

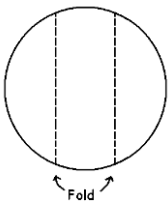
VEGETABLES

ART

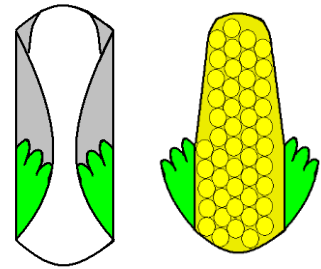
VEGGIE PRINTS

Cut vegetables in half. Dip them in paint and make prints. Vegetables that work well are bell peppers, corn on the cob, cauliflower, cabbage, and squash. Try to use vegetables that are not too juicy.

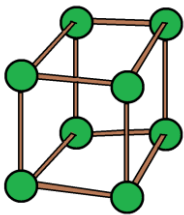
CORN



1. Fold paper plate in thirds.
2. Trace part of the child's hand on plate and color them green. Cut away grey area.
3. Open plate. Use cotton swab and yellow paint to make rows of kernels.

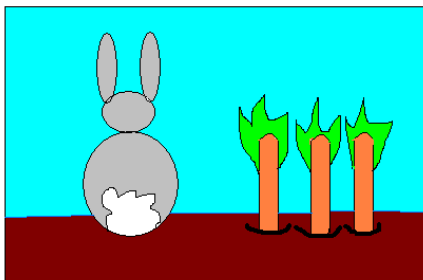


PEA ART



Soak dried peas in water overnight. When peas are soft enough, use toothpicks to connect them together into sculpture.

POPSICLE-STICK CARROT PATCH



- Green Construction paper
- scissors
- glue
- craft sticks
- orange marker
- cotton balls

Cut out carrot tops; glue to sticks. Color sticks orange. Cut slits into paper and insert sticks. Glue or tape to secure. Draw a bunny next to the carrots. Glue on a cotton ball tail.

SONGS

VEGETABLE SONG (to tune of "Twinkle, Twinkle Little Star")

Carrots, Peas, and Broccoli,
Vegetables are good for me.
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots, Peas, and Broccoli,
Vegetables are good for me

IN THE GARDEN (To tune of "Oh My Darling, Clementine")

In the garden, in the garden,
In the garden down the street,
We see carrots and some peppers
All in rows so nice and neat.

There are green beans and potatoes
And some lovely pumpkin vines.
See the sweet corn and tomatoes,
Vegetables of many kinds.

In the garden, in the garden,
In the garden down the street,
We see carrots and some peppers
All in rows so nice and neat.

HARVEST SONG (to tune of "Skip to My Lou")

Corn on the cornstalks grows above ground.
Corn on the cornstalks grows above ground.
Corn on the cornstalks grows above ground.
Let's go harvest our garden!

Potatoes in the dirt grow underground.
Potatoes in the dirt grow underground.
Potatoes in the dirt grow underground.
Let's go harvest our garden!

Squash on long vines grows above ground...
Carrots are roots; they grow underground...

PULLING UP CARROTS (to tune of "Paw-paw Patch")

Pulling up carrots, put them in your basket,
Pulling up carrots, put them in you basket,
Pulling up carrots, put them in you basket,
Way down yonder in the carrot patch.

Digging some potatoes....
Picking heads of lettuce...

DOWN IN MY GARDEN (to tune of "Down by the Station")

Down in my garden
Early in the morning,
See my big turnip
Stuck so tight.
See all the people
Come to help me pull it
Tug, tug, tug, with
All our might.

OVER IN THE GARDEN (to tune of "Over in the Meadow")

Over in the garden under the sun, (form circle around head with arms)
Grew some carrots, and (child's name) picked one, (child named bends over and "picks")
Out in the garden under skies so blue, (hands up in the air)
Grew some carrots, and (child's name) picked two, (Child named bends over and "picks")
Out in the garden near a big oak tree (Make tree with arms)
Grew some carrots, and (child's name) picked three.
We took those carrots, and we washed the whole bunch, (washing actions)
Then we sat right down, (sit on floor)
and we ate them all for lunch, (eating motions)
"Munch, munch, munch, munch, munch!"

GAMES

HOT POTATO

Sit children in a circle. Give one a potato and ask him to start passing it when you start music. When music stops, whoever has potato holds it up and everyone shouts, "Potato!" (In this noncompetitive version, no one has to leave game!)

