**Harvest of the Month: Activities and Books**

**January: Whole Grains**

Books

The Tiny Seed, by Eric Carle

A Grain of Rice, by Helena Clare Pittman

Tony’s Bread, by Tomie dePaola

Pancakes Pancakes! by Eric Carle

The Little Red Hen, by Paul Galdone

Cycle of Life, Cycle of Rice: A Story of Sustainable Farming, by Jan Reynolds

The Life of Rice: From Seedling to Supper, by Richard Sobol

Sun Bread, by Elisa Kleven

One Grain of Rice, by Demi

The Cazuela That the Farm Maiden Stirred, by Samantha R. Vamos

Corn by Gail Gibbons

Tick Tock, the Popcorn Clock by Jane Moncure

Anna’s Corn by Barbara Santucci

Everybody Bakes Bread by Norah Dooley

Activities

Paint using stalks as paintbrush

Give each child a cob of popcorn and let them remove all the kernals

* Make popcorn
* Painting with corn cobs
* Get a sample of different types of grains from the bulk section at Cronig's and explore the different shapes and textures.
* Use some different types of grains to make a grain mosaic with glue on a paper plate.
* Practice grinding grain with a mortar and pestle.
* Get a variety of different grains, and print out pictures of the plant that produces that grain. Challenge children to match the grain to the plant.

**February: Dried Beans**

Books

Jody’s Beans, by Malachy Doyle

Jack and the Beanstalk

One Bean, by Anne Rockwell

Lucky Beans, by Becky Birtha

Lucas and his Loco Beans, by Ramona Moreno Winner

Activities

* Sort different types of beans into small bowls or a bead sorter
* Fill a clear container with beans, have kids guess how many there are
* Make a bean baby necklace­- put a few beans and a water soaked cotton ball in a small plastic bag, punch a hole in the top, put a piece of yarn through and kids can wear it around their neck
* Dissect a sprouted bean and discuss the different parts of a sprout
* Make a bean mosaic with different sizes and colored beans

**February: Honey**

Books

The Honey Makers by Gail Gibbons

The Honeybee Man by Lela Nargi

Are You a Bee? By Judy Allen

Flight of the Honey Bee by Raymond Huber

Activities

* Make simple honey taffy <https://www.mashupmom.com/honey-taffy-an-easy-one-ingredient-recipe/>
* Make a bee hotel <https://www.naturalbeachliving.com/mason-bee-habitat/>
* Make bees out of pipe cleaners and pompoms. Draw colorful flowers with markers, and use chalk to color the inside to represent pollen. Hang the flowers around the room and use pipe cleaner bees to “pollinate” the flowers.
* Make a bee hive- cut toilet paper or paper towel tubes into smaller circles, and challenge kids to find a way to make them fit together with few or no spaces in between. Look at pictures of honeycomb and discuss why the bees make their cells hexagon-shaped instead of round.

Songs

**Five Little Honey Bees**

Five Little Honeybees resting at the door,

One flew away and then there were four,

Honeybee Honeybee happy all day,

Honeybee Honeybee buzz buzz away.

Four Little Honeybees sitting in a tree,

One flew away and then there were three.

Honeybee Honeybee happy all day,

Honeybee Honeybee buzz buzz away.

Three Little Honeybees looking at you,

One flew away and then there were two.

Honeybee Honeybee happy all day,

Honeybee Honeybee buzz buzz away.

Two Little Honeybees sitting in the sun

One flew away and there was one.

Honeybee Honeybee happy all day,

Honeybee Honeybee buzz buzz away.

One Little Honeybee let all alone,

One flew away and then there was none.

Honeybee Honeybee happy all day,

Honeybee Honeybee buzz buzz away

**March: Eggs**

Books

Green Eggs & Ham by Dr. Seuss

Scrambled Eggs Super by Dr. Seuss

An Egg is Quiet by Dianna Hutts Aston

Chickens Aren’t the Only Ones, by Ruth Heller

From Egg to Chicken, by Robin Nelson

Too Many Chickens, Paulette Bourgeois

Activities

* Naturally dye eggs in beets & blueberries (can also be done with store bought dye)
* Egg experiments: place an egg in vinegar for a few days (the shell will disappear), adding salt to water until the egg will float, use a hand crank egg beater or hand held electric mixer to whip egg whites.
* Tasting hard boiled eggs
* Compare farm ­fresh eggs to store bought in outward and internal appearance (breaking yolks into bowls and comparing colors)
* Collect eggs and sort them by size and grade

