



HARVEST OF THE MONTH

June: Cucumbers

Nutrition News—

Fresh cucumbers, while 95% water, are a very good source of vitamin C, vitamin K, potassium, and fiber. As members of the gourd family, they develop from a creeping vine that bears fruits consumed as vegetables.

A half cup of cucumbers contains just 8 calories.



Did you know?

Cucumbers were being grown by Native Americans in Virginia by the mid-16th century.





DESKTOP GARDEN

Standards of Learning:

Science: K.7, 1.4, 2.4

Objectives:

Students will be able to—

- Investigate seed needs for germination.

Materials:

- Medium to large-sized clean plastic lids (size from peanut butter or mayonnaise jars)
- Seeds, such as cucumber
- Paper towels
- Water
- Aluminum foil



Background Knowledge:

Germination is when the seed sprouts and begins to grow. It is important for your students to know that it starts right when there is a bud present from the seed. Explain to your students that their sprout will need a while to grow and that every plant is different in the amount it takes for them to get to maturity. Ask them what their plant will need to grow. All plants need water, light, temperature, time, soil (nutrients), oxygen, and space to grow to full maturity, which is something you can show your students as they are creating their own dirt baby. The process that their plant is going to go through is also something that should be talked about and monitored for a few weeks. All plants go through about the same cycle of sprout, growth, flower, and fruit. However, it is important to also point out to your students what the different plant parts are since they will not have flowers or fruits. The basic parts of the plant to point out are roots, leaves, stem, flower, seeds, and fruit. Make sure to point out that not all plants have every part.

Procedure:

1. Discuss seed germination with students and identify the conditions necessary for seeds to sprout.
2. Give every student a clean lid. Lay a couple of damp paper towels within the lid, you can fold or cut them to fit.
3. Sprinkle seeds onto the paper towels.
4. Cover the lid with aluminum foil.
5. Check the garden each day and record the seeds' progress. Be sure to keep the paper towel damp.
6. Once the seeds have sprouted, you can remove the aluminum foil and let them grow by continuing to water them.