

## Cabbage Program Lesson Plan Template

Select one of the following topics: before planting, planting process  
caring for your plant, **harvest time**.

<p><b>Name:</b> Anna Kathryn Layton</p>	
<p><b>Materials:</b> ‘How to Harvest a Cabbage’ Power Point; ‘All About Cabbage’ PDF; ‘Time to Harvest’ PDF; provided chart; sharp object to cut the cabbage; shovel(s); plastic wrap; notebook paper; pencil; craft supplies (for recipe cards)</p>	<p><b>References:</b> -Farmers’ Almanac : <a href="https://www.almanac.com/plant/cabbage">https://www.almanac.com/plant/cabbage</a> -Bonnies Plants : <a href="https://bonniecabbageprogram.com/">https://bonniecabbageprogram.com/</a> -Guinness World Records : <a href="https://www.guinnessworldrecords.com/world-records/heaviest-cabbage">https://www.guinnessworldrecords.com/world-records/heaviest-cabbage</a></p>
<p><b>Vocabulary:</b> Academic: (verbs, adjectives &amp; adverbs) Harvest; Grow; Write; Determine; Explain Content: (Attached to the standard) Create; Explain; Diverse; Commonalities; Life Cycles; Organisms; Birth; Growth; Reproduction; Death</p>	<p><b>Literacy Connection:</b> <b>Speaking:</b> The students will be speaking when engaging in classroom discussion throughout the duration of the cabbage harvesting process. <b>Writing:</b> Students will write when completing assignments, cabbage recipe, and final poem. <b>Listening:</b> Students will listen as the teacher guides the classroom to understanding the importance of harvesting cabbage at the correct time. <b>Reading:</b> Students will read the poems that their peers have written. Students will read the “Cabbage Cookbook”.</p>
<p><b>Assessment</b> <b>Formative-</b> The students will be assessed based upon their participation in classroom discussion and provided assignment activities. <b>Summative-</b> The students will be assessed upon their final poem, this will serve as a ‘final reflection’.</p>	<p><b>Technology:</b> Smart-Board (or similar technology)</p>
<p><b>Procedures:</b> Detail specific steps and questions that will guide your instruction. Bold all scripting. Highlight any academic questions. Put brackets around behaviors or actions.</p> <p><b>Engage</b> Present the provided Power Point, “How to Harvest a Cabbage” to the class. Allow for class discussion, by prompting students to consider if the classroom cabbage is ready to be harvested. Upon completion of classroom discussion and viewing of the Power Point, show students the following video, <a href="https://www.youtube.com/watch?v=mSDMyA96ip4">https://www.youtube.com/watch?v=mSDMyA96ip4</a> . Discussion will follow.</p> <p><b>Explore</b> The students will be given the provided chart below, this will be placed in science journals. Students will be taken outside daily several days prior to harvesting the cabbage. Students will examine the classroom cabbage and fill out the chart with observed information after each visit. Allow for students to view the cabbage for several days before harvest.</p> <p><b>Explain</b> Upon the day of the harvest, students should engage in meaningful and serious conversation regarding why the cabbage is ready to be harvested. Students will be provided with the attached PDF, “Time to Harvest”. The students will complete this PDF as the teacher cuts the cabbage head from the plant. The cabbage head will be taken inside and discussed as a class. The teacher will later wrap the cabbage in plastic. Following the harvest, students will be given gardening shovels and will be taken outside to remove the root system from the ground.</p> <p><b>Elaborate</b> After harvesting the cabbage, students will create individual recipes that include the ingredient, <i>cabbage</i>. The students will do this by first completing the attached PDF, “All About Cabbage”. Upon the completion of the assignment, students will create a recipe card out of art supplies. The recipe cards will be combined to create a classroom “Cabbage Cookbook”. The “Cabbage Cookbook” can a display board, presenting each individual recipe card.</p> <p><b>Evaluate</b> The teacher will guide students into a classroom discussion based upon how the cabbage grew and why the cabbage was harvested. Upon the completion of the discussion-based lesson, students will be provided with the following prompt, “Write a poem that explains how a cabbage is planted and brought to harvest. Think about everything we have learned while harvesting our own cabbage.” The poems can be shared aloud, and/or displayed.</p>	

Name \_\_\_\_\_

# ALL ABOUT CABBAGE

After successfully growing and harvesting a cabbage.  
Write a recipe that you could make with your fresh cabbage.

