





CLASS PROJECT Getting to know you

First, everyone in the class writes his or her name on a piece of paper. Put all the names in a bag or box. Then each student picks a name without looking. Find the person whose name you have picked and ask them about their favorite things. Draw a portrait of that person and try to include those favorite things in your drawing.

What's a friend?

Can you say what a friend really is? Think what it means to have a friend. You can learn a lot by having everyone in the class share ideas about friendship. What words do you use to tell someone about having a friend? You might think of "fun" or "sharing" or "together."

What words help say what it means to be a friend?

Health and Fitness

Friends who needs them?

Do you make new friends easily? Not everyone does. If you think about the people you know, some are outgoing and some are shy. Which kind of person are you?

You don't have to be popular to be a good friend. In fact, being a good friend is different from being popular. Having one good friend can be better than having lots of kids hang around you.

You can learn to make new friends. You can also learn to be a better friend. The first thing to do is help people to like you. Think about why you like some other people. What is different about them?

FRIENDS PAGE 2





Be a spending winner

We all want to win. If you want to win at spending, you should know a basic fact: If you spend all your money, you won't have any left. Simple, right? While not everyone spends the same way, as in other games, there are strategies to help you win.

Look at the ways to spend below. Circle the best ways to spend and draw a line through the worst ways to spend.

- **1.** Shop around for the best deal and buy it when you have the money saved.
- 2. Borrow money to buy what you want, then spend a lot of time earning money to pay that person back. (This is called debt.)
- **3.** Divide the money you get into a savings jar and a spending jar. This way you have money to spend and money saved for later.
- **4.** Any time you get money, run right out to the store to buy treats and new gadgets.

Taking your time and having a plan are the best ways to spend money wisely.

Answers: Best ways to spend: 1 and 3. Worst ways to spend: 2 and 4.



PREJUDICE When you have an opinion or some idea about someone without really knowing that person, that is prejudging someone. It is natural to have likes and dislikes. However, if you dislike everyone who looks like another person you don't like, that is prejudice.

DISCRIMINATION is when we act on negative opinions or attitudes that are a result of pre-judging people. It is denying individuals or groups of people fair treatment. Individual acts of unfairness could be excluding someone, not helping someone or applying different rules to different people.

I think differently

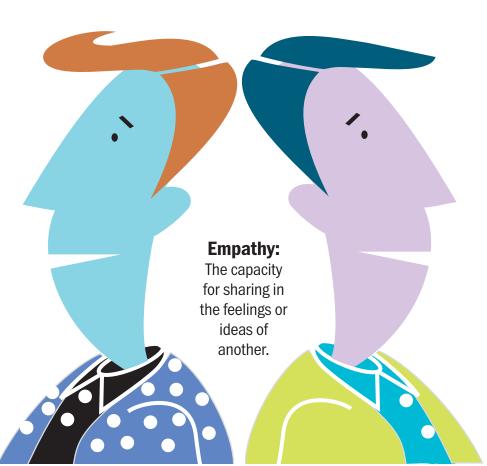
Different sides of the brain are responsible for different ways of thinking. Most people have a preference for one of these styles of thinking. Left-brain thinkers focus on logic, analysis and accuracy. Right-brain thinkers focus on aesthetics, feelings and creativity.

Left-brain thinking:

Counting, measuring, words and language, seeing patterns, step by step

Right-brain thinking:

Recognizing faces, artistic images, music, imagining, spatial abilities



FRIENDS

FROM PAGE 1

We like people who can:

- listen
- smile
- make us laugh
- be kind

Here are some other ideas that will help you make new friends:

- See what others are doing that makes people like them.
- Watch for a chance to help someone else.
- See if there is a group of kids who like things that you like.
- Find out about clubs or groups at school.Try to remember a good story
- or something you have read.
 Even if you feel shy, just say
- "hi" when you meet people.Talk to someone who seems
- shy. They may be happy to be noticed.Everyone likes to be called by
- their name when you talk to them.
 Listen to what people are
- talking about so you can ask them about things they like.

 Lust smile when someone
- Just smile when someone looks at you. If you frown, people will think you don't like them.

JUST LIKE ME

One way to make friends is to learn about them. What do you know about other kids in your class? Here are some questions your teacher can ask your class. You can just raise your hand and look around to see who is like you.

Who likes to go swimming?

Who has a birthday in January?

Who has a birthday in July?

Who has a brother with stinky

feet?

Who likes dogs?

Who likes elephants?

Who likes spiders?

Who likes to see a scary

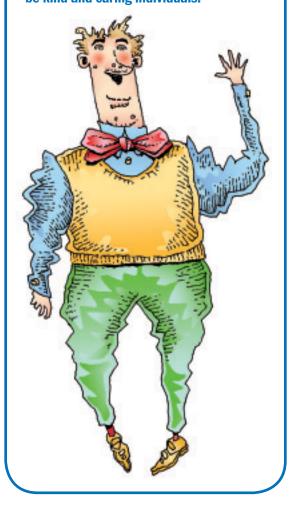
movie?

Who likes to look at clouds and see what shapes they make?

Who likes trains?

Who likes to play in the park?

SHYNESS is an emotion that makes you feel uncomfortable, self-conscious, scared or nervous around others. Physically you might feel flushed, shaky, queasy, speechless or breathless. No one chooses to be shy; it just happens. It can just sneak up on you when you feel nervous. People who are shy may be more sensitive to emotions, not only their own but the feelings of others. Shy people tend to be kind and caring individuals.





SHUTTERSTOCK

Why do I feel this way?