**April: Salad Greens**

Books

Lettuce! By Diana Kixlauskas

Sylvia’s Spinach by Katherine Pryor

I Love Greens, by Victoria Boutenko

Lettuce Grows on the Ground, Mari Schuh

From Seed to Plant by Gail Gibbons

Oliver’s Vegetables by Vivian French

Plants on my Plate by Cathy Smith

The Tiny Seed by Eric Carle

Green Power: Leaf and Flower Vegetables by Meredith Sayles Hughes

Sell What You Sow by Erica Gibson

Activities

* Make simple salad dressing and taste with different types of lettuce or greens
* Plant different salad greens in mini greenhouses (old plastic clam shells)
* Taste different types of microgreens (kale, arugula, spinach, etc.)
* Make spring rolls with rice paper, different types of salad greens, and some purple cabbage or bell peppers for color.
* Make pea shoot pesto

**April: Wild Edibles**

Books:

Incredible Wild Edibles by Samuel Thayer

Wild Edibles by Sergei Boutenko

A Dandelion’s Life by John Himmelman

Claire Goes Foraging by Margaret Aycock

The Dandelion Seed by Joseph P. Anthony

The Dandelion’s Tale by Kevin Sheehan

Dandelion Wish by Sandra Ann Horn

Activities:

* Try foraging! Find dandelions, purslane, sorrel, clover, and wild onions. Use an edible wild plant guide to identify plants that you find.
* Make watercress chimchurri
* Collect acorns and use in a sensory table, or to practice counting
* Make dandelion tea

**May: Seafood**

Books

Pea Soup & The Seafood Feast by Anna Burger

The Ocean Story, by John Seven

How the Oysters Saved the Bay, by Jeff Dombek

The Oyster’s Secret, by Traci Dunham

Fish is Fish, by Leo Lionni

The Scallop Christmas, by Jane Freeberg

Rain Fish by Lois Ehlert

Activities

* Make fish prints
* Read Rain Fish by Lois Ehlert, then make fish art using found objects and scrap fabric and paper
* Experiment with re­hydrating dried seaweed
* Taste different types of seaweed
* Make seaweed crayon rubbings or prints
* Paint bleached seashells and practice identifying which shellfish they belong to

**June: Herbs**

Books

The Spice Alphabet Book, by Jerry Palotta

The Yummy Alphabet Book by Jerry Palotta

Herb Fairies, by Kimberly Gallagher

A Kid’s Herb Book, by Lesley Tierra

Activities

* Sensory activity with a variety of herbs – children touch, smell, taste, and observe the different leaves
* Make herb playdough
* Herb Sachets – using different dried herbs tied in a small piece of fabric to take home
* Herbal tea – add herbs to a glass teapot, pour water over and watch as the water changes colors and starts to smell fragrant (try chamomile and mint!)
* Herb paintings – Collect leaves from different types of herbs. Smell & feel them. Dip them completely in paint, put between two sheets of paper and press.
* Make sun tea in a large glass container­ add herbs or tea bags, water, and honey and place in the sun. Watch as the tea changes the water.

**June: Peas**

Books

1-2-3 Peas, Hap-pea All Year Long, Little Green Peas, ABC Peas by Keith Baker

Little Pea by Amy Krouse

How Many Peas in a Pod? By Judy Watson and Margaret Allum

First Peas to the Table by Susan Grigsby

Activities

* Make pea hummus
* Buy shelling peas and practice breaking them open and collecting the pea seeds inside
* Taste different types of peas- shelling, sugar snap, and snow peas
* Make pea fritters
* Plant peas and make creative trellises for them to climb on
* Use rulers or unifix cubes to measure how tall pea plants are. Measure each week and make a graph to track their growth.
* Pea math- using small cups, put 10 peas in each cup. Try to get to 100!
* Fill a sensory table with green split peas

**July: Berries**

Books

Jamberry by Bruce Degan

Berries, Nuts and Seeds by Diane Burns

Raspberries! by Jay O’Callahan

Peter in Blueberry Land by Elsa Beskow

More Blueberries by Susan Musgrave

The First Strawberries, by Joseph Bruchac

Blueberries for Sal, by Robert McCloskey

The Blackberry Patch, by Gina D’Andrea

The Berry Book, by Gail Gibbons

Activities

* Taste different types of fresh berries (raspberry, blueberry, strawberry)
* Make a smoothie with frozen berries and local yogurt
* Crush up frozen berries and paint with them

**August: Summer Squash**

Books

Sophie’s Squash by Pat Zietlow Miller

Zora’s Zucchini by Katherine Pryor

The Giant Zucchini by Catherine Siracusa

Carlos and the Squash Plant, by Jan Romero Stevens and Jeanne Stevens

Activities

* Use a vegetable peeler or zoodler to make “zucchini noodles”. Dress with olive oil, salt, pepper and a little bit of parmesan.
* Make a zucchini car, or zucchini creature
* Seed art with old squash seeds of different shapes, sizes and colors