Name of Recipe: \_\_\_\_\_

\_\_\_\_\_

Ingredients: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Directions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Next, create a recipe card to be added to your  
classroom, *Cabbage Cookbook*.

Name \_\_\_\_\_

# TIME TO HARVEST

Do you think that the cabbage head should be harvested today? \_\_\_\_\_

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What are some signs that the cabbage head is ready to be harvested?

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Describe the moment when your teacher harvested the cabbage head.

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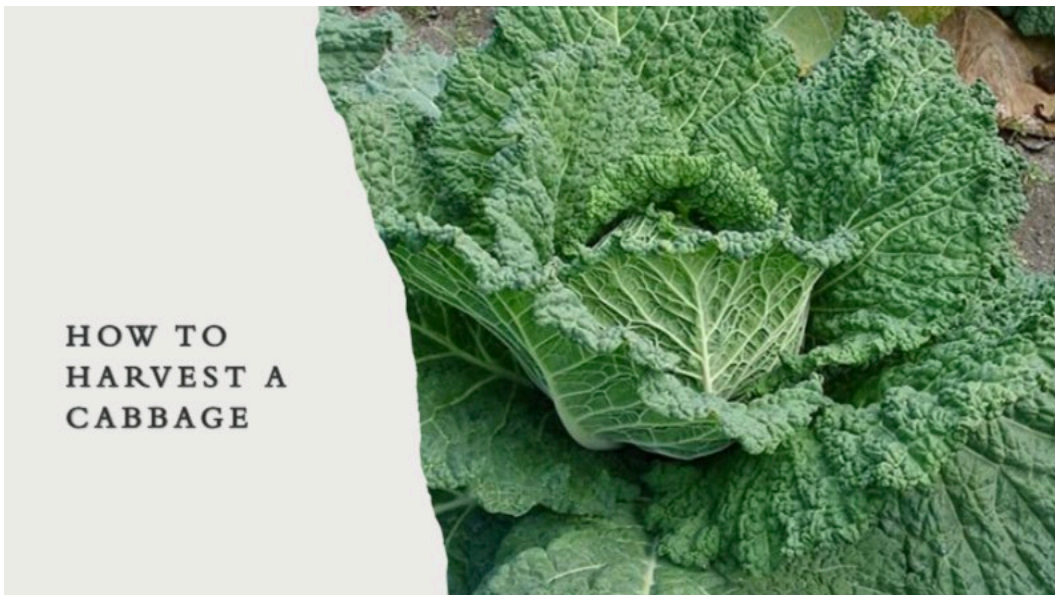
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Date	Color	How does the cabbage feel?	How big is the cabbage?	Is the cabbage ready?

Power Point:







## STEP ONE

### IS THE CABBAGE READY?

To determine when your cabbage is ready to be harvested, there are a couple of steps to follow to make sure that the cabbage is picked at the right time:

- 1) Does your cabbage head appear to be mature and solid?
- 2) Squeeze the cabbage head. If the head is firm (not squishy), it is time to harvest the cabbage.

## STEP TWO

### HOW TO HARVEST

- **OPTION ONE:** Cut the cabbage head at the base with a sharp knife.
- **OPTION TWO:** Cut the cabbage head out of the plant. You will leave the outer leaves and the root. A new, but smaller cabbage head might grow.

*Have an adult cut the cabbage for you.*

## STEP THREE

### CARE AFTER HARVESTING

- After being harvested, a cabbage should be immediately placed in the shade or taken indoors.
- Wrap your cabbage head in plastic and store the head in the refrigerator for up to two weeks.

## STEP FOUR

### TAKE CARE OF THE SOIL

- After harvesting your cabbage plant, you must take care of the soil.
- To ensure the health of the soil, the entire stem and root system should be removed from the ground.
- If the remaining parts of the cabbage are healthy, they can be saved and used as compost for future vegetable growing.



## FUN FACT!

- The largest cabbage head ever grown was presented at the Alaska State Fair in 2012.
- This cabbage weighed 138.3 pounds!