SILLY, brave, scared, proud, worried, thrilled, guilty, lazy, excited. ... How do you feel right this minute?

Sorry, curious, hopeful, confused? There must be eight dozen words to describe all the ways a person can feel. Sometimes we feel a couple of emotions at the same time. (Like when we see a scary movie with a friend. We are terrified and happy.)

We use the words "mental health" to describe our emotional life. Having good mental health doesn't mean you are always happy. Of course not. If your dog dies, you will feel sad. If someone in your class tells a lie about you, you will be angry. It's only normal.

When you were younger, you might have thought you were the only one who ever felt shy. Or you might have thought you were the only one whose emotions ever got out of control

Hopefully, you are learning more about your emotions as you get older. You've probably

learned to use words instead of hitting when you get angry. Maybe you've learned to take a few deep breaths to calm down before you read aloud in class.

If you pay attention, as you grow older you will continue to learn about your own emotions. You can learn how to talk about your troubles with someone you trust. You can learn how to talk to yourself in more positive ways. You can learn how to handle your emotions, even the ones that are hardest for you right now.

Do you want to be less shy? Make more friends? Do you want to stop talking so much? Do you want to stop saying mean things when you are hurt or mad?

Well, you can change if you want to. You have your parents, teachers, school counselors and library books — lots of places you can go to for help.

— Susan Whitney



Clip several newspaper photos that show people's faces. Paste the photos on a piece of construction paper and study them carefully. How do you think each person was feeling when the photo was taken? What clues are you using to decide? Write one word under each photo that describes the strongest emotion you think the person is feeling.

Look through the Sports section for several days and collect photos that show emotion. Work with another student to create a poster of sports emotions. Print words that describe the emotions beside the photos.

There are often stories in the newspaper about people who let their anger get out of control. Discuss one of these stories with your classmates.

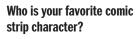




When you read your newspaper, think about what it means to be friends. Look for stories about how people treat each other.

- Different countries have lots of troubles with each other. How could whole countries be friends with each other?
- Look at the comics for different kinds of people and animals that are friends with each other.
- Find a word, story or picture in the newspaper that completes each sentence below.

 makes me feel sad
 makes me feel excited
 makes me feel hopeful
 makes me feel angry
makes me feel frightened



Draw or paste a picture of the character in the box above. On the numbered lines beside the box write three words that describe how the character looks.

On lines A, B and C, write three words about the character's personality (Is she smart? Funny?).

When you describe someone's personality, you are describing their character. Your character is how you act and how you treat other people.

2.	
3.	
A.	
B.	



WORD SEARCH

W	G	M	0	T	N	H	A	P	P	Y
0	M	S	S	1	L	L	Y	U	S	V
R	A	M	A	R	G	L	A	D	Z	F
R	S	A	T	D	N	V	B	Z	S	R
M	Q	Z	A	T	E	R	S	K	ı	ı
A	F	U	N	N	Y	W	A	F	C	E
D	T	V	R	S	B	C	F	T	K	N
T	ı	S	M	A	R	T	E	M	0	D
M	N	0	N	S	L	E	E	P	Y	L
Z	B	Q	U	1	E	T	C	B	Z	Y
H	0	L	W	0	R	R	ı	Ε	D	0
S	C	A	R	E	D	T	1	R	M	Z

Words to find

FRIENDLY

FUNNY GLAD HAPPY MAD QUIET SAD SAFE **SCARED** SICK SILLY **SLEEPY SMART WORRIED**





Read Today Gold Medal Counts

As the Olympics have come to a close, many athletes from all over the world are "bringing home the gold." So, in the spirit of the 2018 Winter Olympics, the Read Today team has a few medals of our own we'd like to hand out. The first gold medal in our Literacy Olympics goes to the Ronald McDonald House. Families from all over the world come to stay at the Ronald McDonald house to be near, and care for, their seriously ill or injured child. Although it's difficult to be away from home, these families know how important it is to read and gladly participated in our Read Today Olympic Challenge.

Read Today, along with KSL and Select Health teamed up to host a fun family night with Olympic Bingo, a medal making station and some other fun events just to let them know how special they are. To read about who received our next medal, turn to 4 of Connect2.





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Deseret News Your Family . Community . World

March is National Nutrition Month, American Red Cross Month and National Noodle Month.



March 14 **Birthday of Albert Einstein** (1879-1955),Scientist, famous for his theories of the structure of the

"Teaching should be such that what is offered is perceived as a valuable gift and not as a hard duty."

universe.

- Albert Einstein



March 17 St. Patrick's Day

March 15

Swallows return to San Juan Capistrano Fiesta de las Golondrinas (Festival of the Swallows)



Vernal equinox is the date when night and day are nearly the same length, and the sun crosses the equator moving northward. It is considered to be the first day of spring.

The amount of sunlight reaching the Earth's surface is 6,000 times the amount of energy used by all human beings worldwide. The total amount of fossil fuel used by humans since the start of civilization is equivalent to less than 30 days of sunshine



March

Red Cross Month

CINCE 1943, each Depresident of the United States has proclaimed March as Red Cross Month. This annual tradition was started by President Franklin D. Roosevelt. It publicly recognizes the humanitarian services and accomplishments of the organization.

During World War II in March 1943, Roosevelt used the first Red Cross Proclamation as a call to action for Americans. "I summon the men, women and young people of our country, in every city and town and village, in every county and state throughout the land, to enlist in the army of mercy mobilized under the banner of the Red Cross and to contribute generously to the Red Cross War Fund," Roosevelt said.