TATER TOSS

To make potato, stuff a newspaper ball into a clean knee-high stocking. Twist the free end of the stocking and then pull it over the ball. Twist the free end again and pull it over ball again. Knot the open end and cut off excess. Add potato eyes with a permanent marker. Place the potatoes along with an empty basket on floor. Invite kids to toss taters into the basket. Count how many they get in the basket.

CARROT, CARROT CORN

Play like Duck, Duck, Goose.

OTHER FUN STUFF

VEGGIE SORTING

Use several sizes and colors of one vegetable (like potato.) Have the children sort by color then by size.

HARVESTING VEGGIES

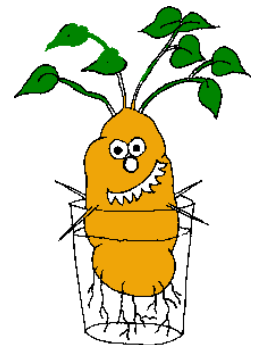
"Plant" carrots, radishes, and other root vegetables in soil so they look like a garden. Let children pull them up, wash them and eat.

BEANS IN A BASKET

Number the bottom of the cups of an egg carton from 1-12. Place 80 beans in the lid of the opened egg carton. Place one bean in the cup marked 1, two beans in the cup marked 2, etc.

SWEET POTATO CREATURE

1. Push 4 or more toothpicks halfway into a sweet potato. They should be inserted in the bottom third of the potato.
2. Place potato in a glass with the toothpicks resting on the top rim.
3. Pour water into the glass. Make sure the end of the potato is in the water.
4. Place glass on windowsill. In a few weeks you'll see roots growing out of the sides and bottom of the sweet potato. Keep the water level in the glass constant. Soon purplish sprouts will grow from the top of the potato. Decorate the potato creature with paper features.



CARROT PRINTS

Select carrots of various sizes. Cut several of them crosswise into thick rounds and cut others lengthwise into halves or fourths. Place folded paper towels in shallow containers and pour on small amounts of orange paint. Let kids dip carrot pieces into the paint and press them on pieces of paper to create carrot prints.

VEGGIE SORTING

Select 6-10 veggies of various sizes. Let kids line them up by size. When everyone has a turn, wash the veggies and serve them for snack time.

SNACK

VEGGIE DIP

Cut strips of carrots, bell peppers, celery, and other vegetables. Dip in ranch dressing.

FINGERPLAYS

PLANT A LITTLE SEED

I plant a little seed in the cold, cold ground (Squat down pretend to plant)
Out comes the yellow sun, big and round (Put arms above head like sun)
Down come the raindrops soft and slowly (dancing fingers)
Up comes the corn stalk, grow, grow, grow (jump as stalk emerges)

PEA SOUP

(Cup hand and bend down fingers, 1 at a time Variation: stand in circle and let children take turns jumping into circle. At end, everyone jumps out of circle)

One little pea jumped into the pot
And waited for the soup to get hot
Repeat with 2, 3, 4, 5

