

# Simple Arugula Salad

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**Yield:** ~15, ½ cup servings

**Time:** 10 minutes

**Equipment:** Salad bowl, small mixing bowl or jar, spoon

## **Ingredients:**

- 1 bag / bunch of arugula
- 1/3 cup toasted nuts or seeds (i.e., pine nuts, pistachios, walnuts, hazelnuts, sunflower seeds, etc.)
- 1/2 cup grated parmesan or other cheese
- 1/2 cup extra virgin olive oil
- ½ cup lemon juice
- 1 pint of cherry or grape tomatoes (halved)
- Salt and pepper to taste

## **Directions:**

1. Place arugula, nuts/seeds, cheese, and tomatoes in a salad bowl.
2. Add lemon juice, olive oil, salt and pepper to a small mixing bowl or jar. Mix together to make the dressing.
3. Pour some of the dressing onto the salad and mix just before serving.



Adapted from: <https://foodbanksbc.org/vibekes-simple-arugula-salad-that-her-kids-love/>

# Arugula Adventures

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**Ages:** 3-5 years

**Time:** 20 minutes

**Materials:** An open mind and an imagination!

**Directions:** Choose at least four of the activities below to do. Give each child a sticker for each activity they complete.

1. Look at an arugula. Smell it, feel it, taste it.
2. Draw a picture of an arugula leaf.
3. How does arugula grow?
4. Make up an arugula dance.
5. Imagine the sound arugula would make and make that sound.
6. Make up an arugula song and sing it.

*Adapted from: Boulder County Master Gardeners' Adventures in FRUIT and VEGGIE Land*



# Asparagus Pizza

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**Yield:** 8 slices

**Time:** 20 minutes

**Equipment:** Sharp knife, cutting board, pizza pan/sheet pan, measuring spoons, grater



## **Ingredients:**

- Corn meal (for sprinkling on the pan)
- Store-bought pizza dough (preferably whole wheat)
- Olive oil (to drizzle)
- 1 1/2 cups (or half pound) asparagus, cut into 1-inch pieces
- 12 oz ricotta cheese
- 3 garlic cloves, minced
- 1 teaspoon fresh thyme, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- zest of 1 lemon

## **Directions:**

1. Preheat the oven to 500°F.
2. In a small bowl, combine ricotta, garlic, thyme, salt and pepper.
3. Sprinkle a handful of cornmeal onto a baking sheet. Spread out pizza dough on top.
4. Arrange asparagus evenly across the pizza.
5. Drop spoonfuls of ricotta evenly across the pizza. Smooth out with the back of your spoon. Drizzle with olive oil.
6. Bake for 10 minutes. While cooling, sprinkle lemon zest and pinch of salt.

Adapted from : <https://foodlets.com/2012/03/23/pizza-with-asparagus-ricotta-and-lemon/>

# A is for Asparagus

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Chart paper, markers, asparagus

**Directions:**

1. Talk with children about how "asparagus" starts with the letter "A."
2. Explain that we eat asparagus, and that asparagus is a vegetable.
3. Explain that asparagus is the stem part of a plant.
4. Asparagus can be green, purple, and white.
5. What color is your asparagus?
6. Pass the asparagus around so children can see what it smells like.
7. Ask the children to come up with other words that start with "A," and record their ideas on a large piece of chart paper.
8. Hang the chart paper in a classroom for a month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Winter%20Squash.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Winter%20Squash.zip)



# Beet Chips

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**Yield:** About 60 chips (12, ½ cup servings)

**Time:** Prep time: 15 minutes; Cook time: 45-60 minutes

**Equipment:** Mandoline or sharp knife and cutting board, measuring cups and spoons, large mixing bowl, parchment paper, baking sheet



## **Ingredients:**

- 1 ¼ lbs of beets (any color), sliced paper thin
- 1 ½ tbsp vegetable or olive oil
- 3/8 tsp salt

*Tip: To slice the beets first scrub them with a veggie brush. If you have one, use a mandoline to slice the beets paper-thin (1/16 inch). (When the beet slices are this thin, there is no need to peel them first.) Hold the sprout end while dragging the beets across the mandoline. Use the safety guard and glove if you have one. If you don't have a mandoline, slice beets as thinly as possible with a sharp knife.*

## **Directions:**

1. Preheat the oven to 300. Line several baking sheets with parchment paper.
2. Place the beet slices in a large bowl and pour the oil and salt over the top. Toss well. (If using red and golden beets, place in separate bowls and divide the oil and salt evenly.) Let the beets sit about 15-20 minutes. This will allow them to retain a better shape and color.
3. Toss the beets again, then drain off the liquid. Lay the slices out in a single layer on the prepared baking sheets. Bake for 45-60 minutes until crisp, but not brown. Test after 45 minutes. Remove from the oven and cool completely before storing in an air-tight container.

Adapted from: <https://drive.google.com/drive/folders/0B1ZDPG0eGnXGS2Z5bldrNko2NVE>. Check out a video tutorial here <https://www.youtube.com/watch?v=eHSdLPAUCbM&feature=youtu.be>

# Beet Mystery Bag

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**Ages:** 3-5 years

**Time:** 15 minutes

**Materials:** Large bag, beet

**Directions:**

1. Place a beet in a large bag. (Make sure children don't see you!)
2. Tell children you placed a mystery vegetable inside the bag and that their job is to guess what's inside by using their sense of touch.
3. Invite children to come up one at a time to explore the mystery vegetable by reaching their hand into the bag. (Make sure they don't look in the bag!) Ask each child to –
  - A. Describe the feel and shape of the mystery vegetable.
  - B. Guess what the vegetable is.
4. When each child (that wants to participate) has had a turn, reveal the beet to the class.
5. Pass around the beet and ask children to use their sense of smell and sight to describe what the beet smells like and what color it is.
6. Note: You can use this activity as an introduction to the 5 senses.

*Adapted from:*

[http://www.harvestforhealthykids.org/wp-content/themes/hfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wp-content/themes/hfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Apple and Bok Choy Salad

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**Yield:** 12-16, ½ cup servings

**Time:** 15 minutes

**Equipment:** Measuring cups, measuring spoons, knife, mixing bowl

## **Ingredients:**

- 2 Granny Smith or other apples – thinly sliced into sticks
- 1 bulbs of Bok Choy also known as Pac Choi (or substitute other Asian cabbages like Tatsoi or Tokyo Bekana)
- 1/4 cup apple cider vinegar or other vinegar or lemon juice
- 1/4 cup extra virgin olive oil
- 1/8 tsp salt

## **Directions:**

1. Make sure Bok choy is thoroughly washed, there may be dirt between the leaves towards the bulb. Then thinly slice.
2. Add thinly sliced apples and Bok choy to a bowl.
3. Add the vinegar or lemon juice and olive oil.
4. Season with salt.
5. Refrigerate for at least 1 hour before serving.

Adapted from: <https://2sistersrecipes.com/healthy-apple-bok-choy-salad/>



# Bok Choy Leaves

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Bok Choy also known as Pac Choi (or substitute other Asian cabbages like Tatsoi or Tokyo Bekana)

**Directions:**

1. Peel off the bok choy leaves one by one.
2. Do the bok choy leaves on the outside of the plant look different than the ones on the inside?  
Are they bigger, smaller? Are they lighter colored?
  - A. Pass around the bok choy leaves and let children compare their leaves
  - B. What shape is it? (leaf shaped, smooth)
  - C. What color is it? (dark green and light green)
  - D. How does it feel? (Smooth, slick?)
  - E. Does it have a smell?
  - F. Is it light or heavy? (Light)
  - G. Taste the leaves after thoroughly washing. Do you like the taste?





# Simple Braised Greens

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**Yield:** ~15, ¼ cup servings

**Time:** 15 minutes

**Equipment:** Skillet, knife, serving spoon

## **Ingredients:**

- 1.5 lbs of braising greens (any mix of kale, collard, mustard, spinach, chard, etc.)
- 2 cloves of garlic, chopped
- 1.5 tbsp olive oil
- 1/8 tsp salt
- 1 ½ cups of water

## **Directions:**

1. Remove tough stems from the braising greens.
2. Heat olive oil in a skillet over medium heat.
3. Add garlic and sauté (30 sec).
4. Add greens and water.
5. Cook greens until tender (8-10 minutes)
6. Add salt.

Adapted from: <https://cooking.nytimes.com/recipes/6165-braised-greens>



# Braising Green Leaves

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Mixed Braising Greens

**Directions:**

1. Pass out several different types of braising greens to each child.
2. Explain that these greens come from several different types of plants. They may be kale, spinach, chard, bok choy, mustard, collard greens, etc.
  - A. Examine the different shapes of leaves.
  - B. Examine the different colors of leaves. How many different colors do you see?
  - C. Taste the leaves after thorough washing. Do you like the taste?
  - D. Which leaf is your favorite?



# Swiss Chard Milkshakes

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**Yield:** About 15, 4 fl oz. servings

**Time:** 10 minutes

**Equipment:** Blender, measuring cups

**Ingredients:**

- 3 cups Swiss chard (washed and destemmed)
- $\frac{3}{4}$  bag frozen strawberries (10 oz.)
- $\frac{3}{4}$  bag frozen blueberries or peaches (10 oz.)
- 4 bananas
- 12 oz. plain yogurt
- 1.5 cups milk

**Directions:**

1. Place all ingredients in the blender.
2. Blend well and serve.

*Note: You may need to blend this in batches.*

Adapted from: <https://growing-minds.org/documents/swiss-chard-smoothies-recipe-and-lesson-plan.pdf>

# Chard Looks Like a Rainbow

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**Ages:** 2-5 years

**Time:** 5 minutes

**Materials:** Rainbow chard leaves

**Directions:**

1. Show the children the bunch of chard and ask “what does it look like?” Point out the different colored stems and explain that the rainbow chard looks like a “rainbow”. If you don't have rainbow chard, but chard that is a single color, you can use the image below to compare to the chard you received.
2. Pass the chard leaves around and have the children compare.
  - A. Are some bigger than the others?
  - B. What colors are the stems?
  - C. Can you tell why it is called Rainbow Chard?
  - D. Are the leaves dark green or light green?



Adapted from: <https://growing-minds.org/documents/swiss-chard-smoothies-recipe-and-lesson-plan.pdf/>



# Roasted Potato Wedges with Lemon and Chives

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**Yield:** 12 servings, 4 wedges each

**Time:** Prep time 15 min, Cook time 40 min

**Equipment:** Mixing bowl, knife, baking sheet, serving spoon

## **Ingredients:**

- 6 baking potatoes
- ¼ olive oil
- 1 large lemon
- 1 bunch of chives, chopped
- Salt and pepper, to taste

## **Directions:**

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut potatoes lengthwise in half. Then cut each half into four wedges.
3. In a large bowl, combine the potatoes, juice of one lemon, olive oil, salt and pepper. Toss and coat well.
4. Spread the potatoes onto a baking sheet and cook for 40-45 minutes until tender and brown.
5. Top with fresh chopped chives and serve.

Adapted from: <https://www.justapinch.com/recipes/side/potatoes/roasted-potatoes-w-oregano-lemon-chives.html>

# An Herb Rap

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Chart paper, a marker and some rhythm

**Directions:** Write the rap on a piece of chart paper and then teach it to your children!

*Herbs are the things that make your food taste great. Sprinkle in your soup bowl or eat 'em raw on your plate.*

*Grow them in your garden or in a pot. Eat them up, eat them up, you'll like them a lot.*

*Chorus*

*Herbs, herbs are green and good. Get growin', get cookin', then try them in your food.*

*Herbs, herbs are healthy for you. Here are a few things that you can do.*

*If your posole is tasting bland, grab a pinch of cilantro in your hand.*

*Toss it in, then stir, and mix it up. It'll taste so good, you'll want another cup.*

*Chorus*

*Herbs, herbs are green and good. Get growin', get cookin', then try them in your food.*

*Herbs, herbs are healthy for you. Here are a few things that you can do.*

*Basil's great in a pesto sauce. Rosemary on potatoes and cinnamon in applesauce.*

*Put some mint in your water and dill in your pickles. Whenever you use herbs, you'll give your mouth the tickles.*

Adapted from: <https://www.youtube.com/watch?v=GNT7eoQXGjY&app=desktop>



# Quick Pickles

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**Yield:** About 16, ¼ cup servings

**Time:** Prep time: 10 minutes; Refrigeration time: 30 minutes; Total time: 40 minutes

**Equipment:** Mandoline or sharp knife and cutting board, large bowl, whisk, mixing spoon

## **Ingredients:**

- 1/4 cup white wine vinegar
- 2 Tbsp olive oil
- 2 tsp granulated sugar
- 1 ¼ tsp flaky sea salt, plus more as needed
- 2 pounds cucumbers (about 4 medium)
- 1/4 cup fresh dill, chopped

## **Directions:**

1. Place the vinegar, oil, sugar and salt in a large bowl and whisk to combine.
2. Using a mandoline, slice the cucumbers into 1/8-inch-thick rounds. If you don't have a mandoline, a sharp knife will do.
3. Place the cucumbers in the bowl, add the dill, and toss to combine.
4. Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to come together. Taste and season with more salt or dill as needed before serving.