More than half a century later, President George W. Bush again paid tribute to the American Red Cross in 2001 with a proclamation that March be Red Cross Month in



In 1898 the Red Cross provided its first assistance to the military under wartime conditions. At first U.S. commanders resisted women near the battlefields, but the nurses proved their worth. In 1901 the U.S. Congress created the Army Nursing Corps.

America. Red Cross activities across the nation, like community fundraisers, health and safety education programs, blood drives and disasterawareness programs, are part of the ongoing Red Cross effort to encourage community involvement to raise money for its life-saving work.

Chartered and authorized by Congress to act in times of need, the American Red Cross serves our nation and the world.

In 1862, Henry Dunant, a young Swiss businessman, described what he had seen on the northern Italian battlefield. His concern led to the birth of the International Committee in 1863. A red cross on a white background was adopted as the emblem, reverse of the Swiss flag, shown below.





Who gets a new tablet? Part 1

Lucy and Seth each want a tablet and make a goal to get one. Both find that certain activities help them reach their goal more successfully. The tablet costs \$50, and they both start out with \$5. Work through the activity below to see who will get a tablet:

Lucy

Gets \$10 from Grandma and saves it: **+\$10**

Baby-sits and saves the money: **+\$5** Goes with friends to the soda shop:

Gets some birthday money and saves it: +\$10

Breaks her brother's toy and has to pay for a new one: **-\$8**

Baby-sits again: +\$5

Does some yard work: +\$12

Downloads a game to the family computer: **-\$3**

Works at the city fair: +\$15

Helps her mom plant spring flowers: +\$5

Can Lucy buy the new tablet now, or does she need to save a little longer?

What helped Lucy get closer to her goal? What took money away from her goal? What would you do differently if this were your goal?



Clara Barton

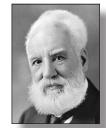
Clarissa Harlowe Barton was born Dec. 25, 1821.

Clara, as she preferred to be called, dedicated her life to humanitarian work. Her most memorable accomplishment was establishing the American Red Cross. Barton worked in Washington, D.C., when the Civil War began in 1861. Barton helped wounded soldiers by collecting donations of medical supplies. She also read and listened to them, wrote letters for them and prayed with them. Barton realized more help was needed at the scenes of battle, so she received permission to go there directly. After a battle in 1862 she arrived at midnight with a wagonload of supplies. The overwhelmed surgeon on duty later wrote, "I thought that night if heaven ever sent out an angel,

she must be one." This began her nickname as the "Angel of the Battlefield."



WIKIPEDI



Alexander Graham Bell

Alexander Graham Bell was born March 3, 1847, in Scotland. As a young child he had a natural curiosity about the world around him. He grew up to become a scientist and inventor. He is most well-known for inventing the telephone. His first name for the telephone was the "electrical speech machine."



Spring forward, fall back

Don't forget to move your clocks forward one hour on Sunday night, March 11, 2018.

> DAYLIGHT-SAVINGS TIME BEGINS MARCH 11 AND ENDS NOV. 14



Ludwig van Beethhoven

MARCH IS

THE MONTH TO CELEBRATE

Deaf History Month begins on March 13 and ends on April 15; both are important dates to deaf history. Deaf History Month begins by commemorating the 1988 victory of the Deaf President Now movement. This is when students at Gallaudet University in Washington, D.C., demanded a deaf president for the university. Deaf History Month ends on April 15, the day the American School for the Deaf in Hartford, Conn., opened its doors in 1817. A few famous deaf people to be celebrated during Deaf History Month:

Helen Keller	overcame both deafness and blindness, graduated from Radcliff College in 1904 and wrote several books.	(A)
Ludwig van Beethove	despite losing his hearing late in life, composed some of the greatest music ever written.	1 9
Marlee Matlin	a deaf actress whose role in "Children of a Lesser God" won her an Academy Award.	4 3
Heather Whitestone	crowned Miss America in 1994.	
Linda Bove	appeared along with children's favorite characters on "Sesame Street."	
Lou Ferrigno	a weight lifter who starred in "The Incredible Hulk" TV series.	The second of th
Kenny Walker	played football for the Denver Broncos.	Helen Keller

"What matters deafness of the ear, when the mind hears. The one true deafness, the incurable deafness, is that of the mind." — Victor Hugo

DESERETNEWS





Volunteer, make a difference

YOU CAN MAKE the world a better place! By giving a little of your time, you can be part of a movement of kids across the world. Being a volunteer means caring about the future. It also is a great way to meet new people, learn new things and get new career ideas.

You may already belong to a group that does volunteer work. Your church, Scouts or 4-H group is a good place to start with people you already know. Or stop at your neighborhood library. Ask your adult friends and relatives if they would be inter-

ested in volunteering with you.

There are many ways to volunteer. Some of the ways you can help are with:

- animal shelters and pet adoptions
- tutoring other kids
- food banks and homeless shelters
- museums and gardens
- caring for trails, parks and rivers
- recycling and the environment

To search on the Internet for volunteer opportunities in Utah, see: www.informationandreferral.org/ and www.volunteermatch.org

Help others . . . and help yourself

One of the ways we make our community safer is by getting involved. It's easy to stay in your own little world and ignore the rest. But it is important to learn about the problems that others

face. Learning to understand the feelings of others is very important to having a good life of your own. The more we learn about other people, the more we learn to take care of ourselves.



Nadine Wimmer KSL news

A great class project would be to learn about what people in your community need. Or find out about groups that are helping people, and visit them. You will also learn about jobs in providing services and solving problems. There are many possible careers in helping other people.

