



VICTORY GARDENS

Lesson and Activity Suggestions for Grades K - 2

Harvesting, Canning, and Preservation

During our last 7 lessons, you have learned that Victory Gardens, were gardens that Americans planted during a time when our soldiers were fighting in a big battle called World War II. During that time, food was in short supply, and Americans were asked to plant vegetable gardens to make sure that families had healthy foods.

We've also compared how your life, like the children growing up during WWII, has changed a lot lately. Like the children and adults during WWII, you, your friends, neighbors, and parents have been asked to sacrifice many things to help keep each other safe and healthy. Another comparison we've made are the Victory Gardens they planted and the Victory Garden you have planted.

Your garden plants have experienced all types of weather and hopefully are growing strong. In earlier lessons you learned that plants need air, water, and soil to grow. You've also learned about vegetables and fruits and how they are different. Most recently, you learned about the important parts of plants and flowers, soil and mud, how worms help keep the soil healthy to help plants grow, and the different types of Pollinators and why pollination is so important to your garden and other plants and flowers.

As you continue to journal your growing garden and to weed and water your garden, you will eventually get to see your garden grow and produce fruits and vegetables. In this, your final lesson, we will learn about the best part of gardening: harvesting and eating, or canning and preserving items from your garden.

We will also talk a little bit about a boy from Abilene who, with his family, did all of those things. That boy grew up to be a General in the Army in WWII and later became the 34th president of the United States. The home where he grew up and the land where he gardened are right here in Abilene. Can you guess who he might be? Let's find out!

Harvesting, Canning, and Preservation



Victory Gardens in World War II were more than a way for Americans back home to show their support for the soldiers. Victory Gardens produced an enormous amount of healthy food, which then made it possible for agricultural produce (food farmers grew) to be used for the military. They also helped reduce the use of tin (that was normally used for canning vegetables) and transportation. Even though there was a war happening and food was in short supply, Victory Gardens were a big reason why Americans actually ate better than they had before.

During WWII, the ideal Victory Garden produced fresh vegetables in season and plenty to be preserved for winter. Women's magazines of the time, published articles about how to can, store, dry, pickle, and freeze what was harvested. People were encouraged to share the extras they had from their gardens with others in their neighborhood.

Those same kinds of articles can still be found in magazines, today. However, the internet is an excellent way to find all that you could possibly want or need when preparing your vegetables to enjoy now and to preserve to enjoy later!





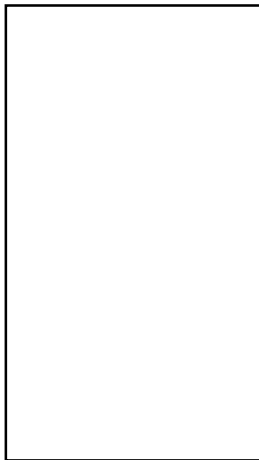
Using your EPIC app, search, read, and listen to the story **Way to Grow! Gardening: Harvesting**. When you have finished use the story to answer the questions below. (You might even want to listen to the story two times. If you need help, ask an older brother or sister or parent or another adult to help you.)

1. **How** will you know when it's time to pick fruits or vegetables from your garden?
(See pages 10 and 11)

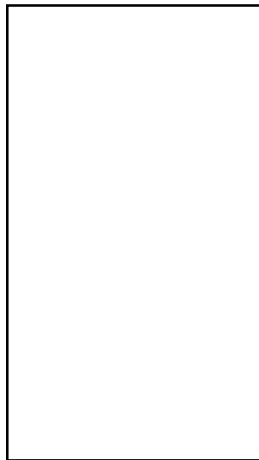
2. **List** the vegetables whose flavors improve after a frost. (See page 15)

_____, _____,
_____, and _____

3. **Draw and label** the four stages fruits and vegetables go through between planting and harvesting. (See page 15)



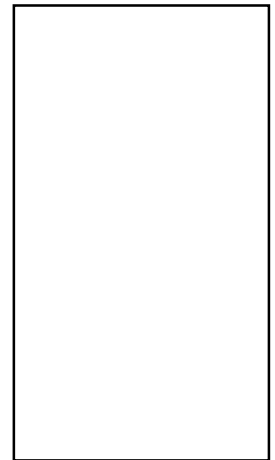
1.



2.



3.