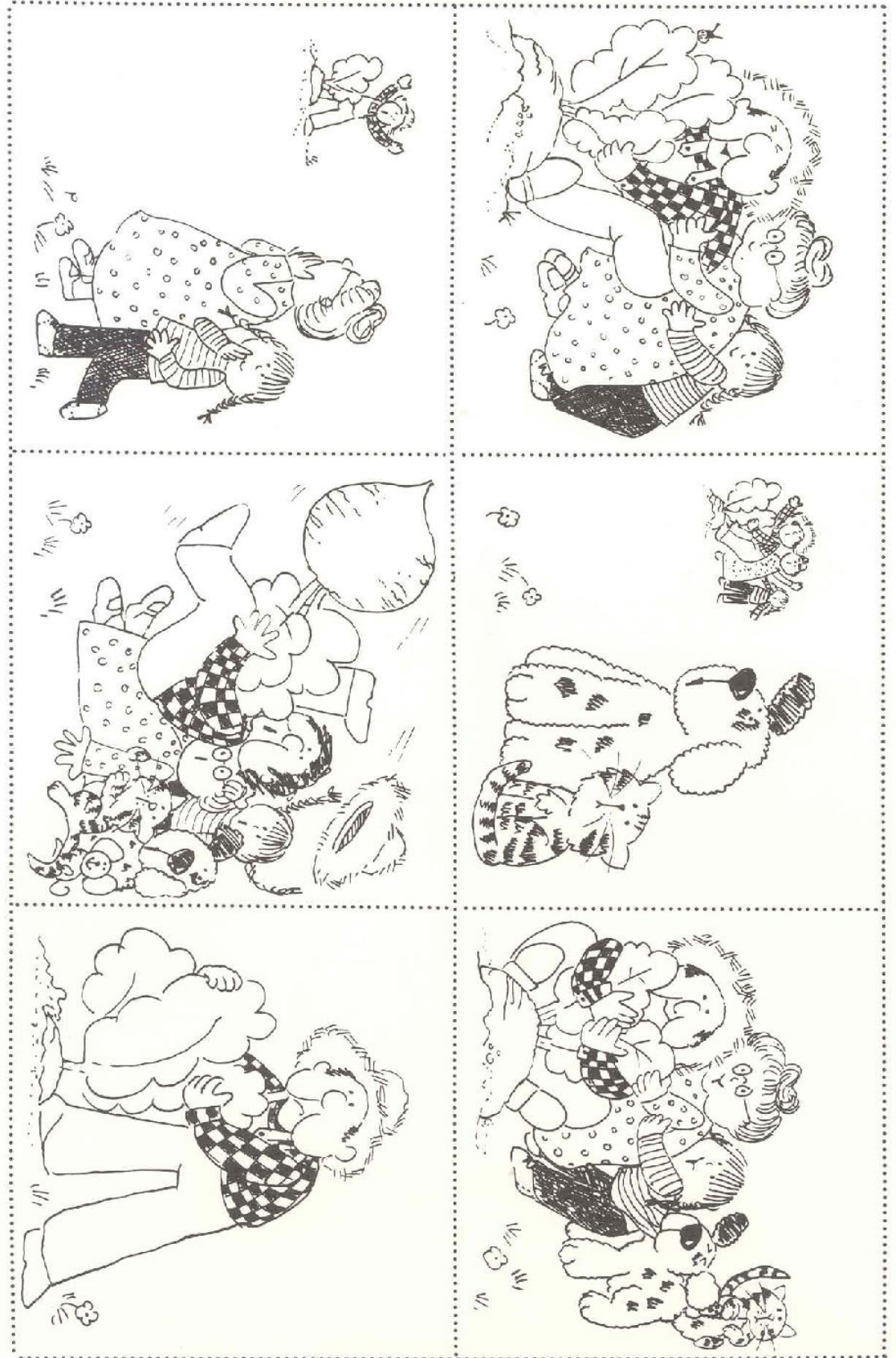
Finally the soup got so very hot,
All the little peas jumped out of the pot (quickly open hand)

FIVE FAT PEAS

Five fat peas in a pea pod pressed (children hold hand in a fist)
One grew, two grew, so did all the rest. (put thumb and fingers up one by one)
They grew and grew (raise hand in the air very slowly)
And did not stop, Until one day
The pod went POP! (children clap hands together)

ENORMOUS TURNIP

Reproduce
for each
child. Let
them color
and cut
apart. Put
the story
of the
enormous
turnip in
order.



VEGETABLE BOOKS

J 398.2 BAR	Barkow	Ogromnaya Repa = The Giant Turnip
J 398.2 BAX	Baxter	Enormous Turnip
J 398.2 DEP	dePaola	Jamie O'Rourke And The Big Potato
J 398.2 OSB	Osborne	Kate And The Beanstalk
J 398.2 PAU	Paulsen	Jack And The Beanstalk And The Beanstalk Incident
J 398.2 PEC	Peck	Giant Carrot
J 398.2 STE	Stevens	Tops And Bottoms
J 398.2 WEL	Wells	Jack And The Beanstalk (illustrated by Norman Messenger)
J 398.21 DEL	DeLaMare	Turnip (illustrated by Kevin Hawkes)
J 398.21 PAR	Parkinson	Enormous Turnip
J 513.2 MUR	Murphy	Just Enough Carrots
J 513.2 POM	Pomeroy	One Potato
J 583.7 GAN	Ganeri	From Bean To Bean Plant
J 633 FOW	Fowler	Corn – On And Off The Cob
J 633.15 GIB	Gibbons	Corn
J 633.15 LAN	Landau	Corn
J 633.15 NEL	Nelson	From Kernel To Corn
J 635		This section has information on gardens and gardening.
J 635.13 SNY	Snyder	Carrots
J 635.62 ROB	Robbins	Pumpkins
J 635.65 SAU	Suanders-Smith	Beans
J 641 BRO	Brown	Vegetable Show
J 641.35 CLE	Cleary	Green Beans, Potatoes, And Even Tomatoes
J 641.35 SAU	Saunders-Smith	Carrots
J 641.35 SAU	Saunders-Smith	Corn
J 641.51 CHA	Charney	ABC's Of Fruits And Vegetables And Beyond – Delicious Alphabet Poems Plus Food, Facts And Fun For Everyone
J 745.5 ELF	Elffers	Play With Your Food
J 811 MOR	Mora	Yum! Mmmm! Que' Rico – America's Sproutings
E ARGUETA	Argueta	Salsa
E ARNOSKY	Arnosky	Raccoons And Ripe Corn
E AYRES	Ayers	Up Down, And Around
E AZARIAN	Azarian	Gardener's Alphabet
E BAKER	Baker	1-2-3 Peas
E BAKER	Baker	Hap-pea All Year