Another way that you benefit is by making new friends. You might become friends with an elderly person you are helping or someone your own age who shares your interest in helping others.

Volunteering helps us remember the things that are good for everyone: going to school, being safe, eating good foods and getting exercise. So get involved and learn how young people are helping make your community even better.



In the classified or help wanted section of the newspaper, there are many listings for people asking for help, and for people offering help. Look through the section and pick out a few that interest you. Are any of the services listed things you've thought about doing?

Some people have occupations that help or serve the community. How many can you think of? List them below. Look through the newspaper for a story on someone whose job serves the community. Write a sentence or two about what that person does.





The librarians at The City Library are seeing green this



"The First Rule of Punk,"

by Celia C. Pérez. There are no shortcuts to surviving your first day at a new school - you can't fix it with duct tape like you would your Chuck Taylors. On Day One, twelve-year-old Malú inadvertently upsets Posada Middle School's queen bee, violates the school's dress code with her punk rock look, and disappoints her college-professor mom in the process. Her dad, who now lives a thousand miles away, says things will get better as long as she remembers the first rule of punk: be yourself.

When Malú she assembles a group of like-minded misfits at school and starts a band. Malú finally begins to feel at home. She'll do anything to fight for her right to express herself!



CHECK IT OUT



"Tortuga Squad: Kids Saving Sea Turtles in Costa Rica," by Cathleen Burnham.

In Tortuga Squad, we meet a group of youngsters in Costa Rica who patrol the beaches of Parismina Island, on the Caribbean coast of Costa Rica, to help protect mother sea turtles and their eggs from poachers and animal predators. The young volunteers watch for sea turtles coming ashore to lay their eggs. They patrol the beach during hatching season, and have helped to build a guarded hatchery to protect eggs until they hatch. Then, the kids gather to help escort the tiny baby turtles across the sands to the ocean waters.



"Jack: The True Story of Jack and the Beanstalk," by Liesl Shurtliff, All his life, Jack has longed for an adventure, so when giants turn up in the neighbor's cabbage patch, he is thrilled! Soon Jack is chasing them to a land beyond the clouds, with his little sister, Annabella. The kingdom of giants is full of super-sized fun.

But Jack and Annabella are on a mission. The king of the giants has taken something that belongs to them, and they'll do anything—even dive into a smelly tureen of green bean soup-to get it back.



"The Penderwicks in Spring," by Jeanne Birdsall.

Springtime is finally arriving on Gardam Street, and there are surprises in store for each member of the family.

Some surprises are just wonderful, like neighbor Nick Geiger coming home from war. And some are ridiculous. like Batty's new dog-walking business. Batty is saving up her dog-walking money for an extra-special surprise for her family, which she plans to present on her upcoming birthday. But when some unwelcome surprises make themselves known, the best-laid plans fall apart.



anything. That sort of planning pays off when you're the smallest kid in your class. Rory is even prepared (mostly) for Tommy-Lee, his nemesis, who starts most days by throwing Rory out of the back of the school bus. Don't be scared, his favorite book says, be prepared. And Rory aims to be.

What's more heroic than that?

But Rory isn't prepared when he suddenly and inexplicably turns green and finds himself stuck in an experimental hospital ward. The doctors are just as baffled as Rory is, and that's when he begins to wonder: What if this isn't caused by his genes, or a virus, or something he ate? What if it's something even more extraordinary? After all, more than a few superheroes' careers began when they turned green. Could this be a sign that he's meant for something greater?



The next gold medal (yes, we can hand out two) goes to Mountain View Elementary. At the beginning of February we challenged the entire school to complete our Olympic Reading Challenge which was to read 20 minutes a day. When we checked in on their progress we heard something really cool! The kids in the dual emersion program were not just reading 20 minutes a day, they were reading 15 minutes in English and 15 minutes in Spanish. We could see from the moment we walked into Mr. Prices' third grade classroom that he and his students love to read. The entire room was straight out of a Harry Potter Book. There were floating candles, letters, even a sorting hat! We talked with some teachers and staff at Mountain View Elementary and they say the student's favorite Olympic sport seems to be snowboarding. The students love to watch the athletes perform tricks on the halfpipe. The teachers also said they love using the Olympics to teach about working hard and overcoming adversities. Thank you Mountain View Elementary for all your hard work!



Look at the weather forecast in your newspaper. Discuss these questions: How do different types of weather create human needs? How can you volunteer to help after catastrophic weather events? What can you do before they happen?

Go through the classified section and pick out four job openings. Write them down. Beside each one, list two or three volunteer jobs that would help you gain experience and skills to get that job.

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DESERET NEWS

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Starting your school garden right

he success of a school garden depends largely on the planning that goes into it, even before the first seed is planted in the spring. When planning your garden, it's important to:

- Keep a schedule of when seeds need to be planted, and know if they can be transplanted or must be sown directly outdoors.
- Choose a sunny spot to plant.
- Make sure you have a convenient water supply.
- Make the garden magical. You will forget that weeding is work and discover that garden science is fun.

The crop cards and schedule provided with this guide include basic information on planting, growing, harvesting and eating several common fruits and vegetables. Begin with easy plants to build up your basic knowledge. The crop cards are organized by groups with common planting dates:

- **Group A** three to four weeks before average last frost
- **Group B** one to two weeks before average last frost
- **Group C** on or one week after average last frost
- **Group D** one to three weeks after average last frost





Cabbage is part of the cole family, which also includes broccoli. cauliflower, kale, brussels sprouts, and more. Try growing them side-by side for visual and taste comparisons. Growing

These hardy plants can be seeded directly outdoors very

early in the spring and can stand up to light snow and medium frosts. Keep them evenly watered throughout the

open while too little water can lead to a browning of the leaf tips.

