FEBRUARY HARVEST OF THE MONTH:

CELERY

WANTED

...as a delicious snack

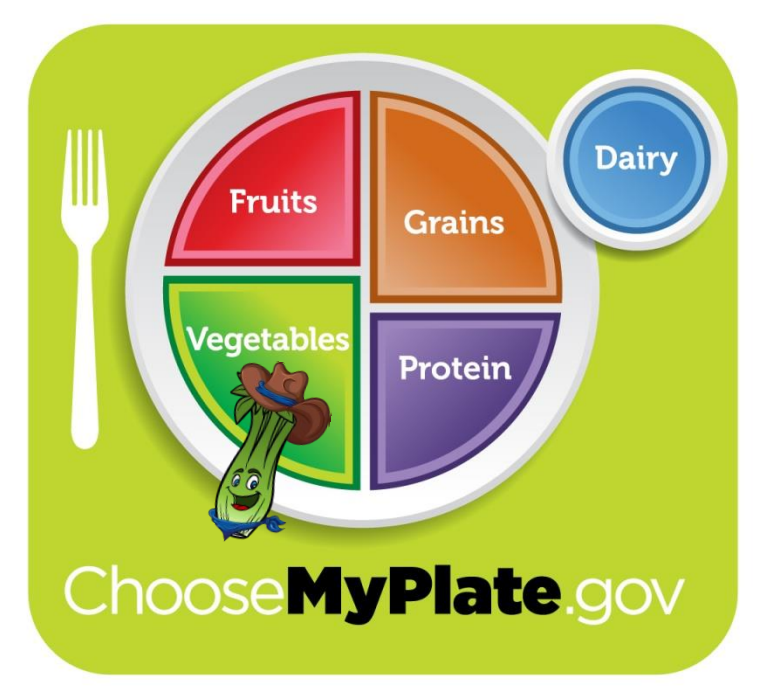
Name: Cyrus the Cowboy
Height: One foot
Best known to: Crunch when bent
Known friends: Peanut butter, chicken salad

If seen, rinse then eat immediately.


Florida has a rich history of cowboys. They have been raising cattle since Ponce de Leon landed here in the 16th century!

Growing Celery

- Celery is mostly grown in South Florida, especially in Hendry and Palm Beach Counties.
- Celery prefers damp soil and needs to be watered often.
- Celery's peak growing season lasts from December to May.
- Be careful! Celery does not react well to long periods of extreme heat.



Is celery good for me?

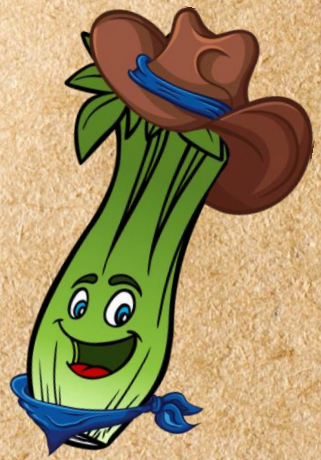
- Celery is a vegetable
- One celery stalk contains about five (5) calories
- Celery is high in vitamin K
  - Vitamin K is known to help your blood

Florida Farmer of the Month

Caroline Garber

Sweetwater Organic Community Farm

Tampa, Florida



Florida Farmer of the Month

In what ways was agriculture a part of your life growing up?

"The elementary school I attended maintained a garden, so I was fortunate enough to experience growing food first hand! Each class had their own section of the garden to tend. I really enjoyed watching our little garden grow and knowing that I helped make it happen."

Fresh celery from Caroline's farm!

You work on a "community farm." What does that mean?

"For us, being a community farm means we serve the people in our local community of Tampa Bay. The produce that we grow stays right here in our area; it isn't sent to someplace far away. That way we can make sure people are getting the freshest vegetables possible."

Florida Farmer of the Month

When is the best time of the year to eat Florida celery?

"Florida celery is at its peak during late spring. Keep your eyes out for the pale green stalks to make their appearance at your local farmer's market around late March/early April all the way through June."

Contact Your Farmer!

Want to reach out to Caroline and tell her why celery rocks? Write her a letter or visit her website!

Sweetwater Organic Community Farm
942 W. Comache Ave.
Tampa, FL 33634

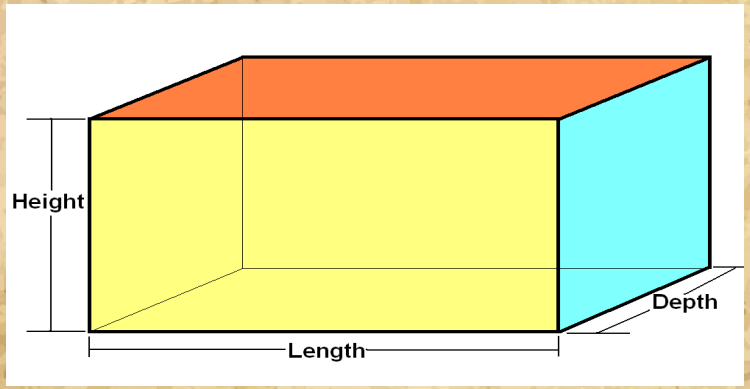
www.sweetwater-organic.org

Script for School Announcement

"This Valentine's Day show your family how much you care about them by sharing information on the benefits of fruits and vegetables. The Harvest of the Month this February is celery. By eating healthy foods like Florida celery you are showing your body that you love it!"