*Note: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.*

Adapted from: <https://www.thekitchn.com/recipe-salt-and-vinegar-cucumbers-258309>



# D is for Dill

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Chart paper, markers, dill

**Directions:**

1. Talk with children about how "dill" starts with the letter "D."
2. Explain that we eat dill and that dill is an herb.
  - A. Herbs are used to season food.
  - B. Dill is a seasoning used on pickles.
3. Explain that dill is the leaf and stem part of a plant.
4. Pass the dill around so children can see what it looks like and smells like.
5. Ask the children to come up with other words that start with "D," and record their ideas on a large piece of chart paper.
6. Hang the chart paper in a classroom for a month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Winter%20Squash.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Winter%20Squash.zip)





# Green Salad with Edible Flowers

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**Yield:** ~16, ½ cup servings

**Time:** 10 minutes

**Equipment:** Bowl, whisk

**Ingredients:**

- 1 tsp red-wine or other vinegar
- 1 tsp Dijon mustard
- 3 tbsp extra-virgin olive oil
- Salt and pepper
- 5 1/2 ounces tender salad greens (arugula, spinach, mizuna, lettuce, spinach, mustard, red orach, etc.)
- Edible flowers (calendula, dianthus, nasturtiums, pansies, snapdragon, arugula flowers, etc.)

**Directions:**

1. Combine the vinegar and mustard in a bowl. Gradually whisk in the oil, then season with salt and pepper.
2. Toss dressing with greens and top with flowers. Serve immediately.

Adapted from: <https://www.marthastewart.com/974983/green-salad-edible-flowers>

# Let's Examine Edible Flowers!

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Edible Flowers

**Directions:**

1. First discuss edible flowers:
  - A. **Important:** Remind the children that not all flowers are edible. These are special edible flowers. Some flowers are poisonous, and they should always ask an adult before eating a flower.
  - B. What type of flower are you examining? Talk about what plant the flower came from
2. Pass edible flowers out to the children.
3. Look at the flowers, what colors do you see?
4. Smell the flowers, do they smell how you expected?
5. Taste the flowers, what do they taste like



# Fennel Citrus Salad

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**Yield:** 14, ¼ cup servings

**Time:** 10 minutes

**Equipment:** Sharp knife, medium bowl, measuring cups, measuring spoons, citrus juicer



## **Ingredients:**

- 2 medium (about 1 ½ lbs) fennel bulb, thinly sliced
- 8 medium navel oranges peeled and thinly sliced (or 12 clementines peeled and thinly sliced)
- 1/2 cup red onion, thinly sliced (optional)
- ¼ cup kalamata (or other) olives pitted (optional)
- 1 tbsp + 1 tsp extra virgin olive oil
- ¼ cup lemon juice or vinegar
- 1/8 tsp salt (optional – if not using olives)

## **Directions:**

1. Combine fennel, oranges, red onion, and olives in a medium bowl.
2. Drizzle olive oil and lemon juice
3. Add salt if not using olives.
4. Toss gently and serve.

Adapted from: <https://fruitsandveggies.org/stories/fennel-citrus-salad/>

# F is for Fennel

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Chart paper, markers, fennel

**Directions:**

1. Talk with children about how "fennel" starts with the letter "F."
2. Explain that we eat fennel and that fennel is a vegetable.
  - A. Fennel has a unique flavor called "anise".
  - B. The "anise" flavor is similar to black licorice or black jelly beans.
3. Explain that fennel has a bulb at the bottom than can be cut up and eaten in salads or cooked.
4. The leaves of the fennel can be used as an "herb" to flavor food.
5. Pass the fennel around so children can see what it looks like and encourage children to smell it.
6. Ask the children to come up with other words that start with "F," and record their ideas on a large piece of chart paper.
7. Hang the chart paper in a classroom for a month.

*Adapted from:* [http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Winter%20Squash.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Winter%20Squash.zip)



# Any Shade of Green Pesto

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**Yield:** About 1 cup

**Time:** 10 minutes

**Equipment:** Skillet, measuring cups and spoons, blender or food processor, grater

## **Ingredients:**

- 4 cups packed plants (i.e., field greens, basil, mint, parsley, cilantro, chard, kale, watercress, spinach, pea shoots, arugula, mizuna, fava bean leaves, etc.)
- 1/3 cup toasted nuts or seeds (i.e., pine nuts, pistachios, walnuts, hazelnuts, sunflower seeds, etc.)
- 1/2 cup grated parmesan cheese
- 1/2 cup extra virgin olive oil
- 2 garlic cloves, whole (lightly toasted in a pan to remove the raw garlic flavor)
- ¼ tsp lemon juice or vinegar
- ¼ tsp salt
- 2 Tbsp ice (this will help keep the pesto green)

## **Directions:**

1. Make sure first 7 ingredients are cool or at room temperature.
2. Add all ingredients to a blender with the ice and pulse until smooth (but not a puree).
3. Thin out with a bit of extra olive oil, if needed.
4. Use immediately as a sauce for pastas, pizzas, dips and marinades. It also freezes really well!



*Adapted from: Paul C Reilly, Master Pesto Recipe, beast + bottle, Coperta, Pizzeria Coper*

# Paint with Greens

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**Ages:** 3-5 years

**Time:** 20 minutes

**Materials:** Tree leaves (1/child), field greens (1/child), crayons (1/child), watercolor paints, white construction paper

\*Note: Field greens can include kale, chard, beet greens, arugula, etc.

**Directions:**

1. Give each child a kale leaf (or other field green) and a tree leaf. Invite children to look closely at both leaves.
2. Ask children how the leaves are similar/different.
3. Invite children to draw the outline and veins of the chard leaf on a piece of white construction paper with a crayon.
4. Give the children watercolor paints and invite them to fill in their leaf and the boarder until their paper is full of color. The crayon will resist the paint, standing out on the page.

Adapted from: <https://growing-minds.org/documents/swiss-chard-smoothies-recipe-and-lesson-plan.pdf>



# Lemony Kale Chips

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**Yield:** 16, 1/2 cup servings

**Time:** Prep time: 15 min; Cook time: 30-35 min; Total time: 45-50 min

**Equipment:** Measuring spoons, 2 large baking sheets, large mixing bowl, tongs, pot holders, paper towels



## **Ingredients:**

- 2 large bunches kale (any variety), washed and dried well
- 2 Tbsp + 2 tsp olive oil
- 2 Tbsp fresh lemon juice
- ½ teaspoon salt

## **Directions:**

1. Preheat oven to 250°F.
2. Lightly oil two large baking sheets by spreading a little oil (about 1 tsp per pan).
3. Strip kale leaves off from stems by grasping the bottom of each stem and pulling your hand up along it. Tear the kale into large pieces and put them in the mixing bowl.
4. Add the lemon juice, 2 Tbsp oil, and salt to the bowl and use your hands to mix gently so that the leaves are evenly coated.
5. Arrange the kale leaves on the baking sheets in a single layer.
6. Bake until the leaves are dry and crispy, but before they start turning dark brown, around 30-35 minutes. If some are ready before the whole pan is, carefully remove them with tongs.
7. Serve warm or at room temperature.

Adapted from: <https://www.chopchopfamily.org/recipe/crispy-kale/>

# Kale Trivia!

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**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Your brains!

**Directions:** Ask children the following questions to test their knowledge of kale.

1. What do you plant to grow kale? (a seed)
2. Does kale grow above or below ground? (above)
3. Why is kale “good for you” nutritious? (it’s high in Vitamins C, A and K)
4. What letter does kale start with? (K)
5. Can you name one other vegetable that kale is related to (in the same family)? (cabbage, broccoli, Brussels sprouts and cauliflower)

*Adapted from: Boulder County Master Gardeners’ Adventures in FRUIT and VEGGIE Land*





# Sparkling Lemon Balmade

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**Yield:** 16, ½ cup servings

**Time:** 70 minutes

**Equipment:** Pitcher, measuring cups and spoons, grater, sharp knife, cutting board

## **Ingredients:**

- 6 cups cold water
- Zest of 2 lemons
- 2 cups Lemon Balm - fresh, washed, dried
- 1 1/3 cups plain soda water

## **Directions:**

1. Pour water into pitcher.
2. Finely chop lemon balm, then add to water.
3. Add lemon zest, refrigerate for 1 hour.
4. Strain liquid, and add plain soda water
5. Serve with a spring of fresh lemon balm and a lemon wedge.



# Let's Explore Lemon Balm!

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Lemon balm leaves to pass around

**Directions:**

1. Pass around a few lemon balm leaves for your children to explore.
2. How much do your children know about lemon balm? Find out by asking some of the questions below.
  - A. Is lemon balm a fruit or a vegetable? (Vegetable – specifically it is an herb which can be used to add extra flavor to foods! Lemon balm can also be used to make herbal tea).
  - B. What color is it? (Green. Use this as a chance to discuss different shades of green. Compare the color of the lemon balm to something else in your classroom).
  - C. How does it feel? (Bumpy)
  - D. How does it smell? (Lemon balm has a scent of lemon with a hint of mint).
  - E. Is it light or heavy? (Light)



# Do-It-Yourself Lettuce Wraps

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**Yield:** 16 lettuce wraps

**Time:** 20 minutes

**Equipment:** Cutting board, sharp knife, measuring cup, measuring spoons

**Ingredients:**

- 2 heads of lettuce
- 4 cups shredded or diced cooked chicken
- 4 cups veggies, such as shredded cabbage, grated carrots, cooked green beans, sliced radishes, or other vegetables
- 2 cups whole fresh herb leaves: mint, cilantro, basil or a combination
- 2/3 cup roasted peanuts coarsely chopped (optional)
- 4 tbsp low-sodium soy sauce
- 4 tbsp fresh lime juice

**Directions:**

1. Arrange the lettuce, chicken, veggies, herbs, and peanuts (if using) in bowls or on plates
2. Put the reduced sodium soy sauce and lime juice in a bowl and stir well.
3. To assemble a roll, put a lettuce leaf on a plate, pile a small heap of ingredients across its middle, topping it with peanuts and a spoonful of sauce.
4. Fold the sides in and roll the leaf up around the filling like a burrito).

*Adapted from: <https://www.chopchopfamily.org/recipe/delicious-do-it-yourself-lettuce-wraps/>*

# Let's Explore Lettuce!

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** A variety of lettuce leaves to pass around.