Cabbage leaves can be eaten fresh or cooked. Try making a cabbage salad by

first coring the cabbage and removing the thick stems, then shredding the leaves and adding vinegar, olive oil, and salt and pepper. Letting it rest in the refrigerator for an hour to wilt may make the texture more palatable for kids. For cooked cabbage dishes, try using Asian stir-fry flavors like chili, ginger, garlic, and sweet and sour sauce.

growing season—too much water near harvest time may lead to the head splitting

Planting Depth Plant Spacing Sunlight Water Usage 1/4 - 3/4 inches 12-18 inches Full Moderate

Peas are part of the legume family and can enrich the soil as they grow, making them a great rotation for more nutrient-demanding crops. During some years they may even be ready for snacking before the summer break.

Growing

Seed directly outdoors as soon as the soil can be worked. Pea plants require little care, but may be trellised on string tied between stakes to lift the plant off the ground for easier harvesting. Keep the mature pods picked to extend the season for as long as possible

Eating

Fresh or cooked, peas offer a sweet burst of spring-time flavor. For the most simple preparation, remove the shell and eat straight out of the garden. To cook, shell and then steam the peas in a few inches of water until their green color deepens, about two to three minutes. Salt is optional. Peas can also be added to stir fries. scrambled eggs, and garden salads to add a sweet variety to the diet.

Planting Depth	Plant Spacing	Sunlight	Water Usage
1 inches	1-2 inches	Full	High

Lettuce is a cool weather crop that will begin to bolt in the summer. This means it is ready to go to seed, and it will start to ooze a hitter white san when cut. As the flower stalk develops, the taste will become more bitter and the lettuce will no longer be good to eat.

For early crop, seed outdoors in late fall, Seed may also be planted continuously in spring so that your harvest will last into the early summer. When harvesting, you may take the whole plant, or just cut the outside leaves to let the plant continue growing and producing new leaves.

Preparation of lettuce is simple—just rinse, shake the water off the leaves, and serve with a dressing of your choice, or as the base of a garden salad buffet. There is an enormous range of textures, colors, and flavors of lettuce. Try growing several varieties and performing class taste tests to compare the many exciting varieties that are available

Planting Depth	Plant Spacing	Sunlight	Water Usage
¹ /4 - ¹ /2 inch	8-12 inches	Full or partial	Moderate

While their peppery flavor may be too strong for some, their exciting growth may be temptation enough to taste them. Radishes grow quickly and may even flower and go to seed early enough that you can observe a full plant life cycle before summer break. Try planting the French Breakfast variety (long and slender) alongside Cherry Belle (squat and round) for comparisons.

Growing

Seed directly outdoors in loose soil that is mostly free of rocks. Rocky or heavy soil can stunt or cause deformities in bulb growth. Can be harvested as soon as the bulbs form and will get spicier the longer the bulbs are in the ground.

Radishes are sweetest when they are young and only take about 30 days to become the best size for eating. They will often mature around the same time as lettuce, making an ideal topping for a salad. If you have a hard time eating them sliced into large rounds, try mincing them and tossing them into the salad mix to spread the

peppery navor an oughout the salad motead or leaving it in concentrated areas.					
Planting Depth	Plant Spacing	Sunlight	Water Usage		
1/2 - 1 inches	2 inches	Full	Moderate		

With the right variety of watermelon, your fall class. can still enjoy this fruit during school time.

Growing

Sow directly outdoors when soil is warm. Make sure it receives plenty of water while growing and blooming. then reduce the amount of water while the melons develor This will make the fruit sweeter and crisper. Harvest when fruit sounds hollow when thumped. To harvest, he sure to cut the vine. Pulling the fruit off the vine can leave a wound on the fruit where bacteria can get in and spoil it.

Eating

The preparation of this summer treat is as easy as slicing the melon into wedges and handing it to children. Cube the melon and mix with other summertime fruit, then add a bit of chopped fresh mint for a nice, refreshing fruit salad.

Planting Depth	Plant Spacing	Sunlight	Water Usage
1-2 inches	2 feet	Full	High

Cucumbers can be left to trail on the ground or can be trained up fences and trellises to make a beautiful and edible landscape. There is a difference between cucumbers to eat fresh and those to be pickled, so nick the appropriate variety.

MARCH 2018

Growing

Sow directly outdoors when the soil is warm. Cucumbers must be picked before the seeds begin to harden, but when to harvest them is largely dependent on their use. Pickling cucumbers should be picked between one to six inches, and cucumbers for fresh eating will taste sweetest if picked around five inches but will still be good tasting up until about 10 inches in length.

Eating

Serve cucumber slices with a little bit of salt, or try a cucumber and tomato salad. Simply dice one cucumber and one tomato, add about a teaspoon each of vinegar and olive oil, toss in fresh garden dill if available, and sprinkle with a little bit of salt. ou can leave this in the fridge for up to an hour to let the flavors spread throughout he ingredients, but don't leave it too long or the ingredients will become mushy.

Planting Depth	Plant Spacing	Sunlight	Water Usage
1 inch	2 feet	Full	Moderate

enners come in many shanes, colors, and evels of spiciness, and are often one of the nost exciting plants in the garden.