MEASURING VOLUME

Volume: the amount of space enclosed in a solid (3-dimensional) figure. Volume is measured in cubic units.



Finding the volume of regular shaped objects is pretty easy! If an object, like a rectangle, has a distinct and measureable length, width and height, you can calculate the volume using a ruler and multiplying the LxWxH.

MEASURING VOLUME BY WATER DISPLACEMENT

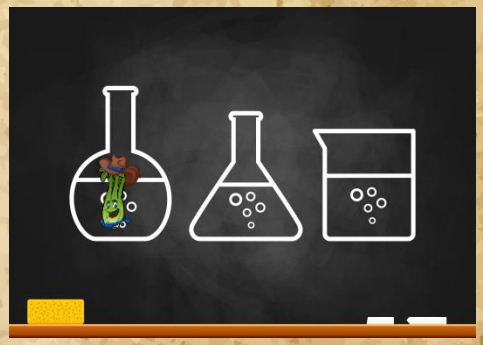
How do you measure irregular shaped objects without a clear length, width and height?

Water Displacement Method:

1. Fill a beaker with water.
2. Measure the volume of the water in milliliters.
3. Add an irregular shaped solid to the beaker. Did you see the water level rise?
4. Measure the combined volume of the water and the object.
5. Subtract the starting volume from the volume after you added the object.
6. Formula→ Final volume- initial volume = Volume of solid.

Example

1. Starting Water Volume = 40 ml
2. Water Volume + Celery = 43 ml
3. Ending Volume – Starting Volume…
   43 ml - 40 ml = 3 ml
4. Volume of celery = 3 ml