**Directions:**

1. Pass around a few lettuce leaves for your children to explore.
2. How much do your children know about lettuce? Find out by asking some of the questions below.
  - A. Is lettuce a fruit or a vegetable? (Vegetable)
  - B. What shape is it? (Long, leaf shaped, may have wrinkly edges; explain that there are different kinds of lettuce that look different)
  - C. What color is it? (Green, red, depending on variety)
  - D. How does it feel? (Smooth, thick)
  - E. Does it have a smell? (May have no smell or smell like earth or grass)
  - F. Is it light or heavy? (Light)



# Cream of Potato Soup with Lovage

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**Yield:** ~12, half cup servings

**Time:** 25 minutes prep, 40 minutes total

**Equipment:** 4-quart pot, sharp knife, cutting board, blender, ladle, measuring cup, measuring spoons

## **Ingredients:**

- 2 lbs russet potatoes
- ½ cup chopped onion
- 2 garlic cloves, minced
- 3 cups chicken broth
- 1 cup milk
- ½ tsp salt
- ¼ tsp pepper
- 1 bunch of lovage, chopped

## **Directions:**

1. In a 4-quart pot cook potatoes, onion, and garlic in lightly salted boiling water for 15-20 minutes or until very tender; drain and return to pot.
2. Add about half of the chicken broth.
3. Transfer mixture to a blender, cover and blend until smooth and return to pot.
4. Stir in remaining broth, milk, salt, pepper, and chopped lovage
5. Heat through.
6. Serve drizzled with olive oil and sprinkled with additional pepper and lovage leaves

Adapted from: <https://www.bhg.com/recipe/cream-of-potato-soup-with-lovage/#nutrition>

# "L" is for Lovage

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Chart paper, markers, lovage

**Directions:**

1. Talk with children about how "lovage" starts with the letter "L."
2. Explain that we eat lovage and that lovage is an herb.
  - A. Herbs are used to season food.
  - B. Lovage tastes and smells similar to celery. It is often used to season soups and salads.
3. Explain that lovage is the leaf and stem part of a plant.
4. Pass the lovage around so children can see what it looks like and encourage children to smell it.
5. Ask the children to come up with other words that start with "L," and record their ideas on a large piece of chart paper.
6. Hang the chart paper in a classroom for a month.

*Adapted from: Boulder County Master Gardeners' Adventures in FRUIT and VEGGIE Land*



# Green Eggs, No Ham

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**Yield:** 12 servings (1/2 sandwich servings)

**Time:** 25 minutes

**Equipment:** Cutting board, sharp knife, toaster, fork, measuring cups, measuring spoons, heatproof spatula, large skillet, mug

## **Ingredients:**

- 6 whole-wheat English muffins, split and toasted
- 3 avocados, peeled and pitted
- 6 tbsp olive or vegetable oil
- 6 large eggs
- ¾ cup microgreens (or use another leafy green like chopped spinach or arugula)
- Pinch kosher salt
- Optional ingredients (tomato slices, onion slices, cheddar cheese slices, salsa, cucumbers, etc.)

## **Directions:**

1. Put the toasted English muffins on a cutting board and spread each bottom half with ½ an avocado and ~2 tbsp of microgreens.
2. Heat the skillet over medium. When hot, add the oil (if you are cooking the eggs in 2 batches, reserve 2 tbsp oil for the second batch).
3. Crack each egg into a mug and pour the egg into the oil (this will help you avoid oil splatters). Cook each egg until it starts to set. Flip each egg, cook until yolk is nearly firm, ~1 minute.
4. Slide the eggs onto the avocado and microgreen topped English muffin halves and then top with a pinch salt. Add other toppings as desired. Cut into halves. Serve immediately



Adapted from: <https://www.chopchopfamily.org/recipe/green-eggs-no-ham-3/>

# "M" is for Microgreens

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Chart paper, markers

**Directions:**

1. Talk with children about how "microgreens" starts with the letter "M."
2. Practice making the "M" sound.
3. Ask the children to come up with other words that start with "M," and record their ideas on a large piece of chart paper.
4. Hang the chart paper in a classroom for a month.

*Adapted from:* [http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Melon.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Melon.zip)





# Cucumber Mint Breeze

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**Yield:** 16, 4 fl. oz. servings

**Time:** 5 minutes

**Equipment:** Sharp knife, cutting board, 32 fl. oz. pitcher

**Ingredients:**

- 1 cup sliced cucumbers
- 2-3 sprigs of fresh mint
- Ice
- Water

**Directions:**

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes
4. Store in refrigerator and drink within 24 hours.

Adapted from: <http://www.hidden-sugar.org/wp-content/uploads/2016/12/Drink-Recipes.pdf>



# Minty Sensory Sniff Jar

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**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Spice jar (or other small jar), knife, mint (or other herb), small square of paper to cover jar, skewer or fork for poking holes in paper, rubber bands

**Directions:**

1. Pick a fun smelly ingredient (mint or other herbs work great)
2. Chop or crush the herbs to release the scent.
3. Place the chopped or crushed herb in the jar.
4. Cover the jar with a square of paper (or fabric also works well).
5. Use a rubber band (or string) to secure the paper around the top of the jar.
6. Poke holes in the paper with a skewer or fork.
7. Pass the jar around to the children to smell the mint or other herb.

Adapted from: <https://www.aruma.com.au/about-us/blog/diy-sensory-activities-smelling-jars/>



# Any Vegetable Minestrone

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**Yield:** ~12, ½ cup servings

**Time:** Prep time 30 min, total time 1 hour, 15 min

**Equipment:** cutting board, sharp knife, measuring cups, measuring spoons, large pot with lid

## **Ingredients:**

- 1 tbsp olive oil
- 1 garlic cloves (minced)
- 1/2 large onion, peeled and chopped
- 1 carrots, scrubbed and diced
- 1 celery stalks, diced
- 2 cups any veggies diced (chard, kale, spinach, zucchini, peas, zucchini, green beans, etc.)
- ¼ cup barley or brown rice
- 2 cups chicken or vegetable broth
- 2 cups water
- 1 cups cooked or canned beans (drained), any type work (garbanzo, pinto, black, red, white)

## **Directions:**

1. Heat the pot to medium and add the oil
2. Cook the onions, carrots, and celery for ~10 min.
3. Add garlic and other vegetables and cook for ~10 min.
4. Add barley or rice, and simmer covered for ~45 min until the grain is tender.
5. Add the beans and simmer for ~15 min.
6. Add salt if desired.
7. Serve. Garnish with olive oil and Parmesan cheese.

Adapted from: <https://www.chopchopfamily.org/recipe/any-vegetable-minestrone/>

# Regrowing Onions

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**Ages:** 3-5 years

**Time:** 15 minutes

**Materials:** Onions that have started to sprout, clear glass or jar, water, toothpicks

**Directions:** Have your onions begun to sprout? Don't toss them out. Regrow them indoors by following the steps below –

1. Fill a glass or glass jar with water. (Leave about an inch of space at the top of the glass/jar.)
2. Poke four toothpicks, equally spaced, around the middle of the onion.
3. Set the onion, roots down, on top of the glass with the toothpicks resting on the rim. The roots and base of the onion should be immersed in water.
4. Place the glass and onion onto a windowsill that gets plenty of sunlight. Over a week, you will see the roots elongate into the water, and a green sprout will rise from the top.
5. Regularly change the water before it gets murky or smelly to prevent rotting. To do this, gently lift out the onion, replace the water, and place the onion back onto the top of the jar.
6. After a few weeks, a flower stem will emerge. At this point, you can plant the entire onion in soil and watch it grow into a new onion!

Adapted from: <https://www.wikihow.com/Grow-Onions-in-Water>

# Carrot and Radish Pickles

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**Yield:** 12-14, ½ cup servings

**Time:** 15 minutes plus 2 hours pickling time

**Equipment:** Bowl, knife

## **Ingredients:**

- 1 1/2 cups white vinegar
- 4 tbsp sugar
- 4 tsp salt
- 6 large carrots
- 2 lbs daikon or luobo or other radish

## **Directions:**

1. Peel and slice carrots crosswise into 1/8-inch rounds
2. Peel and cut daikon radish into 1 ½ inch-long matchsticks
3. In a medium bowl, combine the vinegar, sugar, and salt. Stir to dissolve the sugar and salt.
4. Add the carrots and daikon radish.
5. Keep submerged in the pickling liquid for 2 hours.
6. Refrigerate and serve for up to one week.

Adapted from: <https://www.foodandwine.com/recipes/carrot-and-daikon-pickles>

# Paper Plate Radish Craft

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**Ages:** 3-5 years

**Time:** 20 minutes



**Materials:** Paper plates (1/ child), green construction paper, tissue paper or construction paper in different shades of red, scissors, glue, picture of a radish (<https://en.wikipedia.org/wiki/Radish>) or a real radish

## **Directions:**

1. Tell children they are going to be making their own radishes!
2. Provide children with a plate and red tissue or construction paper. Instruct children to tear or cut tissue paper into small pieces. Have children glue the red pieces onto the paper plates.
3. Provide children with green paper and scissors to cut out radish leaves. (Children may also trace their hands to create leaves!) Instruct children to glue the leaves onto the top of the plate.
4. As children work, talk about -
  - a. The parts of the radish (leaves, stem, root)
  - b. Which parts you can eat (all of them!)
  - c. Radish shape (round to oval), size (short to long), color (red, pink, purple, white), taste (mild to spicy), texture (crunchy) and smell (earthy).
  - d. Where radishes grow (in the ground).

*Adapted from: Farm to ECE May Calendar*

# Rhubarb-Strawberry-Applesauce

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**Yield:** About 16, 1/2 cup servings

**Time:** Prep time: 15 minutes; Cook time: 20 minutes; Total time: 35 minutes

**Equipment:** Sharp knife, cutting board, measuring cups and spoons, medium saucepan, mixing spoon, stick blender or full-sized blender

## **Ingredients:**

- 8 apples, peeled and cut into 2-inch pieces
- 8 stalks rhubarb, cut into 1-inch pieces
- 2/3 cup water
- 16 strawberries (fresh or frozen), destemmed
- 2 tsp cinnamon

## **Directions:**

1. Combine the apples, rhubarb, strawberries, water and cinnamon in the saucepan. Cover and bring the mixture to a simmer over medium heat. Continue simmering, stirring occasionally, until the fruit is tender and falling apart, about 15 to 20 minutes.
2. Use a stick blender to blend. Note: If using full-sized blender, be careful transferring sauce as the sauce will be hot!
3. Serve warm or chilled.

TIP: Leftover applesauce will keep well in the fridge for about 1 week, or for 3 months in the freezer.

Adapted from: <https://www.superhealthykids.com/recipes/strawberries-and-rhubarbs-and-apples-oh-my/>

# Produce Bag Still Life

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**Ages:** 3-5 years

**Time:** 20 minutes

**Materials:** Drawing paper, drawing/painting utensils (i.e., crayons, markers, colored pencils, pastels, watercolors and brushes, etc.)

**Directions:**

1. Arrange the fruits and veggies from your Produce Bag in a bowl or basket.
2. Invite children to draw or paint a still life of the produce.
3. Ask for volunteers to explain their works of art to the classroom

*Adapted from: Children's House Preschool*





# Strawberry-Melon Summer Salad

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**Yield:** About 15, ½ cup servings

**Time:** 15 minutes

**Equipment:** Sharp knife and cutting board, measuring cups and spoons, large mixing bowl, mixing spoon



## **Ingredients:**

- 2 cup plain yogurt
- 2 teaspoon lemon juice
- 4 cups watermelon, cut into chunks
- 4 cups cantaloupe, cut into chunks
- 4 cups fresh strawberries, washed and cut into quarters

## **Directions:**

1. Wash strawberries and remove tops. Cut strawberries into quarters.
2. Wash and slice open the melons. Scoop out seeds and discard (compost, if possible). Cut melons into cubes.
3. Combine the melons and strawberries in large bowl.
4. Pour yogurt and lemon juice over the strawberry melon mixture.
5. Gently, fold the yogurt into the strawberry-melon mixture, being careful not to mash the fruit.
6. Serve immediately. *Note: The fruit salad can get a little watery if it sits out too long.*

Adapted from: [http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK\\_Melon.zip](http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Melon.zip)

# Getting to Know...Strawberries

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**Ages:** 3-5 years

**Time:** 15 minutes

**Materials:** Fresh strawberries with green leaves attached, napkins, mystery box/bag

## **Directions:**

1. Place the strawberries in a mystery box/bag.
2. One at a time, ask each child to come and feel inside the bag without looking.
3. Ask each child to describe what she/he feels.
4. After everyone has guessed, reveal the strawberry. Give each child a strawberry on a napkin to look at, touch, and smell. Note the children's guesses that were close (round, a berry, food) or correct (strawberry).
5. Talk about the strawberry. Ask the questions below:
  - A. Is a strawberry a fruit or a vegetable? (Fruit)
  - B. What shape is it? (Shaped like a heart)
  - C. What color is the cap of leaves? (green)
  - D. How do the seeds on the outside of it feel? (Rough like sand in the sand box)
  - E. Does it have a smell? (May have no smell or smell sweet like a flower)
  - F. Is it light or heavy? (Light)
  - G. Has anyone ever tasted a strawberry? (Yes or no)

Adapted from: <https://buildingstrongchildren.usu.edu/files/Book7.pdf>



# Tulsi (Holy Basil) Tea

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**Yield:** 2 quarts (16, ½ cup servings)

**Time:** 10 minutes

**Equipment:** Drying rack or dish towel, pot or tea kettle, glass jar or pitcher

## **Ingredients:**

- Eight to twelve sprigs of fresh tulsi (also known as holy basil). Note – you can also make tea from mint, lemon balm, and other herbs
- Two quarts of water

## **Directions:**

1. Lay out tulsi sprigs and leaves in a single layer on a clean dish towel or drying rack. Allow to sit for one day (this should make the tea more flavorful)
2. When leaves are dry, heat water just below boiling using a pot or tea kettle.
3. Place the wilted tulsi in a glass jar or pitcher (holding at least one quart).
4. Pour water over the herbs.
5. Steep for 15 minutes
6. Strain and serve. Note: tea can also be served cold over ice or with a squeeze of lemon or lime.