Growing

before the last frost. The young seedlings require more light than is typically available in the classroom, so grow lights may be necessary. Remember, though, if the seedlings don't do well, many plants are available through local nurseries and are not only inexpensive, but will also grow well from transplants. Before planting outdoors, be sure to harden off the new plants by setting them outdoors for a few hours per day,

Bell peppers are mild and can be eaten raw. When preparing peppers, remember that most of the heat is located in the seeds and ribs inside the pepper, and by removing these you can still have a peppery spice that won't burn the mouth as

Planting Depth	Plant Spacing	Sunlight	Water Usage
¹ / ₂ inch	18 inches	Full	High

Peppers can be difficult to grow from seed, which must be started indoors 6-8 weeks gradually increasing that amount of time each day for about one week.

much. These fruits can be used for a wide range of cuisines.

Planting Depth	Plant Spacing	Sunlight	Water Usage
¹ /2 inch	18 inches	Full	High

This category encompasses a wide range of delicious and very interesting plants. Try comparing acorn squash to butternut in taste tests, or plant spaghetti squash for a fun and interesting way to observe texture.

Growing

Seed directly outdoors. Plant three or four seeds in mounds four feet apart, then thin plants to two per mound after they have sprouted. These plants are very sensitive to early frost, so plant when the soil is warm. After the squash have formed on the vine, wait for the skin to toughen before harvesting. Seeds from these plants are easy to save, but plants cross pollinate easily, leading to interesting hybrids the following year.

Eating

Most squash in this category can be cut in half and seeded, then baked in a 450 degree oven, face-down in a pan that contains about half an inch of water in the bottom. Some varieties are also good baked whole or cut into sections and boiled. Whatever method, the best indication of doneness is to poke through the skin with a fork. If it pierces easily, the squash is ready to season and eat.

Planting Depth	Plant Spacing	Sunlight	Water Usage
1-2 inches	See growing info	Full	High

Though garden vegetables are often more flavorful than their grocery store counterparts, tomatoes are perhaps the most striking example. Though you may not like tomatoes, try the fresh tomatoes you grow and see if you change your mind.

Growing

It is best to begin these plants indoors, 6-8 weeks before last frost. For best results when starting seeds, keep container covered with plastic wrap until germination. When plants are ready to be moved outdoors, harden them off for several days before transplanting. It is important to keep a regular water supply to tomatoes throughout the season—never let the soil dry out completely. Be sure to put a tomato cage around the young plants to provide support when the branches become heavy with ripe tomatoes.

Try cutting cherry tomatoes in half and mixing them with olive oil, fresh basil, and a little bit of feta cheese. For full-size tomatoes, slice them thinly and lay them on pread, then top with fresh basil and mozzarella and toast until the cheese is melted.

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	Planting Depth	Plant Spacing	Sunlight	Water Usage
H	1/2 inch	18 inches	Full	High

umpkins, like all squash, have both male and female flowers, and

nollen must be carried from the male to the female, usually by bees

Seed directly outdoors. Plant three or four seeds in mounds four feet apart, then thin plants to two per mound after they have sprouted. For

Planting Depth	Plant Spacing	Sunlight	Water Usage
¹ /2 inch	18 inches	Full	High

Garden bulletin board

- **1.** Fill in your last spring and first fall frost dates at the top of the planner, then use a dry-erase marker to draw a vertical line that spans the entire height of the calendar at those two dates. This is crucial, because it gives you a starting and ending point for measuring the rest of the dates you need.
- 2. Next, cut apart the crop cards and select the plants you'd like to grow in your garden.
- 3. Looking at the cards, determine if the crop is in Group A, B, C, or D. It helps to arrange them in this order, because it indicates in what order they will be planted. Take note of which plants can be started indoors and which need to be sown directly outdoors. Some plants do not transplant well and will not have a high success rate if their roots are disturbed.
- **4.** Take the first card and find the corresponding strip in the bulletin board kit. Note that the strips are color-coded by group: A - purple, B - green, C - blue, and D - orange.
- **5.** Recall that the group indicates the planting date:

- Group A three to four weeks before average last
- **Group B** one to two weeks before average last frost
- **Group C** on or one week after average last frost
- **Group D** one to three weeks after average last frost Using this information, count backward or forward from the "frost free" line that you have already drawn. Draw a small line within the boundaries of that row, and tape the color-coded strip at that point.
- **6.** From there, you will be able to see the approximate germination date where it is marked on the strip. You will also see an approximate growing and harvesting period. If you can see that there will be conflicts within the school year at those planting dates, you can move the strip forward or backward up to one week and will still most likely get good results. Repeat steps 4-7 for the remaining crops you want to plant. For crops not included, use a dry erase marker to write in their information. When you are finished, you will have a colorful schedule to guide you through your spring planting.



February Crop 4 1 1 1 1 1 | | | 1 | | | 1 | | | | | |

CROP CARDS:

Have students pair up, then give each pair a card. Have the class then line up in order of shortest growing season to longest, so students can visualize the order in which plants grow in the garden. FOR MORE ACTIVITIES: utah.agclassroom.org

Spinach is highly nutritious and extremely easy to grow. While you may be familiar with "slimy" canned or cooked spinach, the fresh variety as part of a leafy salad may be a new and eve-opening experience.

Growing

Sow directly outdoors in a sunny location in late fall (for next year's **Th**arvest) or sow continuously in early spring. Harvest while the leaves are young and tender. Spinach will bolt (go to seed) when temperatures get too high and will no longer be good to eat, so harvest before temperatures are consistently above 80 degrees.