E BAKER	Baker	LMNO Pea-que!
E BAKER	Baker	LMNO Peas
E BARBER	Barber	Tale Of Two Goats
E BARRON	Barron	Showdown At The Food Pyramid
E BARTON	Barton	That's Not Bunny!
E BEARD	Beard	Pumpkin Man From Piney Creek
E BELL	Bell	I Yam A Donkey!
E BENEDUCE	Beneduce	Jack And The Beanstalk
E BERTRAND	Bertrand	Adelita And The Veggie Cousins
E BLACK	Black	Bored
E BRAUN	Braun	Trust Me, Jack's Beanstalk Stinks!
E BRAVO	Bravo	Olga's Cup And Saucer
E BRETT	Brett	Turnip
E BROWN	Brown	Fierce Yellow Pumpkin
E BUNTING	Bunting	Pumpkin Fair
E CAMPBELL	Campbell	Once Upon A Princess And A Pea
E CARLSTROM	Carlstrom	Moose In The Garden
E CASELEY	Caseley	Grandpa's Garden Lunch
E CECH	Cech	Jack And The Beanstalk
E CECH	Cech	Princess And The Pea
E CHAPMAN	Chapman	Vegetables In Underwear
E CHERNESKY	Chernesky	Cheers For A Dozen Ears – A Summer Crop Of Counting
E CHERRY	Cherry	How Groundhog's Garden Grew
E CHRISTENSEN	Christensen	Plant A Little Seed
E CHILD	Child	I Will Never Not Ever Eat A Tomato
E COHEN	Cohen	Digger Pig And The Turnip
E CREWS	Crews	Jack And The Beanstalk
E DAVIS	Davis	Black Belt Bunny
E DAVIS	Davis	Enormous Potato
E DEFELICE	DeFelice	Old Granny And The Bean Thief
E DEFELICE	DeFelice	One Potato, Two Potato
E DELANEY	Delaney	Mabel O'Leary Put Peas In Her Ear-Y
E DELASCASAS	De Las Casas	Gigantic Sweet Potato
E DENISE	Denise	Pigs Love Potatoes
E DEPAOLA	dePaola	Strega Nona And Her Tomatoes
E DILLON	Dillon	Jeb Scarecrow's Pumpkin Patch
E DRUMMOND	Drummond	Charlie The Ranch Dog – Charlie's New Friend
E DUKE	Duke	Ready For Pumpkins
E DURANT	Durant	Burger Boy
E DYJAK	Dyjak	Bertha's Garden
E EDWARDS	Edwards	Princess Pigtoria And The Pea
E EHLERT	Ehlert	Boo To You!
E EHLERT	Ehlert	Eating The Alphabet