Adapted from: <https://foodinjars.com/recipe/make-fresh-tulsi-tea/>

# Let's Explore Tulsi!

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Tulsi leaves to pass around.

**Directions:**

1. Pass around a few tulsi leaves for your children to explore.
2. How much do your children know about tulsi? Find out by asking some of the questions below.
  - A. Is tulsi a fruit or a vegetable? (Vegetable – specifically it is an herb and can be used to add extra flavor to foods!)
  - B. What shape is it? (Oval)
  - C. What color is it? (Green. Use this as a chance to discuss different shades of greens. Compare the color of tulsi to something else in your classroom that's green).
  - D. How does it feel? (Smooth)
  - E. Does it have a smell? (Basil)
  - F. Is it light or heavy? (Light)
3. More fun facts about tulsi:
  - A. Tulsi is also known as “holy basil”
  - B. Tulsi is often used in Indian cooking. (Show children where India is on a map.)



Adapted from: <https://food.ndtv.com/food-drinks/5-reasons-why-you-should-sip-on-tulsi-tea-holy-basileveryday-1806434>

# Quick Pickled Hakurei Turnips

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**Yield:** 16, ¼ servings

**Time:** 45 minutes

**Equipment:** Sharp knife and cutting board (or mandoline), measuring spoons, small mixing bowl, mason jar (pint-sized)



## **Ingredients:**

- 2 bunches Hakurei turnips or radishes
- 2 tsp salt
- 1 cup rice wine vinegar
- 2 tsp sugar
- 1 tsp black peppercorns, crushed
- 6 thin slices of ginger

## **Directions:**

1. Wash turnips well and slice thinly with knife (or a mandoline, if available)
2. Place turnip slices in a small bowl and toss with the salt. Let rest until there is a pool of liquid on the bottom of the bowl, about 30 minutes.
3. Drain turnips of the salty water and pack into a pint-sized mason jar.
4. Add vinegar, sugar, pepper and ginger slices. Apply a watertight lid and shake to combine.
5. Place pickled turnips in the fridge and chill before eating. Pickles can be eaten within an hour of being made and will keep for at least a week in the fridge.

Adapted from: <https://nesfp.org/world-peas-food-hub/world-peas-csa/produce-recipes/hakurei-turnips>

# Head, Shoulders, Knees and Turnips

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**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Music to "Head, Shoulders, Knees and Toes" and a turnip

**Directions:**

1. Show children the turnip.
2. Point out the leaves, stem, tap root (i.e., white and round root), true roots (i.e., little whiskers that emerge from the bottom of the tap root).
3. Identify which part of the human body will represent each part of the turnip (leaves = head, stem = shoulders, tap root = knees, true roots = feet.)
4. Ask the children to stand.
5. Play the music to "Head, Shoulders, Knees and Toes."
6. Model the anatomy of the turnip by singing in tune to the song and placing hands on the assigned body parts. Replace the lyrics to the original song with the new lyrics: "leaves," "stem," "tap root," "true roots."
7. Encourage children to join in!

Adapted from: [http://www.farmtoschool.org/Resources/LYCO\\_Edition-Harvest-of-the-Month-FINAL.pdf](http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf)

# Green Beans with Lemon Basil Dip

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**Yield:** About 13 servings, ~2 Tbsp dip/child with ~3 green beans

**Time:** 15 minutes

**Equipment:** Sharp knife, cutting board, medium mixing bowl and spoons, measuring cups and spoons, grater

## **Ingredients:**

- 1 pound green beans, washed and trimmed
- 2 cups plain Greek yogurt, low fat or fat free
- ½ cup fresh basil, chopped (or 2 Tbsp and 2 tsp dried basil)
- 1 Tbsp lemon zest
- ½ tsp salt

## **Directions:**

1. Add all ingredients (except for green beans) to mixing bowl and stir to combine.
2. Serve dip (~2 Tbsp/child) with green beans (~3/child).
3. Ask children if they can identify and taste the different ingredients you put in the dip.

Adapted from: <https://www.chowhound.com/recipes/yogurt-dipping-sauce-lemon-basil-31491>

# Let's Explore Basil!

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Basil leaves to pass around.

**Directions:**

1. Pass around a few basil leaves for your children to explore.
2. How much do your children know about basil? Find out by asking some of the questions below.
  - A. Is basil a fruit or a vegetable? (Vegetable – specifically it is an herb and can be used to add extra flavor to foods!)
  - B. What shape is it? (Oval, leaf shaped, smooth)
  - C. What color is it? (Green – you can discuss the shade of greens your leaves are, light, dark, olive colored?)
  - D. How does it feel? (Smooth, slick?)
  - E. Does it have a smell? (Basil should be very fragrant)
  - F. Is it light or heavy? (Light)





# Roasted Broccoli

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**Yield:** ~16, ¼ cup servings

**Time:** 25 minutes

**Equipment:** Knife, cutting board, baking sheet, serving spoon

**Ingredients:**

- 2 lbs. broccoli, cut into florets
- 2 tbsp extra-virgin olive oil
- Salt and pepper, to taste

**Directions:**

1. Preheat oven to 425 degrees Fahrenheit.
2. Spread the broccoli florets onto a baking sheet and toss with olive oil, salt, and pepper.
3. Bake for 18-22 minutes, tossing halfway, until golden on the edges.

Adapted from: <https://cookieandkate.com/perfect-roasted-broccoli-recipe/>



# Broccoli Plant Investigation

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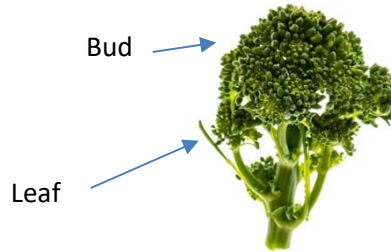
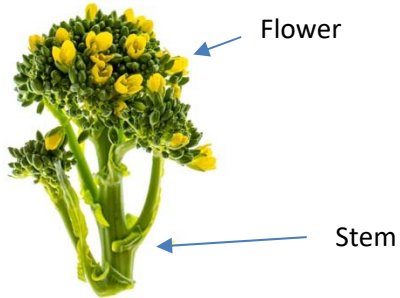
**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Broccoli florets

**Directions:**

1. Pass around the broccoli florets.
2. Discuss the different parts of the broccoli: Stem, Leaves, Bud
3. Show children the picture of a broccoli that has flowered (see below).



# Any-Melon Agua Fresca

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**Yield:** About 12, ½ cup servings

**Time:** 15 minutes

**Equipment:** Cutting board, sharp knife, measuring cup, measuring spoons, blender, small spoon



## **Ingredients:**

- 5 cups cantaloupe chunks (or sub watermelon, or honeydew melon)
- 2 cups very cold water
- 1 tbsp fresh lime juice
- Pinch of salt
- 1 tbsp honey (optional)

## **Directions:**

1. Put all ingredients in the blender.
2. Put the lid on tightly. Turn the blender to medium and blend until the mixture is liquid and smooth.
3. Use a small spoon to taste the mixture and adjust flavorings as needed. More lime? Honey?
4. After adjusting, blend again.
5. Serve immediately or cover and refrigerate for up to 4 hours. If refrigerating, stir before serving

Adapted from: <https://www.chopchopfamily.org/recipe/any-melon-agua-fresca/>

# Sink or Float

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**Ages:** 3-5 years

**Time:** 15 minutes

**Materials:** Rock, feather, melon, chart paper, marker, bucket, water

**Directions:**

1. Introduce the sink/float activity by asking children whether or not they think a melon will float or sink.
2. Review the concepts of float (rise to the top) and sink (fall to the bottom).
3. Fill the bucket with water. Show the children different objects (rock, feather, etc.) and ask if think they will sink or float. Record their responses on the chart paper.
4. Test the objects and the melon in the water and see what happens!
5. Explain that melons sink because they are heavy and because of their shape.

Adapted from: [http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK\\_Melon.zip](http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Melon.zip)



# Carrot Chips

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**Yield:** About 16, ¼ cup servings



**Time:** Prep time: 10 min; Cook time: 15 min; Total time: 25 min

**Equipment:** Vegetable peeler measuring spoons, mixing bowl, mixing spoon, baking sheet, parchment paper, potholder

## **Ingredients:**

- 8 medium carrots
- 2 tbsp olive oil
- ¼ tsp salt

## **Directions:**

1. Preheat oven to 400°F.
2. Peel carrots, then slice into strips using the vegetable peeler. Note: Avoid rotating the carrot for as long as possible to make wider sections; the thicker the pieces, the better they will turn out.
3. Add the carrot to a bowl and toss with olive oil.
4. Line a baking sheet with parchment paper. Place carrot peelings in a single layer on the baking sheet, and sprinkle with salt.
5. Bake for 10-20 minutes until crispy, tossing once or twice during cooking. (Exact cook time will depend on the thickness of the slices).
6. Serve and enjoy!

Adapted from: <https://www.superhealthykids.com/recipes/easy-carrot-chips/>

# Carrot Table Talk

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Carrots!



**Directions:** When children are trying carrots during meal time, ask them questions, like:

- What do they taste like? Are they soft? Crunchy? Sweet? Salty?
- Does anyone have a garden? What do you grow in your garden?
- Has anyone tried to grow carrots?
- How do carrots grow? (The roots grow underground, the leaves grow above ground.)
- What part of a carrot do we eat? (The root.)

Adapted from: : [http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK\\_Carrots.zip](http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Carrots.zip)

# Pico De Gallo

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**Yield:** 4 cups

**Time:** 15 min

**Equipment:** Mixing bowl, Spoon, Knife, Cutting Board

**Ingredients:**

- 1 cup finely chopped onion
- 1 small pepper (sweet or spicy), chopped
- ¼ cup lime juice
- ¾ tsp salt
- 1 ½ lbs ripe tomatoes (about 8 small or 4 large), chopped
- ½ cup finely chopped cilantro

**Directions:**

1. In a mixing bowl, combine the chopped onions, pepper, tomatoes, cilantro, lime juice, and salt.
2. Mix gently.
3. For the best flavor, let marinate for 15 minutes or longer.
4. Serve as a dip with baked tortilla chips, on tacos, or with vegetable slices (carrots, jicama, etc.).

Adapted from: <https://cookieandkate.com/classic-pico-de-gallo-recipe/>



# Cilantro Taste Test

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**Ages:** 3-5 years

**Time:** 15 minutes



**Materials:** Cilantro, tomato, sharp knife, cutting board, plates (1/child), napkins, chart paper, marker

**Directions:**

1. Before class:
  - A. Create a chart for children to document whether children "liked" the cilantro or "don't like it yet."
  - B. Wash and tear cilantro leaves into bite size pieces, wash and cut tomatoes into pieces
2. During class:
  - A. Tell children that you will be tasting cilantro today. Let children know cilantro is an herb used to flavor foods like salsa.
  - B. Remind the children how the group follows polite tasting manners:
    - i. "Don't yuck my yum!" We do not say negative things about how something tastes because it might offend someone and discourage others from trying something new.
    - ii. If a child tries something that they do not like, request that they quietly spit it out in a napkin so other children have an opportunity to taste it and form their own opinions.
    - iii. Encourage children to use respectful language like "I don't care for it."
    - iv. Remind children that sometimes it takes trying new things 10-20 times before you begin to like them.
  - C. Provide each child with a piece of cilantro and tomato. Encourage the children to try them separately and together. Ask each child to report to the class whether they "liked" the cilantro or "don't like it yet." Record their answers on the chart.