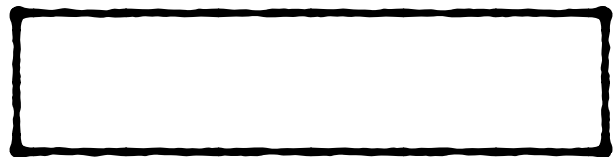
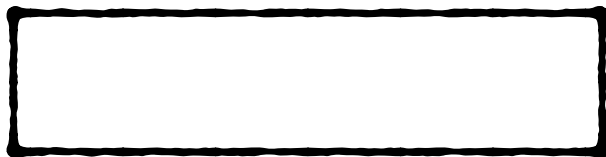
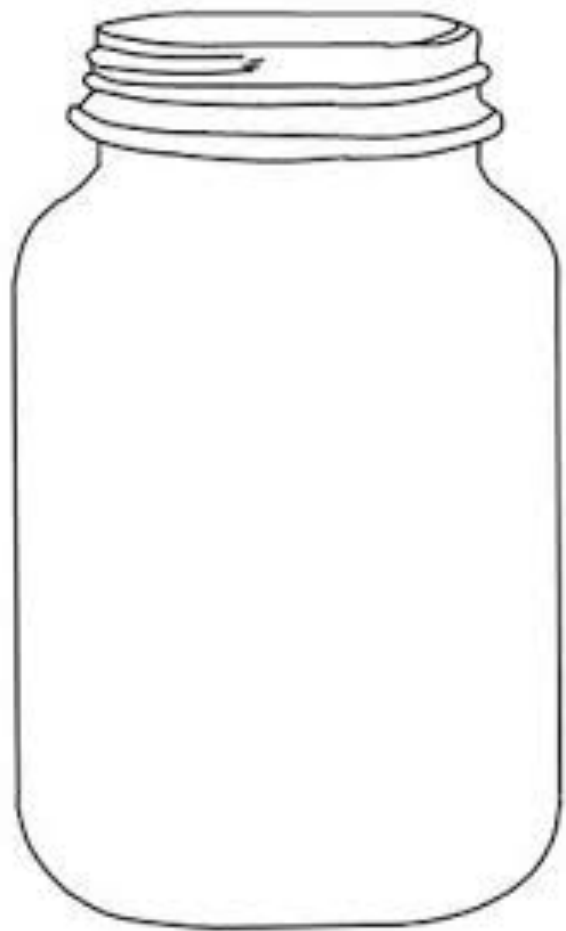
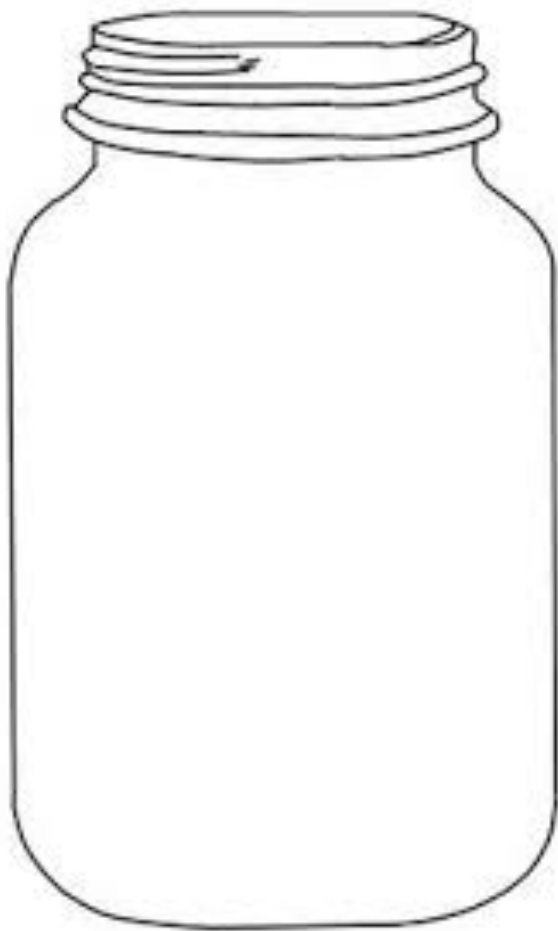
4.

4. Using the **index**, (page 24) find the word **cure** and answer the following question:
What does cure mean?

Canning and Preservation Activities

What will you Can?

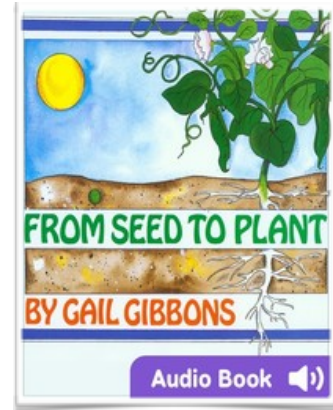
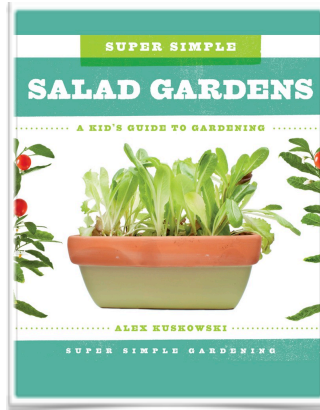
Using the canning jars below, draw, color and label what you will can to enjoy later. If you'd like to can more, you can make additional copies of this page.