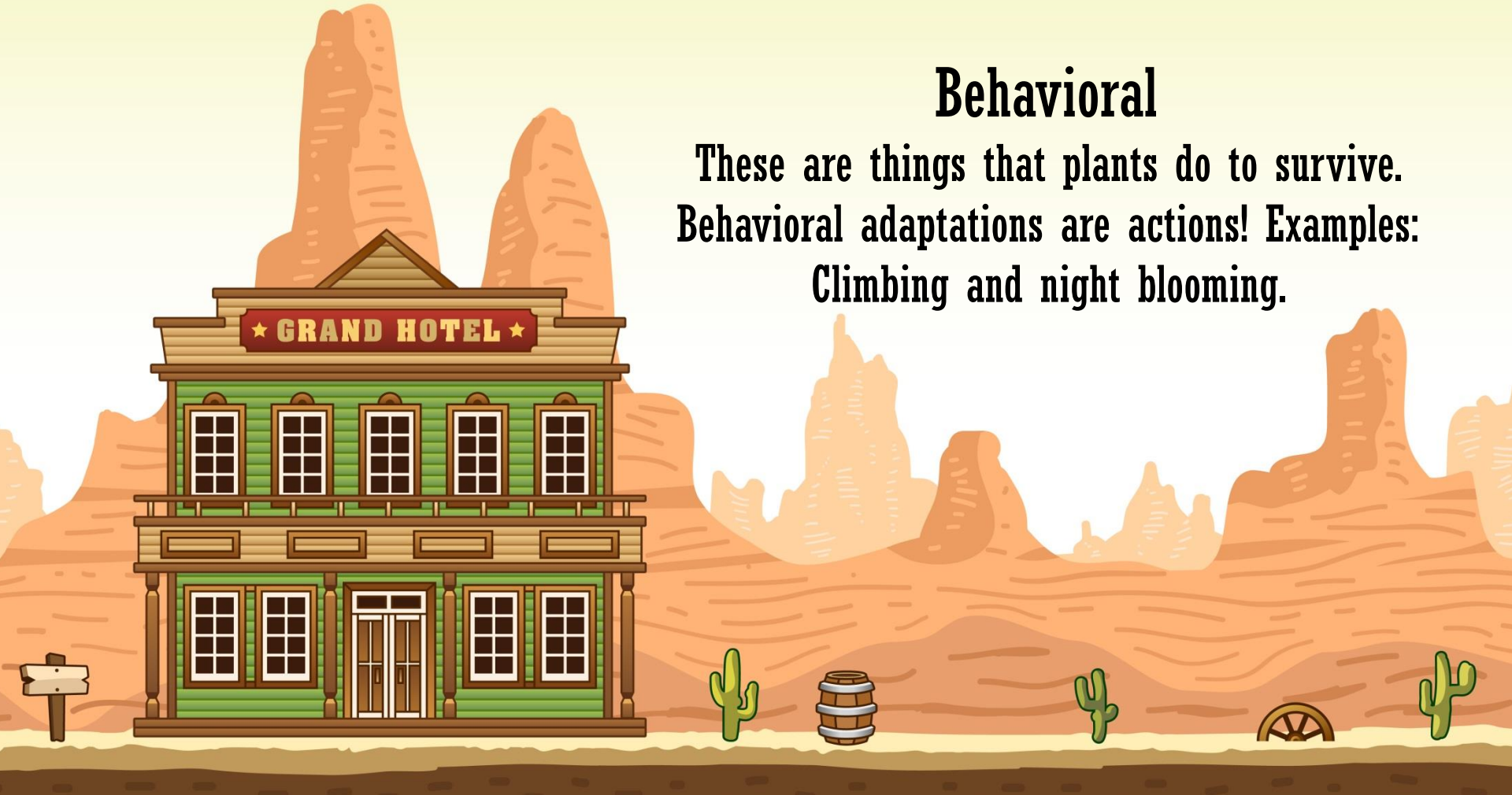
Plant Adaptations

Structural

These are physical features of a plant designed to help it survive in its environment. Some examples are the shape of leaves, height of the plant or size of the roots.

Behavioral

These are things that plants do to survive. Behavioral adaptations are actions! Examples: Climbing and night blooming.



Plant Adaptations

Structural or Behavioral?

1. A pitcher plant's leaves make the shape of pitchers. This shape drowns and dissolves insects. The color and smell of the pitcher plant attracts the bugs.

2. The birch tree has huge leaves. The top branches are used to capture sunlight for the process of photosynthesis.

3. The evening Primrose and Moon Flowers only bloom at night.

4. A rosebush developed thorns for protection.

Plant Adaptations

Structural or Behavioral?

1. A pitcher plant's leaves make the shape of pitchers. This shape drowns and dissolves insects. The color and smell of the pitcher plant attracts the bugs.

   Structural – Size of leaves, color and smell of the plant

2. The birch tree has huge leaves. The top branches are used to capture sunlight for the process of photosynthesis.

   Structural – Size of leaves

3. The evening Primrose and Moon Flowers only bloom at night.

   Behavioral – Night blooming

4. A rosebush developed thorns for protection.

   Structural – The thorns

Plant Adaptations

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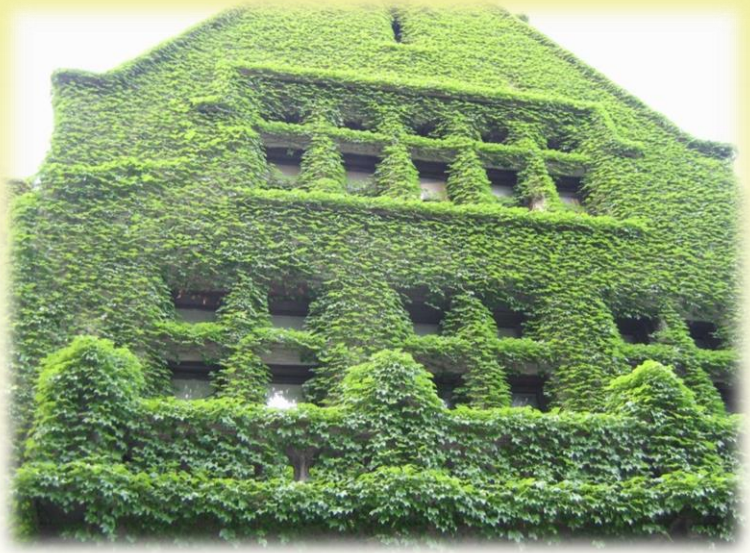