Adapted from: [https://harvestofthemonth.cdph.ca.gov/documents/Summer/021712/ED\\_Melons\\_Newsletter\\_Final.pdf](https://harvestofthemonth.cdph.ca.gov/documents/Summer/021712/ED_Melons_Newsletter_Final.pdf)



# Collard Roll Ups

**Yield:** 16, ½ roll servings

**Time:** Prep time: 20 minutes

**Equipment:** Scissors, measuring spoons, measuring cup, box grater, teaspoon



## **Ingredients:**

- 8 large collard leaves
- 1 tbsp + 1 tsp olive oil
- 1 tsp salt
- 2 cups ripe avocado or hummus
- 4 carrot or small beet, scrubbed or peeled, and grated on the large holes of a box grater
- 1 cup toasted pumpkin seeds or pecans, cashews, walnuts, or almonds
- Lemon and lime wedge for squeezing)

## **Directions:**

1. Use the kitchen scissors to trim the thick part of the stem out of each collard leaf.
2. Lay 1 leaf on the counter, with the underside of the leaf facing up, and drizzle with 1 tsp of oil and a small pinch of salt. Rub the leaf with oil and salt until it looks dark and shiny (this will make the leaf flexible so it can roll up without cracking). Repeat with all 8 leaves.
3. Spread ~1/4 cup of the avocado or hummus over each leaf and top with grated carrots or beets and nuts or seeds. Squeeze a little lemon or lime juice over the filling.
4. Roll up each leaf into a tight log. Cut each roll in half and serve.

Adapted from: <https://www.chopchopfamily.org/recipe/collard-roll-ups/>

# "C" is for Collards

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**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Chart paper, markers

**Directions:**

1. Talk with children about how collards starts with the letter "C"
2. Ask children to come up with other words that start with "C," and record their ideas on a piece of chart paper.
3. Hang the chart in the classroom for the month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Crusty Cornbread

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**Yield:** 16 servings



**Time:** Prep time 20 min, total time 45 min

**Equipment:** 8-inch square baking pan, measuring spoons, large mixing bowl, measuring cup, small mixing bowl, large spoon, potholders

## **Ingredients:**

- ¼ cup plus 1 tsp vegetable oil
- 1 ½ cups yellow (or blue or white) cornmeal
- ½ cup all-purpose flour or whole wheat flour
- 1 tbsp baking powder
- 1 tsp kosher salt
- 2 large eggs, lightly beaten
- 1 cup buttermilk, yogurt, or milk
- ¼ cup maple syrup or honey

## **Directions:**

1. Heat oven to 400°F. Lightly grease the baking pan with 1 tsp oil.
2. Put the cornmeal, flour, baking powder, and salt in the large mixing bowl and mix well.
3. Put the eggs, buttermilk, remaining ¼ cup oil, and maple syrup in the small bowl and mix well.
4. Add the egg mixture to the flour mixture and stir until just blended. Do not overmix.
5. Spoon the batter into the pan. Once the oven has reached 400, put the pan in the oven.
6. Bake until the top is golden brown, 20-25 minutes. Cut into 16 pieces, serve warm or at room temperature.

Adapted from: <https://www.chopchopfamily.org/recipe/crusty-cornbread/>

# Oh, Do You Eat Your Vegetables

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Chart paper, markers

**Directions:** Write the lyrics of the song on a piece of chart paper and hang in your room.

Lyrics: (Sing to the tune of the Muffin Man)

Oh do you eat your vegetables, vegetables, Vegetables?  
Oh, do you eat your vegetables-each and every day?

Oh, yes we eat our vegetables, vegetables, vegetables:  
Oh yes we eat our vegetables-each and every day!

\*\*To continue the song, ask each child in turn to name a vegetable. Substitute the child's name and her vegetable choice, and have everyone sing the new words. For example:

Oh Janet eats green beans, green beans, green beans,  
Oh Janet eats green beans-each and every day!

Adapted from: <https://www.preschooleducation.com/svegetable.shtml>



# Quick Pickles

---

**Yield:** About 16, ¼ cup servings



**Time:** Prep time: 10 minutes; Refrigeration time: 30 minutes; Total time: 40 minutes

**Equipment:** Mandoline or sharp knife and cutting board, large bowl, whisk, mixing spoon

## **Ingredients:**

- 1/4 cup white vinegar
- 2 Tbsp olive oil
- 2 tsp granulated sugar
- 1 ¼ tsp flaky sea salt, plus more as needed
- 2 pounds cucumbers (about 4 medium)
- 1/4 cup fresh dill, chopped

## **Directions:**

1. Place the vinegar, oil, sugar and salt in a large bowl and whisk to combine.
2. Using a mandoline, slice the cucumbers into 1/8-inch-thick rounds. If you don't have a mandoline, a sharp knife will do.
3. Place the cucumbers in the bowl, add the dill, and toss to combine.
4. Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to come together. Taste and season with more salt or dill as needed before serving.

*Note: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.*

Adapted from: <https://www.thekitchn.com/recipe-salt-and-vinegar-cucumbers-258309>

# Cucumbers vs. Pickles

---

**Ages:** 3-5 years

**Time:** Prep: 5 minutes; Activity: 15 minutes

**Materials:** 1 cucumber, 1-2 dill pickles, sharp knife and cutting boards, plates, chart paper and marker



## **Directions:**

1. Before class:
  - A. On the chart paper, make 2 columns. Label 1 column "cucumber" and the 2<sup>nd</sup> column, "dill pickle." Make five rows and label each: "sight," "sound," "touch," "smell" and "taste." You might also consider drawing symbols for each of the senses (i.e., sight=eyes, sound=ears, touch=hand, smell=nose, taste=mouth/tongue).
  - B. Slice the cucumber and pickle(s) into coins. Place 1 cucumber slice and 1 pickle slice onto each plate. Make enough plates so that each child has one.
2. During class:
  - A. Tell your children that we're going to explore cucumbers and pickle using our 5 senses. (Use this as an opportunity to explain the 5 senses to your children, if you haven't talked about this topic before.)
  - B. Pass the plates of cucumbers and pickles out to your children.
  - C. Ask children to first explore the cucumber slices by describing what their cucumbers look like, sound like (maybe when they rub them in between their fingers or break them in half), feel like, smell like and taste like. Record their findings in your chart.
  - D. Now ask children to explore their pickle slices by describing what their pickles look like, sound like (again when they rub them in between their fingers or try and break them in half), feel like, smell like and taste like. Record their findings in your chart.
  - E. Ask children to compare the cucumbers and pickles. What's similar and what's different?

Adapted from: [https://harvestofthemonth.cdph.ca.gov/documents/Spring/021712/Ed\\_Cucumber\\_Newsletter\\_Final.pdf](https://harvestofthemonth.cdph.ca.gov/documents/Spring/021712/Ed_Cucumber_Newsletter_Final.pdf)

# Black and White Edamame

---

**Yield:** 16, 1/8 cup servings

**Time:** 20 minutes

**Equipment:** Medium-sized pot with lid, colander, measuring cup, measuring spoons, serving bowl, serving spoon



## **Ingredients:**

- 1 pound fresh edamame (in their pods)
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

## **Directions:**

1. Put 1 inch of water and the edamame pods in the pot and put the lid on.
2. Put the pot on the stove and turn the heat to high. Once you see steam coming out from under the lid, cook the bean pods until they are bright green and still firm, about 5 minutes.
3. Put the colander in the sink, carefully drain the bean pods, and put them in the serving bowl.
4. Sprinkle the bean pods with salt and pepper and toss well.
5. Serve warm or cover and refrigerate up to overnight and serve chilled.

Adapted from: <https://www.chopchopfamily.org/recipe/black-and-white-edamame/>

# Edamame Exploration

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Edamame

**Directions:**

1. Show the children the pictures of edamame on the card.
2. Discuss the different parts of the plant (leaves, stem, roots, seeds)
3. Show the children an edamame pod.
4. Open it up and show children the edamame bean inside.
5. Ask the children if they know what part of the plant they eat when they eat edamame. (Seed)





# Garlic Scape Pesto

---

**Yield:** About 14, 1/8 cup servings

**Time:** 20 minutes

**Equipment:** Sharp knife, cutting board, skillet, measuring spoons and cups, food processor, grater, mixing bowl and spoon

## **Ingredients:**

- 5 fresh garlic or shallot scapes, roughly chopped (about  $\frac{3}{4}$  cup)
- $\frac{1}{4}$  cup nuts of your choice (pecans, walnuts, pine nuts, etc.)
- Juice and zest of  $\frac{1}{2}$  lemon
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  cup olive oil
- $\frac{1}{4}$  cup Parmesan or other hard cheese, grated
- Salt and pepper to taste

## **Directions:**

1. Toast the nuts in a skillet over low heat, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes.
2. Combine the scapes, nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor. Pulse about 20 times, until combined.
3. Pour in the olive oil slowly while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese.
4. Serve as a dip with veggies or whole wheat pita bread or as a sauce over whole wheat pasta.



Adapted from: <https://www.serious-eats.com/recipes/2010/06/the-crisper-whisperer-what-to-do-with-garlic-scapes-recipe.html>

# Roots and Shoots

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Local vegetables (a combination of vegetables that grow above and below ground), knife, cutting board, bowls, tongs, plates

**Directions:**

1. Cut the vegetables into small pieces for taste testing (leave some vegetables in their whole form for the children to compare to the cut-up pieces).
2. Show the children the vegetables in their whole form. Ask the children if they know which part of the vegetable we eat.
  - A. Do we eat the whole plant?
  - B. Which part of the plant do we eat (stem, leaves, root)
  - C. Sometimes we eat more than one part of the plant, for instance garlic, we eat the bulb which grows underground and the scape, which is the stem.
3. Pass around the whole vegetables for the children to touch and smell.

Adapted from: <https://growing-minds.org/documents/roots-and-shoots.pdf/>



# Green Beans Egg Toast

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**Yield:** 12 servings (~1/2 cup egg and green bean mixture on 1/2 cup toast)

**Time:** 15 minutes

**Equipment:** Sharp knife, cutting board, medium-sized skillet, measuring spoons, measuring cup, rubber spatula, toaster

## **Ingredients:**

- 3 tablespoons olive oil
- 3 cups chopped green beans (or yellow wax beans, etc.)
- 12 large eggs
- 6 slices of whole-wheat bread, toasted
- Salt and pepper to taste

## **Directions:**

1. Put the skillet on the stove and set the heat to medium. Add the olive oil.
2. Add the green beans and cook until they turn bright green, about 3 minutes.
3. Crack the eggs into the skillet with the green beans and cook until the edges of the eggs start to firm up, about 1 minute.
4. Using the rubber spatula, break the egg yolks and mix them with the whites. Cook until the eggs are just set, about 2 minutes.
5. Cut toast in half. Top each half piece of toast with ~1/2 a cup of egg and green bean mixture. Sprinkle with salt and pepper. Serve.

Adapted from: <https://www.chopchopfamily.org/recipe/frambled-green-eggs/>

# Green Beans Mystery Bag

---

**Ages:** 3-5 years

**Time:** 15 minutes

**Materials:** A few green beans, large paper bag

**Directions:**

1. Place the beans in a large bag. (Make sure children don't see you!)
2. Tell children you placed a mystery vegetable inside the bag and that their job is to guess what's inside by using their sense of touch.
3. Invite children to come up one at a time to explore the mystery vegetable by reaching their hand into the bag. (Make sure they don't look in the bag!) Ask each child to –
  - A. Describe the feel and shape of the mystery vegetable.
  - B. Guess what the vegetable is.
4. When each child (that wants to participate) has had a turn, reveal the green beans to the class.
5. Pass around the green beans and ask children to use their sense of smell and sight to describe what the green beans smell like and what color they are.