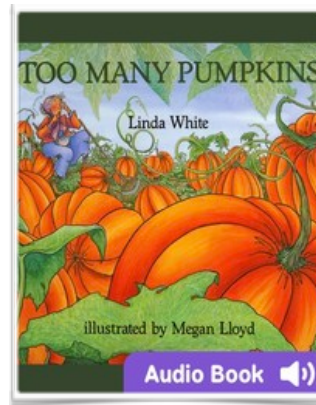
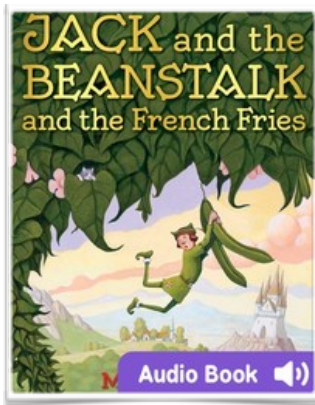
Here are some books that can be found on your Epic! app. Using the search bar, find the titles below to continue learning more about Harvesting and Gardening. Enjoy!

Books about Harvesting and Gardening

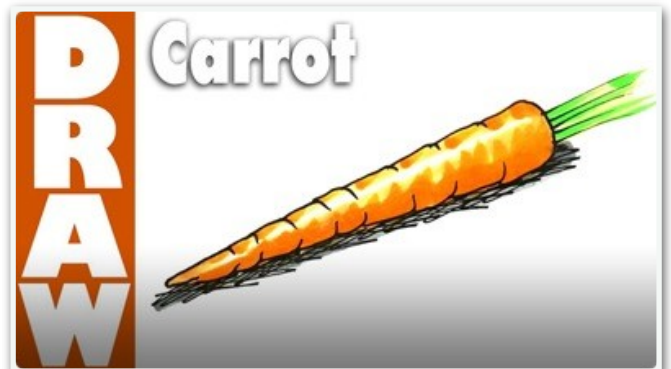
Non-Fiction Books:



Fiction Books:



Videos:




Extension Activities

Here are some fun YouTube videos you can watch! Just ask a parent to help you find them!

www.youtube.com › watch ▾


Growing Plants & Vegetables Funny Video For Children ...



Plant a **garden** and watch it grow! Kids Educ SUBSCRIBE TO US
<http://www.youtube.com/user/KidsEduc...>
Aug 8, 2014 - Uploaded by KidsEduc – Kids Educational Games

www.youtube.com › watch ▾


Gardening With the Kids! - YouTube



It was so much fun being able to **garden** with the **kids** using these cool ...
Thanks to Miracle-Gro Gro-ables for ...
May 18, 2016 - Uploaded by Family Fun Pack

www.youtube.com › watch


Teaching children the joy of gardening - YouTube



I remember as a child going out to my grandmothers **garden** and her ... Your browser does not currently ...
Apr 29, 2017 - Uploaded by Jeff Bernhard

www.youtube.com › watch


Gardening with Kids - 4 Ways to Make it Fun // Kid's ... - YouTube



Thanks to Smart Pots for partnering with us on the **Kid's Garden Series**. ...
by watching the **video**, or how you ...
Mar 10, 2019 - Uploaded by CaliKim29 Garden & Home DIY

www.youtube.com › watch ▾

WHEN KIDS GARDEN - YouTube



Children love to **garden** (if you let them). ... to know when you can watch that homestead instructional **video** I ...
Sep 1, 2016 - Uploaded by Justin Rhodes

What are these gardening items? Can you color them in as you name them?

Can you find similar items around your garden?



Gardening-Matching Words Worksheet



Help Tony fill in the blanks with the correct garden word or words.



This is a _____

Water Can



These are _____

Trowel



This is a _____

Bag of Seeds



These are _____

Gardening Fork



This is a _____

Gardening Gloves



This is a _____

Planting Pots



These are _____



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GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster

The following websites were used for information or ideas for this lesson:

Websites:

education.com

littlesous.com

nourishinteractive.com

supercoloring.com

usa-printables.com

Books:

Don't You Know There's a War On?: The American Home Front 1941 - 1945

Richard R. Lingeman

New York: GP Putnam & Sons, 1970

At Ease: Stories I Tell To Friends

Dwight D. Eisenhower

Eastern National, 1981