Eating

The leaves are thick and sweet, and are extremely nutrient-dense. While fresh young spinach is delicious, the thick leaves of this plant can also stand up to light cooking. Simply rinse the leaves, then wilt them in a pan with just the water that clings to them. Turn the leaves often to create an even cooking temperature. After just three or four minutes, they will become a dark emerald color and will be ready to be

serveu with sait, incorporated into an officiette, or mixed in with an affecto paste				
Planting Depth	Plant Spacing	Sunlight	Water Usage	
1/2 - 1 inches	3 inches	Full	Moderate	

Carrots can be very sensitive to moisture, weather, and soil conditions. Extreme care is necessary when sowing this plant, out carrots are beautiful and their underground growth can be nagical to someone unfamiliar with root crops.

Seed directly outdoors. For best germination rates, use a piece of plywood to cover the carrot seeds. This will provide shelter from rainstorms that can carry the tiny seedlings away, ensure good soil contact with the seed, and hold in moisture. After seeds have sprouted, remove the board and add compost or mulch over the seedlings. Harvest when the root-tops begin to poke out of the ground, or let them remain in-ground until needed. Carrots are biennial and can be overwintered; refer to the USU Extension's Yard and Garden site for more information

Carrots can be washed and served fresh with the tops still on. Additionally, they can be served sliced into sticks, steamed lightly and salted, or even incorporated into a summertime soup.

Planting Depth	Plant Spacing	Sunlight	Water Usage
¹ /4 - ¹ /2 inches	3 inches	Full or partial	Moderate

Like most garden produce, fresh potatoes have a surprising amount of flavor compared to their store counterparts. Potatoes are also available in a wide variety of flavors, colors, and sizes. A potato is a tubera swollen section of stem that the plant uses for food storage Growing

Potato "seeds" are actually potatoes that are ready to send out new sprouts from the eyes. To plant, cut the potatoes into chunks that each have at least one eye and are a minimum of a cubic inch in size. Sow in regular garden soil or place into a container with compost. As the plants emerge, layer compost or mulch over the stems or build up mounds around them. This will stimulate the plants to turn their stems into more

Potatoes need to be cooked to break the inedible starches down into nutrients that can be digested. The simplest method of preparation is to wrap the potatoes in tinfoil, stick them with a fork, and place them on an oven rack at 350 degrees. Bake them for about an hour or until they are cooked through the middle.

Planting Depth	Plant Spacing	Sunlight	Water Usage
4-6 inches	10-12 inches	Full	Moderate

Bush beans can be prolific and supply large harvests if managed properly. Sow these at the end of the school year and make sure the beans are picked continuously throughout the summer; that way, when students return in the fall, there may still be beans to harvest.

Growing

Sow directly outdoors when soil is warm. Beans are easy to grow and require very little care other than the time it takes to harvest. By keeping the young beans picked, the harvest can continue through the beginning of the fall school calendar.

Eating

Bush beans should be picked when young and still tender, right as the seeds begin to form (when the seeds inside are visible bulges on the outside they are still edible, but past their prime). For the best texture, add the beans to boiling water and cook for about four minutes. The beans will still taste fresh and will have a nice crunch. Or boil the beans longer for a more processed flavor and a more mushy texture. Then drain the water, drizzle with olive oil, and sprinkle with salt for a tasty side dish.

Planting Depth	Plant Spacing	Sunlight	Water Usage
1 inch	2-3 inches	Full	Moderate

larger pumpkins, begin to pinch off new blossoms after two or three of the first plossoms have begun to form green bulges (future pumpkins) at their base. Avoid flat spots and discoloration by occasionally and gently rotating the pumpkin on the vine. They are ready to harvest when they are fully orange and sound hollow when thumped. **Eating**

Pumpkins can be baked and eaten very much like any other squash. Cut the pumpkin in half and scoop out the seeds, then place the halves face-down in a paking dish. Pour enough water into the pan to come up the sides about half an inch, then bake at 450 degrees until you can easily pierce the pumpkin skin with a fork. The time will vary widely depending on the size of the pumpkin. To serve, mash the squash in a bowl and add the desired seasonings, then serve.

-			
Planting Depth	Plant Spacing	Sunlight	Water Usage
1-2 inches	See growing info	Full	High

Available in many sizes, colors, and even "flavors," corn or maize can be planted at the end of the school year for fall harvest, though students will most likely miss the "milk" stage when corn is at its sweetest. However, dwarf noncorn varieties can be dried on the plant, stored, and then popped any time.

Growing

Seed directly outdoors. Corn grows quickly and requires plenty of water and rich soil, but does not need much work. In mid-summer after the silks have begun to form, shake the corn stalks often. This will help pollen get onto the silk, forming more kernels. **Eating**

somewhat milky juice when punctured. For easiest preparation, remove the corn husks and silk, then boil for about five minutes. Serve with butter and salt. Harvest popcorn as late in the year as possible, but before wet conditions cause it to mold. Store it where it will stay dry. To pop it, place a cob into a paper bag, then microwave it like you would any other type of popcorn, listening for the popping to slow down to avoid burning the kernels

Harvest sweet corn when the silks begin to turn brown and when kernels release a

Planting Depth	Plant Spacing	Sunlight	Water Usage	
1-2 inches	9-12 inches	Full or partial	High	

As the name suggests, this type of bean will climb poles and fences, making it a fun and edible way to decorate the school yard. It is an efficient use of vertical space for those who have little room to garden, and some varieties even produce beautiful flowers before putting out edible beans.