*Note: You can use this activity as an introduction to the 5 senses.*

Adapted from: [http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Fruit Kabobs

---

**Yield:** 16 kabobs

**Time:** Prep time: 15 minutes

**Equipment:** Sharp knife, cutting board, 16 bamboo skewers

## **Ingredients:**

- 32 strawberries, hulled and halved
- 2 bananas, cut into 8 slices (16 total)
- 4 kiwis, cut into 4 slices (16 total)
- 16 cubes of honeydew melon (you can substitute cantaloupe, watermelon, etc.)
- ½ cup plain yogurt

## **Directions:**

1. Poke the skewer in the center of a fruit piece and slide it on, add fruit pieces in whatever order you like.
2. Serve right away, with the yogurt for dipping.



Adapted from: <https://www.chopchopfamily.org/recipe/breakfast-kabobs/>

# "H" is for Honeydew

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Chart paper, markers

**Directions:**

1. Talk with children about how honeydew starts with the letter "H"
2. Ask children to come up with other words that start with "H," and record their ideas on a piece of chart paper.
3. Hang the chart in the classroom for the month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Beans and Greens Tacos

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**Yield:** 16 tacos

**Time:** 15 minutes

**Equipment:** medium-size pan with lid, wooden spoon, measuring cups, measuring spoons, sharp knife, cutting board

## **Ingredients:**

- 3 tbsp olive oil
- 6 garlic cloves (minced)
- 8 cups mizuna (or spinach, chard, mustard greens, braising greens, bok choy, etc.)
- 4 cups of cooked or canned black beans (or pinto, garbanzo, etc.)
- 2 tbsp mild chili powder
- ½ tsp cumin
- ½ tsp ground coriander
- ½ tsp salt
- 16 soft corn tortillas
- 2/3 cup queso fresco, queso añejo, feta, etc.
- Optional – serve with avocado, salsa, pico de gallo, cilantro, tomato, etc.

## **Directions:**

1. Heat the olive oil in a pan over low heat. Toss in garlic and mizuna and stir briefly. Cover the pan for about 3 minutes or until the mizuna wilts.
2. Add the beans, spices, ½ cup of water, and sea salt.
3. Turn up the heat to medium and simmer uncovered, stirring occasionally until the moisture has mostly evaporated and the beans are soft and sizzling.
4. Heat the corn tortillas (you can put batches of 5 on a damp paper towel and microwave for ~30 seconds until warm and pliable).
5. Add the taco mixture to the tortillas and add toppings as desired.

Adapted from: <https://food52.com/recipes/33393-classic-beans-and-greens-tacos>

# Insects in the Garden

---

**Ages:** 3-5 years

**Time:** 15 minutes

**Materials:** 5 glass jars with a lids

**Directions:**

1. Explain to the children that they will be going on an insect expedition to see how many bugs they can spot in the garden.
2. Explain that the most important part of the expedition is to be very gentle with the insects without harming them
3. Ask the children to explore the garden to find insects. Give them tips on where to look.
  - A. Under leaves, grass, and hay.
  - B. Look closely at the plants and under their leaves
4. When the children spot an insect they can call you over to carefully put the bug into the container with a lid.
5. When the class has collected 5 insects call them over and try to identify the insects.
6. Release insects back into the garden after identifying them.

Adapted from: <https://growing-minds.org/documents/garden-lesson-4-insects-in-the-garden-preschool.pdf/>





# Tasty Roasted Mushrooms

---

**Yield:** ~12 ¼ cup servings

**Time:** Prep time 15 min, Total time 35 min

**Equipment:** cutting board, sharp knife, large rimmed baking sheet, measuring cup, measuring spoons, wooden spoon



## **Ingredients:**

- 1 lb assorted mushrooms (button, white, shiitake, portobello, cremini, oyster, etc.)
- 1 tbsp olive oil
- 1 garlic clove, peeled and minced
- 1 tsp salt
- ½ tsp black pepper

## **Directions:**

1. Heat oven to 400°F
2. Put the mushrooms on a baking sheet and add olive oil, garlic, salt, and pepper. Mix well with clean hands or wooden spoon.
3. Put the baking sheet in the oven. Roast until mushrooms are golden brown, 20-30 minutes.
4. Serve right away or cover and refrigerate overnight.

*Tip: Use as a side dish, or a topping for pasta, omelets and burgers.*

Adapted from: <https://www.chopchopfamily.org/recipe/roasted-wild-and-not-so-wild-mushrooms/>

# I Like Veggies

---

**Ages:** 3-5 years

**Time:** 5 minutes



Lyrics (Sing to the tune of "Are You Sleeping?")

I like veggies, I like veggies  
Do you too? Do you too?  
I like corn and mushrooms, I like corn and mushrooms  
And peas too, And peas too.

I like veggies, I like veggies  
Do you too? Do you too?  
I like corn and mushrooms, I like corn and mushrooms  
And peas too. And peas too.

Adapted from: <https://www.preschooleducation.com/svegetable.shtml>

# Green Egg Bake

---

**Yield:** 16, 2 inch X 2 inch servings

**Time:** Prep time: 30 minutes; Cook time: 1 hour; Total time: 1 ½ hours

**Equipment:** Cutting board, sharp knife, measuring cups, measuring spoons, 8 X 8 inch baking pan, medium skillet, heatproof spatula, medium bowl, whisk or fork, pot holders



## **Ingredients:**

- 3 tbsp vegetable oil
- 1 onion, peeled and chopped
- 4 cups (packed) mustard greens, chopped (note: you can also use other greens – kale, chard, spinach, or other vegetables, shredded zucchini, diced corn, fresh basil, parsley, etc. Be creative!)
- 8 large eggs
- ½ cup shredded or crumbled cheese (cheddar, Swiss, feta, parmesan, etc.)
- ½ tsp salt
- ½ tsp pepper

## **Directions:**

1. Heat oven to 350 degrees. Grease the baking pan with 1 tsp of vegetable oil.
2. Heat the remaining 2 tsp of oil in the skillet.
3. When the oil is hot, add the onion and cook until golden (~7 min), add the mustard greens and cook until wilted. Set mixture aside.
4. Put eggs, salt, and pepper in a mixing bowl and use a whisk or fork to mix well.
5. Add the cooled mustard green mixture and cheese to the eggs. Mix well.
6. Pour the mixture into the baking pan.
7. Bake until golden and eggs set. (~25-30 min).

Adapted from: <https://www.chopchopfamily.org/recipe/green-egg-bake/>

# Garden Color Hunt

---

**Ages:** 3-5 years

**Time:** 15 minutes

**Materials:** Construction paper, scissors, hole punch, book ring

**Directions:**

1. Gather various colors (red, orange, yellow, green, blue and purple) of construction paper
2. Cut the construction paper into bookmark shaped pieces.
3. Give each child 2-3 different colors of the construction paper pieces
4. Tell the children they will be going on a color hunt.
5. Guide them in identifying as many things in the garden as possible to match their color samples to.
  - A. Which colors do they see the most in the garden?
  - B. Which colors do they see the least?

Adapted from: <https://growing-minds.org/documents/garden-lesson-3-color-hunt-preschool.pdf/>



# Zippy Green Sauce

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**Yield:** 1 cup

**Time:** 20 minutes

**Equipment:** Cutting board, sharp knife, measuring cups, measuring spoons, food processor or blender

**Ingredients:**

- 1 large bunch of parsley
- 2 garlic cloves
- ½ tsp kosher salt
- 2/3 cup of olive oil

**Directions:**

1. Remove large stems from the parsley. Wash and dry the remaining parsley.
2. Put the parsley leaves, garlic, and salt in the food processor or blender. Process until chopped. ~1 minute.
3. Add a small amount of oil at a time to the parsley and garlic mixture and process until smooth. Scrape down the sides as needed.
4. Refrigerate for up to 1 week.

*Tip: Tastes great on chicken, fish, pork, tofu. Or use on sandwiches, eggs, rice, etc.*

Adapted from: <https://www.chopchopfamily.org/recipe/zippy-green-sauce/>



# Watering the Garden

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**Ages:** 3-5 years

**Time:** 30 minutes

**Materials:** Garden soil, six-eight shallow buckets or containers, water, watering cans

**Directions:**

1. First prepare the activity for the children. Put dry garden soil in each of the shallow buckets or containers. Add water to half of the buckets and mix until the soil is very damp.
2. Take the children to the garden and bring the buckets of soil.
3. First talk to the children about how plants need water almost every day, just like people need water.
  - A. How does nature provide water for plants? (It rains!)
  - B. What do gardeners need to do if it hasn't rained? (Water the plants!)
4. Guide children in taking turns feeling the dry soil and wet soil
5. Ask the children to gently put their fingers in the soil of the garden bed without disturbing the plants. Does the soil feel wet or dry?

Adapted from: <https://growing-minds.org/documents/garden-lesson-2-watering-lesson-preschool.pdf/>



# Snap Peas with White Bean Dip

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**Yield:** 20, 1/8 cup servings

**Time:** 15 minutes

**Equipment:** Food processor or blender, measuring cups and spoons, mixing bowl and spoon



## **Ingredients:**

- ¼ cup extra virgin olive oil
- ¼ cup lemon juice
- ½ tsp salt or to taste
- ½ tsp pepper or to taste
- 1-2 cloves garlic or 1 tsp garlic powder
- 2 cans of white beans (Note: Navy (pea) beans, cannellini, great northern beans, or baby lima beans can be used)
- 1 pound sugar snap peas, washed. Make sure to trim ends and remove strings

## **Directions:**

1. Place the beans, garlic, lemon juice and olive oil in food processor or blender.
2. Pulse until the mixture is coarsely chopped or creamy depending on desired consistency.
3. Season with salt and pepper, to taste.
4. Transfer the bean puree to a small bowl.
5. Serve with snap peas.

*Adapted from: Boulder County Public Health HEAL training*

# Pea Exploration

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Peas in their shells

**Directions:**

1. Show the children the pictures of peas on the card.
2. Discuss the different parts of the plant (leaves, stem, roots, seeds)
3. Show the children a pea pod.
4. Open it up and show children the peas inside. The pod
5. Ask the children if they know what part of the plant they eat when they eat peas. (Seed)





# French Potato Salad

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**Yield:** About 12, ¼ cup servings

**Time:** Prep time: 10 minutes; Cook time: 15 minutes; Total time: 25 minutes

**Equipment:** Sharp knife, cutting board, measuring cups and spoons, whisk, large pot with lid, baking sheet, large mixing bowl, mixing spoon



## **Ingredients:**

- 1.5 pounds small, waxy potatoes (use red or yellow only, purple cook at a different temperature), halved
- salt
- ½ cup olive oil
- freshly ground black pepper
- 1 small red onion, halved and thinly sliced
- ¼ cup white wine vinegar
- 1Tbsp Dijon mustard
- 1 garlic clove, minced
- 2 Tbsp pickles, finely chopped
- 1 Tbsp capers, drained
- ¼ cup chopped parsley or chervil

## **Directions:**

1. Put the potatoes in a pot and cover with an inch of water. Bring to a boil with a generous pinch of salt.
2. Meanwhile, in a large bowl, whisk olive oil with a pinch of salt, pepper, onion, and vinegar. Set aside.
3. Reduce the pot of potatoes to a simmer and cook until just tender, about 8-10 minutes. DO NOT OVERCOOK! Drain and immediately scatter over a sheet tray.
4. While still hot, pour the onion-vinegar mixture over the potatoes and mix well. Allow to cool to room temperature and move to a bowl. Mix in the remaining ingredients and season to taste.
5. Serve

*Adapted from: Paul C. Reilly, beast + bottle, Coperta*

# "P" is for Potato

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Chart paper, markers

**Directions:**

1. Talk with children about how potato starts with the letter "P"
2. Ask children to come up with other words that start with "P," and record their ideas on a piece of chart paper.
3. Hang the chart in the classroom for the month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Crunchy Rosemary Lemon Chickpeas

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**Yield:** 12, ¼ cup servings

**Time:** 10 minutes prep time; cook time 40-50 minutes; total time ~1 hour

**Equipment:** Can opener, colander, paper towels, measuring spoons, rimmed baking sheet, heatproof spatula, zester or grater, pot holders



## **Ingredients:**

- 2 can chickpeas (15 ounce), drained and rinsed
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tbsp + 1 tsp chopped fresh rosemary
- 1 tbsp grated lemon zest
- ½ tsp salt

## **Directions:**

1. Heat oven to 400°F.
2. Put a layer of paper towels on the countertop and add the drained chickpeas. Roll them around to dry
3. Put the chickpeas, oil, and garlic powder on the baking sheet and shake the pan to roll the chickpeas around until they are coated with oil.
4. Bake the chickpeas until they are crunchy and golden brown (40-50 minutes), stirring halfway.
5. Remove the chickpeas from the oven and sprinkle with rosemary, lemon zest, and salt.
6. Eat right away or store in a covered container for up to a day.

