Did You Know?

When you pick beans from a vine, they are as “close to the source” as you can get. They are minimally processed and healthier for you. You can’t see it happening, but when you eat beans, your body gets 2 of the fuels you need -- proteins and carbohydrates.

You will need: dried pinto beans, canned or fresh green beans, cotton balls, water, resealable bag, sunny window, tape, paper plate

1. Discuss how the seeds are different from green beans you've eaten.
2. Dampen 3 cotton balls with water and put the balls, along with 3 seeds, into a bag, sealing the bag shut.
4. Tape the bag on a sunny window.
5. Check the bag once a day. What changes do you observe?

Snack on some green beans or refried beans while you observe how they grow.

Songs to Sing

Act out the roles of the farmer, seed, sun and water as you sing.

This is the way we plant the seeds, plant the seeds, plant the seeds, so early in the morning.
This is the way we water the wheat (repeat each verse as above)
This is the way the sun shines down
This is the way we pick the wheat
This is the way we grind the flour
This is the way we bake the bread
This is the way we eat the bread
(Search for "Here we go round the mulberry bush" online for this tune.)

Books We Love


Compiled and edited by GrowingGreat
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