E EVANS	Evans	Bunnies' Picnic
E FINE	Fine	Water, Weed, And Wait
E FLEMING	Fleming	Muncha! Muncha! Muncha!
E FREYMANN	Freymann	Baby Food
E FREYMANN	Freymann	Dog Food
E FREYMANN	Freymann	Fast Food
E FREYMANN	Freymann	How Are You Peeling? Foods With Moods
E GARLAND	Garland	Eddie's Garden And How To Make Things Grow
E GARLAND	Garland	How Many Mice?
E GEORGE	George	In The Garden: Who's Been Here?
E GERSTEIN	Gerstein	Daisy's Garden
E GRETZ	Gretz	Rabbit Food
E GREY	Grey	Very Smart Pea And The Princess-To-Be
E GUILLAIN	Guillain	Poodle And The Pea
E HART	Hart	Princess And The Peas
E HELLER	Heller	Peas
E HESTER	Hester	Grandma Lena's Big Ol' Turnip
E HILL	Hill	Marley And The Runaway Pumpkin
E HOBAN	Hoban	Mr. Pig And Sonny, Too
E HOLUB	Holub	Garden That We Grew
E HOLUB	Holub	Pumpkin Countdown
E HOOD	Hood	Carrot And Pea – An Unlikely Friendship
E HOROWITZ	Horowitz	Ugly Pumpkin
E HOWE	Howe	Pinky And Rex And The Perfect Pumpkin
E HUBBELL	Hubbell	Pumpkin Jack
E HUDSON	Hudson	Too Many Carrots
E HUTCHINS	Hutchins	Bumpety Bump!
E ISADORA	Isadora	Princess And The Pea
E JOHNSON	Johnson	Farmers' Market
E JOHNSTON	Johnston	Cowboy And The Black-Eyed Pea
E JOHNSTON	Johnston	Vanishing Pumpkin
E JOHNSTON	Johnston	Very Scary
E KELLOGG	Kellogg	Jack And The Beanstalk
E KETTEMAN	Ketteman	Waynetta And The Cornstalk
E KIMMEL	Kimmel	Pumpkinhead
E KLINGEL	Klingel	Pumpkins
E KLOSKE	Kloske	Once Upon A Time, The End
E KRAUSS	Krauss	Carrot Seed
E KROLL	Kroll	Biggest Pumpkin Ever
E KRUDWIG	Krudwig	Cucumber Soup

E KYLE	Kyle	Gazpacho For Nacho
E LAIRD	Laird	Keaka And The Liliko'I Vine
E LAROCHELLE	LaRochelle	How Martha Saved Her Parents From Green Beans
E LATHAM	Latham	Fresh Delicious – Poems From The Farmers' Market
E LEEDY	Leedy	Jack And The Hunger Giant – Eat Right With MyPlate
E LEVY	Levy	Runaway Radish
E LIED	Lied	Potato : A Tale From The Great Depression
E LINDESY	Lindsey	Sweet Potato Pie
E LOBEL	Lobel	10 Hungry Rabbits
E LOBEL	Lobel	Potatoes, Potatoes
E LINDSEY	Lindsey	Sweet Potato Pie
E MACDONALD	MacDonald	Pickin' Peas
E MARTIN	Martin	Rock It, Sock It, Number Line
E MAYER	Mayer	Green, Green Garden
E MCCLEMENTS	McClements	Night Of The Veggie Monster
E MCDONALD	McDonald	Potato Man
E MCELLIGOTT	McElligott	Bean Thirteen
E MCMILLAN	McMillan	Growing Colors
E MCMULLAN	McMullan	Fluffy Grows A Garden
E MCNAMARA	McNamara	Pumpkin Patch
E MCQUEEN	McQueen	Bob & Rob & Corn On The Cob
E MILLER	Miller	Sophie's Squash
E MINOR	Minor	Pumpkin Heads
E MINOR	Minor	How Big Could Your Pumpkin Grow?
E MODARRESSI	Modarressi	Monster Stew
E MOORE	Moore	Grandma's Smile
E MORTIMER	Mortimer	Pumpkin Cat
E NESBIT	Nesbit	Jack And The Beanstalk
E NORTH	North	Jack And The Bean Pie
E NORTH	North	Princess And The Frozen Peas
E OLLER	Oller	Cabbage Soup Solution
E ORSHOSKI	Orshoski	I Do Not Like Greens
E PARKS	Parks	Farmers Market
E PASQUALI	Pasquali	Mrs. Noah's Vegetable Ark
E PAYE	Paye	Talking Vegetables
E PERLMAN	Perlman	Penguin And The Pea
E PETERS	Peters	We're Rabbits
E PIERNASDAVENPORT	Pierns-Davenport	Shante Keys And The New Years' Peas
E PILKEY	Pilkey	Dragon's Halloween
E PINCZES	Pinczes	Inchworm And A Half