**August: Mushrooms**

Books

Mushrooms in the Rain by Mirra Ginsburg

Plants That Never Ever Bloom by Ruth Heller

Katya’s Book of Mushrooms by Katya Arnold

Activities

* Cut different types of mushrooms in half lengthwise, dip in paint, and make prints. You can also remove the stem and print with the mushroom spores.
* Compare and taste different types of mushrooms
* Observe and draw different types of mushrooms

**September: Tomatoes**

Books

I will never not ever eat a tomato, by Lauren Child

Tomatoes grow on a vine, by Mari Schuh

First Tomato, by Rosemary Wells

Bear and Bunny Grow Tomatoes, by Bruce Koscielniak

A Fruit is a Suitcase for Seeds by Jean Richards

Little Yellow Pear Tomatoes by Demian Yumei

Activities

* Crush tomatoes and make salsa or pasta/pizza sauce
* Do a taste test of different types of tomatoes (red, yellow, orange, green, purple, striped)
* Make basil, mozzarella and cherry tomato kabobs
* Use a dehydrator to make dried tomatoes
* Get several different varieties of tomatoes and try to guess how many seeds will be in each. Dissect the tomatoes and count the seeds.
* Seed saving- Cut up a tomato and remove all the seeds, putting in a jar with water. Let it sit for a few days, then rinse and dry the seeds and save them to plant next year.
* Get a variety of different tomatoes and assign one to each child. Challenge them to draw the tomato with enough detail that someone could recognize which tomato they drew.

**October: Cranberries**

Books

Cranberries: Fruit of the Bogs, by Diane Burns

Cranberry Day, by Jeanette Vanderhoop

Activities

* Freeze berries, crush and paint with them
* Use a dehydrator to make craisins
* Make a cranberry garland with a needle and thread
* Build structures with cranberries and toothpicks
* Make a cranberry smoothie with honey, banana and yogurt

**November: Winter Squash**

Books

Sophie's Squash, by Pat Zietlow Miller

The Little Squash Seed by Gayla Scale

Pumpkin Pumpkin by Jeanne Titherington

Too Many Pumpkins by Linda White

Activities

* Paint or roast seeds
* Hollow out old squash or gourds, fill with soil and plant seeds in them
* Cut in slices, paint and make prints (acorn squash works well)
* Make a large hole that goes all the way through an acorn, decorate and put seeds in the hole to make a bird feeder
* Cut into small pieces and make baked squash french fries
* Use a blender to make squash soup­ top with roasted seeds
* Do a winter squash sensory exploration- dissect several different varieties of squash and compare their colors, textures, and seeds. Estimate which squash will have the most seeds and which will have the fewest, then count the seeds.
* Use a tape measure and small scale to measure weight, length, and diameter of different root vegetables. Compile measurements in a chart and make a graph.

**November: Root Vegetables**

Books

Tops and Bottoms, by Janet Stevens

The Very Big Carrot, by Satoe Tone

The Carrot Seed, by Ruth Krauss

The Giant Carrot, by Jan Peck

The Turnip, by Jan Brett

Carrot Soup by John Segal

The Gigantic Turnip, by Aleksei Tolstoy

Grandma Lena’s Big Ol’ Turnip, by Denia Lewis Hester

The Tale of the Turnip, by Brian Anderson

The Great Big Enormous Turnip, by Jackie Andrews

A Little Story about a Big Turnip, by Tatiana Zunshine

That’s Not a Daffodil, by Elizabeth Honey

Rah Rah Radishes: A Vegetable Chant by April Pulley Sayre

Runaway Radish by Janice Levy

The Vegetables We Eat by Gail Gibbons

Activities

* Collect a variety of root vegetables and observe their similarities and differences. Try carrots, beets, radishes, turnips, and parsnips.
* Read Tops and Bottoms by Janet Stevens. Talk about some vegetables that grow in the garden, and whether we eat their tops or bottoms (or both!)
* Thinly slice or roast some different root veggies and taste. Discuss the different flavors, and vote on your favorites.
* Cut root vegetables into different shapes and make veggie prints.
* Make beet hummus and taste with carrot sticks or root vegetable chips.
* Pickle carrots

**December: Kale**

Books

The Tale of Kale, by Lisa Borden

The Book of Kale and Friends by Sharon Hanna

Captain Kale and the Superfoods by Amy Roth

Activities

* Make kale chips
* Make crayon rubbings of different types of kale (curly, red Russian, dinosaur), observe how they are different
* Taste and compare raw vs. steamed kale
* Make kale chips
* Make massaged kale salad

**December: Leeks**

Books

Onions Etcetera: The Essential Allium Cookbook by Kate Winslow

Activities

* Make leeks by rolling up paper towels, cutting slits in one end for the leaves, and painting the leaves green, leaving the root part white. Glue on white yarn for roots. This can also be done with felt instead of paper towels.
* Paint with different parts of a leek- cut the white part into small circles and use for printing, use the roots and leaves like paint brushes.