Adapted from <https://www.chopchopfamily.org/recipe/crunchy-rosemary-lemon-chickpeas/>

# Rosemary Sensory Sniff Jar

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**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Spice jar (or other small jar), knife, rosemary, mint (or other herb), small square of paper to cover jar, skewer or fork for poking holes in paper, rubber bands

**Directions:**

1. Pick a fun smelly ingredient (rosemary or other herbs work great)
2. Chop or crush the herbs to release the scent.
3. Place the chopped or crushed herb in the jar.
4. Cover the jar with a square of paper (or fabric also works well).
5. Use a rubber band (or string) to secure the paper around the top of the jar.
6. Poke holes in the paper with a skewer or fork.
7. Pass the jar around to the children to smell the rosemary or other herb.

Adapted from: <https://www.aruma.com.au/about-us/blog/diy-sensory-activities-smelling-jars/>



# Scallion and Cream Cheese Spread

---



**Yield:** 1 cup

**Time:** 10 min

**Equipment:** measuring spoons, medium-sized bowl, fork, spatula, lidded container

**Ingredients:**

- 1 4 oz. package of cream cheese
- 2 tbsp plain yogurt
- 1 tbsp finely chopped scallions (garlic scapes and chives can also be substituted, or use a combination)
- ¼ tsp salt

**Directions:**

1. Put all ingredients in the bowl and mash with a fork until combined.
2. Scrape into a lidded container and refrigerate for up to 5 days.

*Tip: Tastes great on cucumbers, whole-grain crackers, whole-grain bagels, and with other veggies.*

Adapted from: <https://www.chopchopfamily.org/recipe/green-garlic-cream-cheese/>

# Garden Scavenger Hunt

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**Ages:** 3-5 years

**Time:** 30 minutes

**Materials:** Optional - Scavenger hunt list for each child (print copies here

<https://kidsgardening.wpengine.com/wp-content/uploads/2017/05/KGN-ScavengerHunt-2.pdf>)

**Directions:**

- Tell the children you are going to go on a scavenger hunt in the garden
- Print off copies of a garden scavenger hunt list (see link above) or tell the children the items below one at a time and complete the scavenger hunt together as a class:
  - Sun, leaf, rock, ant
  - Grass, butterfly, bench, water
  - Squirrel, worm, flower, soil
  - Cloud, tree, bird, ladybug

Adapted from: <https://kidsgardening.org/scavenger-hunt-garden/>



# Any Bean Dip with Shallots

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**Yield:** ~12, 1/8 cup servings

**Time:** 15 minutes prep time

**Equipment:** Can opener, colander, cutting board, sharp knife, food processor (or potato masher or fork), measuring cups, measuring spoons, medium sizes bowl (if you are mashing by hand)

## **Ingredients:**

- 2 can beans (15 ounce), drained and rinsed
- ½ cup olive oil
- 2 garlic cloves
- Juice of 2 lemons
- 1 tsp of salt
- 2 shallots (chopped)

## **Directions:**

1. Put all ingredients, except for the shallots, in the food processor and process until completely smooth.
  2. Add the shallots and pulse to combine.
- OR
3. If you are mashing by hand, put all ingredients in the bowl, mash the beans with the potato masher or fork until they are as smooth as you desire. Add the chopped shallots and combine.
  4. Taste the dip. Adjust seasonings.
  5. Serve right away or refrigerate for up to 2 days.

Adapted from <https://www.chopchopfamily.org/recipe/any-bean-dip/>

# Explore Your Produce Bag Together!

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Your Produce Bag, Chart Paper, Markers

**Directions:**

1. Explore your Produce Bag with your class!
  - A. Take each item out of the bag and ask the children what each fruit or vegetable is called
  - B. Write each fruit or vegetable on the chart paper
    - i. Talk about which letters each fruit or vegetable starts with
    - ii. Talk about what color each fruit or vegetable is
  - C. After looking at each item, ask the children to volunteer to tell you which is their favorite fruit or vegetable.
  - D. Are there any new fruits or vegetable they haven't tried or seen before? Ask them!
2. Leave the list of fruits and vegetables on your wall for one week.





# Squash Blossom Quesadillas

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**Yield:** 12 quesadillas

**Time:** 10 minutes prep time, 15 minutes cook time, 25 minutes total.

**Equipment:** large sauté pan, wooden spoon, nonstick skillet, spatula, cutting board, sharp knife

## **Ingredients:**

- 2 tbsp extra virgin olive oil
- 1 cup chopped onion
- 5 garlic cloves, minced
- ~30 squash blossoms
- 1 tsp butter
- 12 white corn tortillas
- 8 ounces Mexican cheese (Oaxaca or Monterey jack)

## **Directions:**

1. Prepare the squash blossoms. Open each blossom to check for bugs and dirt. Rinse. Cut off the stems and roughly chop the blossoms.
2. Heat the oil to medium high heat. Sauté onions for 5-6 minutes. Add the garlic and sauté for one more minute.
3. Add the squash blossoms and sauté for 1-2 minutes until the blossoms wilt.
4. Heat a non-stick skillet on medium heat and add a little butter (just enough to flavor the tortillas).
5. Add the cheese and about a tbsp of squash blossom mixture.
6. Fold the tortillas in half and cook until the cheese melts and the tortilla is lightly browned. Repeat for all 12 tortillas.



Adapted from: [https://www.simplyrecipes.com/recipes/squash\\_blossom\\_quesadillas/](https://www.simplyrecipes.com/recipes/squash_blossom_quesadillas/)

# Flowers in the Garden

---

**Ages:** 3-5 years

**Time:** 15 minutes

**Materials:** Vase or glass jar, scissors

**Directions:**

1. Explain to the children that they will be going on a flower expedition to see how many flowers they can spot in the garden.
2. Ask the children to explore the garden to find flowers. Give them tips on where to look.
  - A. What colors of flowers do they see?
  - B. Point out what type of plants they are looking at and what will grow from the flower, if anything.
    - i. Will tomatoes grow from the flower? Peppers? Squash?
    - ii. Maybe the flowers are on lettuce or arugula and we eat the leaves.
3. Clip any flowers you wish and make a bouquet. Take any clippings inside in your jar or vase.

Adapted from: <https://growing-minds.org/documents/garden-lesson-4-insects-in-the-garden-preschool.pdf/>



# Zucchini Pizza Bites

---

**Yield:** 40 tiny pizzas

**Time:** 30 minutes

**Equipment:** Sharp knife and cutting board, measuring cup, large baking sheet, aluminum foil, heatproof spatula, measuring spoons, oven mitts or pot holder



## **Ingredients:**

- 2 medium-size zucchini, cut into ¼ inch rounds
- 1 tablespoon olive oil
- ¾ cup tomato or marinara sauce
- 1 cup shredded part-skim mozzarella

## **Directions:**

1. Set a rack in the highest part of the oven. Turn the oven on and set the heat to broil. Cover the baking sheet with aluminum foil.
2. Spread the zucchini rounds in one layer on the baking sheet and brush them with olive oil. Turn all the pieces over and brush again. Put the baking sheet in the oven and broil the zucchini until the rounds begin browning, about 3 minutes.
3. Carefully turn the zucchini over and top each piece with 1 teaspoon sauce and 1 heaping teaspoon cheese. Broil until the cheese is melted, about 1 to 3 minutes, taking care not to burn it. Remove the baking sheet from the oven and cool for a minute or two, then serve right away.

Adapted from: <https://www.chopchopfamily.org/recipe/zucchini-pizza-bites/>

# Summer Squash Fun!

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*Summer squash refer to any squash that are eaten when they are still immature, small, and have a soft rind. The entire summer squash is edible skin, seeds and flesh and can be eaten both raw and cooked. In contrast, winter squash are picked when fully ripe and feature a hard shell with thick, inedible skin and hollow seed cavity with fully developed seeds. The thick shell allows it to be stored for several months.*



**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Your brains!

**Directions:** Ask your children the following questions to test their knowledge of summer squash.

1. What do you plant to grow summer squash? (a seed)
2. Does summer squash grow above or belowground? (above)
3. What letter does summer squash start with? (S)
4. Can you name a type of summer squash? (calabacita (i.e., tatuma), cousa, crookneck, pattypan, round zucchini, trombocino, zephyr, zucchini, etc.)

*Adapted from: Boulder County Master Gardeners' Adventures in FRUIT and VEGGIE Land*

# Tomato, Basil and Mozzarella Salad

---

**Yield:** About 16, ½ cup servings

**Time:** 15 minutes

**Equipment:** Sharp knife, cutting board, measuring cups and spoons, large mixing bowl and spoon

## **Ingredients:**

- 6 medium tomatoes, cut into 1-inch cubes
- 1 pound mozzarella cheese (preferably fresh mozzarella), cut into 1-inch cubes
- 1 cup basil leaves, torn
- ¼ cup + 2 Tbsp olive oil
- 2 Tbsp + 2 tsp balsamic vinegar (optional)
- ¼ tsp salt

## **Directions:**

1. In mixing bowl combine tomatoes, mozzarella cheese, torn basil leaves, olive oil and vinegar (if using).
2. Sprinkle with salt and lightly stir.
3. Chill for at least one hour and then serve.

Adapted from: <https://www.food.com/recipe/fresh-tomato-mozzarella-salad-173875>



# Tomato Exploration

---

**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Several different varieties of tomatoes, plates, knife, cutting board

**Directions:**

1. Show your children examples of different types of tomatoes.
2. Ask the children to describe how each tomato looks.
  - A. What color are they?
  - B. Are they smooth or rough?
  - C. Do they look old or fresh?
  - D. What do the children think each tomato is named?
  - E. If you have cherry tomatoes, give each child half of a tomato. If you have large tomatoes, cut them into smaller pieces and give each child a piece. Guide each child in looking at the tomato. What do they see? How many seeds do they see? Is there water in the tomato?
  - F. Ask the children to taste the tomato.

Adapted from: <https://growing-minds.org/documents/tomato-tasting-preschool.pdf/>



# Easy Baked Apples

---

**Yield:** 16, ¼ cup servings

**Time:** Prep time: 10 minutes, Cook time: 5 minutes, Total time: 15 minutes

**Equipment:** Sharp knife, cutting board, measuring cup, measuring spoons, microwave, glass bowl

## **Ingredients:**

- 4 cups of sliced apples
- 2 tbsp sugar
- Sprinkle of cinnamon

Be creative! These apples could be served hot or cold. Serve alone as a dessert, on French toast, cold in yogurt, on oatmeal, as a waffle topping, etc.

## **Directions:**

1. Put apple slices in a glass bowl and sprinkle on the sugar and cinnamon.
2. Bake in the microwave oven for 5 minutes on high heat. This may need to be adjusted depending on the power of the microwave. Add more time if needed.
3. Remove, mix again and serve.

