Click on “Giant Pumpkins” to check on world record pumpkins. Click on “Facts/education” for the anatomy of a pumpkin, the world’s largest pumpkin pie.

www.informeddemocracy.com/pumpkin/frowing.html

Gives answers to questions about growing pumpkins. Click on “Classroom Activities” for ideas about creating a root view chamber, pumpkin sauce, a pumpkin museum.

www.pumpkin-patch.com/

All about pumpkins, a trip to the pumpkin farm, pumpkin cuisine, picking pumpkins, growing your own, pumpkin facts, varieties of pumpkins.

www.kiddiegardens.com/growing_pumpkins.html/

Offers pumpkin facts, how to grow pumpkins, companion plants. Lettuce, radishes and potatoes are also found here.

www.nickjr.com/fall-into-autumn/weekly-lesson-plan-autumn/pumpkins-lesson-plan.html

Lesson plans include Jack O’lanterns, pumpkin sizes and shapes, making pumpkin pie, making sweet and salty pumpkin seeds.

<http://atozteacherstuff.com/themes/Pumpkins/>

www.enchantedlearning.com/themes/pumpkin.shtml

See also Multi Vegetable Website # 2, 3, 4, 5 and 6 at top

POTATOES

www.potato2008.org/en/kids/index.html

International Year of the Potato 2008 website – this is the kids’ section. The adult section has a wealth of information that is at high school level or above. This part of the site lets you click on “Potato Facts” for a list of questions. Click on a question and you get the answer. This is really well done, with exceptional graphics. There’s a quiz related to the questions. Click on “Grow Your Own Potatoes” for how-to information. Click on “Potato Show” to see and read about unusual varieties grown in the Andes.

www.potatoconference.com/PotatoKids.cfm

Washington State Potato Kids website. “Cool Projects” shows you how to make potato batteries. “Recipes by Kids” includes a recipe for green mashed potatoes. “History” presents a question with an answer in 1-3 paragraphs. “Fun Facts” gives tater trivia. The “Grow’em” and “Teachers” sections are under construction.

www.potatomuseum.com

There are a lot of old photos and exhibits to see at the Potato Museum, in New Mexico.

www.potatoexpo.com

Click for information on potato care, facts, nutrition and history in the state of Idaho.

See also Multi Website # 1, 2, 3, 4, 5, and 6 at top

TOMATOES

www.thetomatozone.co.uk/

This website is from the British Tomato Association. Some of the words are British (fibre for fiber, glasshouse for greenhouse) and the measurements are all metric, but this offers a chance to talk about grams and milliliters. This is a well-developed site. While parts of the site are loading, for example, you see tomatoes ripening from green to red. Click on the yellow icon for ages 5 to 11 years. There are then icons on the left to click on. The flower icon is “Tomato Topics”. Included is “Inside Story” about parts of the plant and its food, “From Flower to Fruit” about pollination, fertilization and seed production, “Super Soups” which lets you develop your own tomato soup and create a carton by dragging words and pictures, “Grow Your Own” a quiz for age 5-7 and “Grow Your Own” a quiz for ages 8-11. The Plate icon is “More Info”. Included is “Health and

Nutrition” which poses questions that are answered by clicking on them, and “Recipes” which gives you an opportunity to practice metric measurements. The “5-7” icon brings you into a virtual greenhouse, where you can click on pictures for an explanation; there are also games to play. The “8-11” icon is the same, except at a higher level. Click on the “Facts” icon for some unusual facts about tomatoes.

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BEANS

See also Multi Vegetable Websites # 1, 2, 3, 5 and 6 at top

SQUASH

See also Multi Vegetable Website # 1, 2, 3, 5 and 6 at top