E POLETTE	Polette	Paco And The Giante Chile Plant – Paco Y La Planta De Chile Gigante
E POOLE	Poole	Pea Blossom
E POTH	Poth	Veggie Tales (series)
E PRASADAMHALLS	Prasadam-Halls	T. Veg – The Story Of A Carrot- Crunching Dinosaur
E RAY	Ray	Pumpkins
E REYNOLDS	Reynolds	Creepy Carrots
E ROCKWELL	Rockwell	Apples And Pumpkins
E ROCKWELL	Rockwell	Pumpkin Day, Pumpkin Night
E ROCKWELL	Rockwell	Sweet Potato Pie
E ROSEN	Rosen	Night Of The Pumpkinheads
E ROSENTHAL	Rosenthal	Little Pea
E RYLANT	Rylant	Mr. Putter And Tabby Spill The Beans
E SAGE	Sage	Farmer Smart’s Fat Cat
E SAVAGE	Savage	Ten Orange Pumpkins
E SAYRE	Sayre	Rah, Rah, Radishes
E SCHAEFER	Schaefer	Snow Pumpkin
E SCHEUNEMANN	Scheunemann	Peas And Cheese
E SCHNITZLEIN	Schnitzlein	Monster Who Ate My Peas
E SCHOONMAKER	Schoonmaker	Square Cat ABC
E SEGAL	Segal	Carrot Soup
E SERFOZO	Serfozo	Plumply, Dumpy Pumpkin
E SHANNON	Shannon	Rabbit’s Gift
E SHELBY	Shelby	Potluck
E SIERRA	Sierra	E I E I O – How Old MacDonald Got His Farm
E SLOAT	Sloat	Patty’s Pumpkin Patch
E SMALLMAN	Smallman	Lamb Who Came For Dinner
E SPURR	Spurr	Pumpkin Hill
E STEVENS	Stevens	Carlos And The Cornfield
E STEVENS	Stevens	Carlos And The Squash Plant
E STEVENS	Stevens	Princess And The Pea
E STEWIG	Stewig	Nobody Asked The Pea
E STIHEL	Stihler	Giant Cabbage
E STIMPSON	Stimpson	Jack And The Baked Beanstalk
E STOWELL	Stowell	Greatest Potatoes
E STURM	Sturm	Ogres Awake!
E SUTTON	Sutton	Trouble With Cauliflower
E THOMAS	Thomas	There’s A Pest In The Garden
E TOLSTOY	Tolstoy	Gigantic Turnip
E TONE	Tone	Very Big Carrot
E TYRON	Tyron	Albert’s Halloween
E VAGIN	Vagin	Enormous Carrot
E VANNUTT	Van Nutt	Pumpkins From The Sky

E WALLACE	Wallace	Scarlette Beane
E WALTON	Walton	Mrs. McMurphy's Pumpkin
E WELLS	Wells	Gulps
E WHITE	White	Too Many Pumpkins
E WIDMAN	Widman	Cornfield Hide-And-Seek
E WIESNER	Wiesner	June 29, 1999
E WILLIAMS	Williams	Real Princess – A Mathemagical Tale
E WILSON	Wilson	Mortimer's First Garden
E WILSON	Wilson	Princess And The Packet Of Frozen Peas
E WOREK	Worek	What's On My Farm?
E YACCARINO	Yaccarino	Lima Bean Monster
E YACOWITZ	Yacowitz	Pumpkin Fiesta
E YIM	Yim	Goldy Luck And The Three Pandas
E YORINKS	Yorinks	Tomatoes From Mars
E YOUNG	Young	Few Bites
E ZIEFERT	Ziefert	Princess And The Pea
E ZIEFERT	Ziefert	Princess And The Peas And Carrots
E ZIEFERT	Ziefert	Turnip

DVDs

J 791.43 CAI	Caillou – Caillou's Garden Adventures
J 791.43 IFY	Reading Rainbow – If You Give A Mouse A Cookie (Two Old Potatoes And Me)
J 791.43 JAC	Jack And The Beanstalk
J 791.43 JUN	June 29, 1999
J 791.43 OSW	Oswald – Welcome To Big City! – (Tomato Garden)
J 791.43 SUP	Super Why – Jack And The Beanstalk (Princess And The Pea)
J 791.43 TWO	Two Old Potatoes And Me
J 791.43 VEG	VeggieTales (series)

This list was updated on October 26, 2017