Sow directly outdoors when soil is warm. Rather than letting these beans trail across the ground, you must train them—wrapping them around their trellis a few times. Once they get started, they will continue to climb on their own

As with bush beans, pole beans should be picked when young and still tender, right as the seeds begin to form. For the best texture, add the beans to boiling water and cook for about four minutes. The beans will still taste fresh and will have a nice crunch. Green beans are also an excellent addition to a summertime soup.

Planting Depth	Plant Spacing	Sunlight	Water Usage
1/2 - 1 inches	2 inches	Full	Moderate





Who gets a new tablet? Part 2

Now that we've seen how it went for Lucy, let's see what spending and saving decisions Seth makes as he works toward his goal.

Seth

Does yard work: +\$10

Buys a tube for his bike: -\$5

Helps a neighbor with a project:

+\$15

Mows the lawn: +\$10

Buys a token for an online game: -\$2

Plays video games, so his brother mows the lawn instead: **-\$10**

Sells old clothes and toys to a secondhand store: +\$5

Goes to the movies with his friends and buys treats at the theater: **-\$13**

Does more yard work: +\$15

Helps his dad clean an office at work: +\$10

Can Seth buy the new tablet now, or does he have to save a little longer?

What helped Seth get closer to his goal? What took money away from his goal? What would you do differently if this were your goal?

We are all like Lucy and Seth. We save and spend differently. But when we make goals for what we want, we think more about how we save and spend. This helps us reach our goals.

4 CONNECT 1 • 2 • 3

Living Corn Necklace

Background

Each human (except for an identical twin) has a unique set of traits that enables us to immediately identify them as an individual. However, have you ever tried to distinguish one bean plant from another bean plant? Or one corn plant from another corn plant? Plants grown as crops have been selected to minimize trait variation so that farmers can get the best yield from each field. In this activity, students germinate two types of corn seeds: popcorn and Indian corn. As a result of their observations, students will see that seedlings of the popcorn variety (which have been bred for uniformity) are very similar, while more variation can be observed among the Indian corn seedlings.

Activity procedures

- **1.** Remind students about the similarities and differences among humans. Tell them that the class is now going to investigate the amount of variation present in crop plants.
- **2.** Provide each group of students with a picture of a field of crop plants, such as corn, beans, etc. Ask each group to make a chart of the similarities and differences they can see between plants in the pictures. Discuss with them how the amount of variation they observe compares with the amount of variation they observed in humans. As a class, brainstorm reasons why farmers might not want variation among plants they grow to produce crops.
- **3.** Show each group of students a picture of or an actual ear of dried popcorn or Indian corn. Ask each group to make a chart of similarities and differences between the kernels on an ear (each kernel is an individual offspring of the plant that produced the ear). As a class, discuss their observations. Also compare the traits of the two corn varieties. If you do not have ears of corn available, have students compare all of the popcorn seeds and all of the Indian corn seeds they will germinate.
- **4.** Tell the students they will now have the opportunity to continue their investigation by observing corn seeds as they grow into plants.
- **5.** Provide each student with a popcorn and an Indian corn seed. Ask each group to begin his/her corn journal by drawing a picture of each seed and writing several sentences to describe it.
- **6.** Divide students into groups and provide them with materials for each student to make a "Living Necklace" (plastic jewelry bag, cotton balls and yarn), permanent marker(s) and a cup of water. Direct students to make their "Living Necklaces" as follows:
- \bullet Use the permanent marker to label one side of the bag "1" and the other side "2."
- Dip a cotton ball in water so that it is thoroughly wet
- Put the popcorn seed on one side of the ball and place it in the jewelry bag so that the seed faces



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the side labeled "1."

- Wet the second cotton ball, put the Indian corn seed on it and place it in the jewelry bag so that it faces the side labeled "2."
- · Seal the bag.
- String the yarn through the hole in the jewelry bag. Tie a knot in the end of the string to form a necklace.
- The bags can be hung from tacks on a bulletin board and taken down each day for student observations. Add water if the cotton balls become dry.
- **7.** Each day have students record in their journals the changes they observe in their seeds, including information about observable traits such as: number of days from "planting" until the root and the shoot can be seen; root and shoot lengths and color; and number of leaves and roots.
- Use hand lenses to observe the roots and shoots as they emerge and grow.
- Use rulers to measure the length of roots and leaves as they emerge and grow.
- **8.** Have students make charts and graphs of their daily data for measurable traits (leaf and root length).
- As a class, make charts and graphs for all of the traits for each type of corn seed.
- Compare and contrast the amount of variation present among the offspring of each type of parent plant (popcorn and Indian corn).
- **9.** Compare the traits of the corn seedlings to those of mature corn plants (using photographs).
- **10.** Compare the amount of variation seen in the corn seedlings to the amount of variation seen in other organisms.

Teaching Tip: The corn seeds will sprout in 3-6 days. Planting them on a Friday and making the first observations on Monday is a quick way to speed up this activity.

Source: utah.agclassroom.org



Purpose

To provide a chance to observe the growth of two types of corn that can be used to exemplify heredity.

Time: 1 hour

Materials

- □ 2 cotton balls for each student
- ☐ 1 small plastic jewelry bag for each student
- ☐ 1 popcorn seed for each student
- ☐ 1 Indian corn seed for each student
- ☐ 1 necklace length of yarn for each student
- ☐ 1 cup of water for each group
- ☐ 1 hand lens for each student pair
- ☐ 1 metric ruler for each student or pair
- ☐ Photographs or ears of mature popcorn and Indian corn plants
- ☐ Several permanent markers for each group



Connections

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