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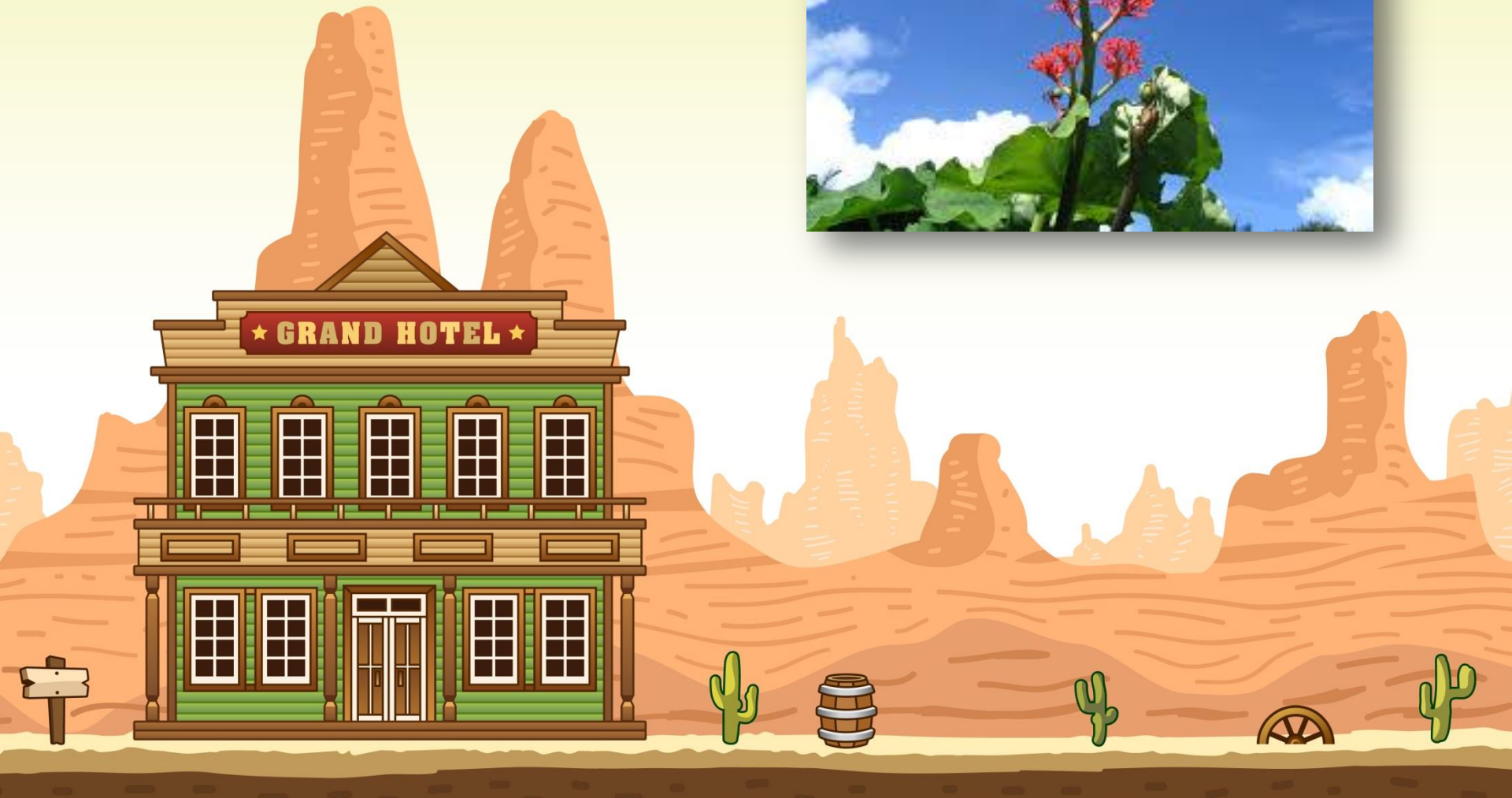

Plant Adaptations

Structural or Behavioral?

Structural: The thorns on the side serve as protection and way to conserve water.

Structural & Behavioral: Structurally, the Venus fly trap has small hairs that detect when a fly or bug lands inside. The behavior is that these hairs cause the two leaves to close around the prey, trapping it inside.

Behavioral: This ivy climbs up structures to capture ample sunlight.

Structural: The bright and vibrant color of this plant is a structural adaptation used to help attract bees for pollination.

Who is John Deere?

Early Life

Born: On February 7, 1804, in Rutland, Vermont
Parents: William and Sarah Yates Deere
First Job: An apprentice for a blacksmith at 17 years old
Married: Demarius Lamb

A Growing Career

Moving West: In 1837, Deere moved to Grand Detour, Illinois to set up a blacksmith shop.
An Inventor: Seeing that the plows could not handle the soil of the Midwest, he created a steel plow.

Who is John Deere?

Expansion

1848: Deere was making 100 new plows a year.
1850: Deere made 1600 plows and other devices.
1858: Deere gave his company to son, Charles.

The Later Years

President: Deere kept the title of president of his company until he died.
Politics: He was involved in many political ventures in his town of Moline.
Death: Deere died at home on May 17, 1886.

John Deere tractors today!

MORE TEACHER RESOURCES

Visit FreshFromFlorida.com/farmtoschool for more teacher resources

Questions? Comments? Concerns?
Reach out to the Florida Farm to School Program by phone at (850) 617-7400, or by emailing Lindsey Grubbs, Florida Farm to School Director, at Lindsey.Grubbs@FreshFromFlorida.com.