Adapted from: [https://www.simplyrecipes.com/recipes/moms\\_baked\\_apple\\_slices/](https://www.simplyrecipes.com/recipes/moms_baked_apple_slices/)



# Let's Explore Apples!

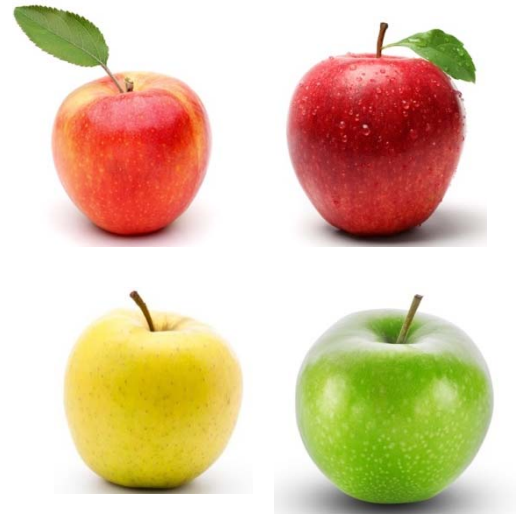
**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Different types and colors of apples

**Directions:**

1. Pass around several different colors of apples. If you don't have various colors, see the images on the card.
2. How much do your children know about apples?
3. Find out by asking some of the questions below.
  - A. Are apples a fruit or a vegetable? (Fruit)
  - B. What color are they? (They can be red, pink, green, and gold)
  - C. How do they feel? (Smooth)
4. Cut up different types of apples and compare flavors:
  - A. Are some sweeter than the others?
  - B. What color is your favorite?





# Mexican Coleslaw

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**Yield:** 16, ¼ cup servings

**Time:** 10 minutes

**Equipment:** Large mixing bowl, small mixing bowl, knife, cutting board, serving spoon

## **Ingredients:**

- 4 cups of cabbage (quartered, then thinly sliced into a shred)
- 1 sweet pepper, thinly sliced
- ½ cup chopped cilantro
- ½ cup chopped red onion (optional)
- 1 tbsp cumin (optional)
- ¼ cup olive oil
- 2 tbsp lime juice
- ½ tsp salt

## **Directions:**

1. Place cabbage and pepper in a bowl. Toss.
2. In a small mixing bowl, mix together the cilantro, red onion, olive oil, lime juice and salt.
3. Pour dressing over cabbage and peppers and mix.
4. Serve as a side, or on tacos, burritos, etc.



Adapted from: <https://www.veggiesdontbite.com/mexican-cabbage-slaw-with-cumin-lime-dressing/>

# Cabbage Exploration

---

**Ages:** 3-5 years

**Time:** 15 minutes



**Materials:** 1 cabbage (washed), scissors, chart paper, markers, sharp knife, cutting board, plates (1/child)

## **Directions:**

1. Show children the cabbage and ask "what does it look like?" Point out the layers and explain that cabbage leaves grow tightly together in a "head."
2. Cut the cabbage in half and pass one half around for children to explore. Encourage them to look at the layers of cabbage leaves, to smell the cabbage and to touch the leaves.
3. While children are exploring the cabbage, pull leaves from the other half and put 1 leaf on each plate. Then give each child a plate with a cabbage leaf.
4. Invite children to explore their leaves. Ask children questions about their leaves like –
  - a. What color is your cabbage leaf? (purple or green)
  - b. What does your leaf feel like? (bumpy or smooth)
  - c. What does your leaf smell like? (strong, sulfur-y)
  - d. How big is your leaf? (big or small)
5. Invite children to line up with their leaves, as a class, from smallest to largest.
6. Provide children with scissors and encourage them to experiment with cutting shapes or strips from the cabbage leaves.
7. Invite children to taste their cabbage leaves.

Adapted from: [http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK\\_Cabbage.zip](http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip)

# Cauliflower Tots

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**Yield:** 12, ¼ cup servings (4 tots/serving)

**Time:** Prep time: 10 min; Cook time: 15-20 min; Total time: 30 min

**Equipment:** Cheese grater or food processor, sharp knife, measuring spoons, measuring cup, mixing bowl, clean kitchen towel or paper towel, mixing spoon, baking sheet, knife, potholder

## **Ingredients:**

- 1 tsp vegetable oil
- 8 cups. cauliflower florets, steamed (about 1 large cauliflower)
- 2 large eggs, beaten
- 2 cups shredded Cheddar cheese
- 2 cups shredded Parmesan cheese
- 1 1/3 cup breadcrumbs, whole wheat
- 4 Tbsp fresh chives, chopped (optional)
- ¼ tsp salt
- 1/8 tsp pepper

## **Directions:**

1. Preheat oven to 375°F. Grease a baking sheet with vegetable oil.
2. In a food processor, pulse steamed cauliflower until riced. If you don't have a food processor, use a cheese grater to grate cauliflower. Place riced cauliflower on a clean kitchen towel or paper towel and squeeze to drain water.
3. Transfer cauliflower to a large bowl with egg, cheeses, breadcrumbs, chives (if using), salt and pepper and mix until combined.
4. Spoon about 1 tablespoon mixture and roll it into a tater-tot shape with your hands. Spread tots out on baking sheet and bake in the oven for 15-20 minutes, or until golden brown.
5. Serve and enjoy!

Adapted from: <https://www.delish.com/cooking/recipe-ideas/recipes/a48476/cauliflower-tots-recipe/>

# Cauli-Ball

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** 1 head of cauliflower

**Directions:**

1. Have kids stand in a circle. Tell them that the goal is to describe cauliflower.
2. Tell them that they will pass the cauliflower around the circle. When each child receives the cauliflower, ask them to share one observation about it, such as -
  - A. What color is it?
  - B. What does it smell like?
  - C. How does it feel (i.e., is it rough or smooth, light or heavy)?
  - D. Have you grown it in your garden? If so, does it grow underground or above ground?
  - E. Have you ever tasted it? If so...
    - i. What does it taste like?
    - ii. Is it crunchy or soft?
    - iii. Do you prefer it raw or cooked?



# Beans On A Stalk

---

**Yield:** 12 servings, depending on the size of the celery head

**Time:** 10 minutes

**Equipment:** Knife, cutting board, spoon

**Ingredients:**

- 1 head of celery
- 1 cup of guacamole
- 1 cup of black beans

**Directions:**

1. Cut celery into sticks.
2. Spread guacamole into the cavity of each celery
3. Press black beans into the guacamole

*Adapted from:* <https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/reinvented--ants-on-a-log>



# Celery Investigation

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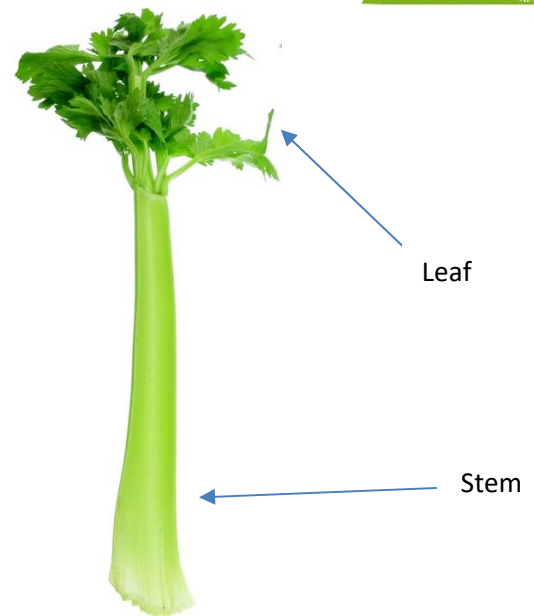
**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Celery stalks (with leaves)

**Directions:**

1. Pass around the celery stalks
2. Discuss the different parts of the celery
  - A. Stem
  - B. Leaves
3. What part of the celery do you eat? (stem)
4. What color is celery? (green)
5. Invite the children to smell the celery.
6. Invite the children to taste the celery. Do they like it?  
Yes or Not yet
7. You can also pass around the picture of the celery



# Mexican Corn

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**Yield:** 12 servings

**Time:** 20 minutes

**Equipment:** Large pot, measuring cups and spoons, grater or zester, citrus juicer, small bowl, whisk, tongs, plate, pastry/basting brush or spoon

## **Ingredients:**

- 12 ears of corn, shucked
- 3 Tbsp olive oil
- 3 Tbsp mayonnaise
- 1 1/2 limes, scrubbed
- 3 tsp chili powder or oregano (for a less spicy version)
- 3/4 tsp salt

## **Directions:**

1. Fill the pot halfway with water and put it on the stove. (It will be heavy, so use your muscles!) Turn the heat to high and bring the water to a boil.
2. Meanwhile, put the olive oil, mayonnaise, lime juice and zest, chili powder or oregano and salt in the small bowl and whisk them together.
3. Carefully add the corn to the boiling water and boil the corn for 3 minutes.
4. Turn the heat off and use a pair of tongs to move the corn from the pot to a plate.
5. Brush or spoon some of the lime mixture over each ear of corn, rolling the ear to coat it. Serve right away.



Adapted from: <https://www.chopchopfamily.org/recipe/mexican-corn/>

# Corn Painting

---

**Ages:** 3-5 years

**Time:** 30 minutes



**Materials:** Several cobs of corn (husked – you can let the children help with this piece if you like), paint suitable for children’s use (like tempera paint), several large sheets of paper, corn cob holders (optional)

**Directions:**

1. Show the children the corn paying attention to the texture. Have the children feel the corn cob. How does it feel? (bumpy)
2. Add the corn cob holders to the ends of the corn if using (this will make the art project less messy).
3. Paint one or several colors of paint onto each corn cob.
4. Carefully roll the painted corn back and forth on the paper (like you would use a paint roller on a wall). The paint should leave a corn-like pattern on the paper.
5. Add more paint to the corn and let the children take turns rolling the paint on the paper.
6. You can use one or multiple pieces of paper. Either let the children each create a piece of corn art, or as a class make a large collaborative corn artwork.
7. See the link below for an example of corn art!

Adapted from: <https://fun-a-day.com/art-activity-preschool-farm-theme/>



# Oven Roasted Eggplant

---

**Yield:** ~16, ½ cup servings

**Time:** 35 minutes

**Equipment:** Knife, baking sheets

## **Ingredients:**

- 2 large eggplants, or several smaller ones
- 1/4 cup extra virgin olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder (optional)
- 1 ½ cups of tomato sauce for serving (optional)

## **Directions:**

1. Preheat the oven to 400 degrees F°.
2. Slice the eggplant into ½ inch rounds, slices too thin will burn.
3. Arrange the eggplant in a single layer on baking sheets and drizzle with olive oil.
4. Sprinkle with salt, pepper, and garlic powder (optional).
5. Flip and repeat drizzle with olive oil and sprinkle with salt, pepper, and garlic powder on the other side.
6. Roast the eggplant for ~30-35 minutes, until golden brown.
7. Serve with tomato sauce for dipping (optional).



Adapted from: <https://www.wholesomeyum.com/how-to-roast-eggplant/>

# "E" is for Eggplant

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Chart paper, markers, eggplant

**Directions:**

1. Pass around an eggplant and let the children look at it.
2. Talk with children about how eggplant is technically a fruit (it has seeds in it!), but we treat it like a vegetable.
3. Talk to the children about how eggplant starts with the letter "E"
4. Ask children to come up with other words that start with "E," and record their ideas on a piece of chart paper.
5. Hang the chart in the classroom for the month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Garlic Parmesan Yogurt Dip with Carrots

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**Yield:** ~16, ¼ servings

**Time:** 10 minutes

**Equipment:** Cutting board, sharp knife, measuring cups, grater or zester, mixing bowl, spoon

**Ingredients:**

- 4 cups of plain yogurt
- 2 small garlic cloves, peeled and minced
- Juice and grated zest of 2 small, or 1 large lemon (scrubbed)
- ½ cup of grated parmesan
- 1 bunch of carrots or other vegetable for dipping
- Salt and pepper to taste

**Directions:**

1. Soak minced garlic in lemon juice for a few minutes to mild the spice from the garlic, then add the yogurt, lemon zest, and parmesan cheese in a bowl and mix well.
2. Add salt and pepper to taste and mix again.
3. Serve the dip with carrots or other veggies!

*Note: Be creative and use some other veggies from the Produce Bag for dipping if you like! Carrot, cucumbers, broccoli, cauliflower, snow peas, etc. are all great dippers!*

Adapted from: <https://www.chopchopfamily.org/recipe/parmesan-yogurt-dip-with-carrots/>

# Garlic Growing Fun

---

**Ages:** 3-5 years

**Time:** ~20 minutes of prep time, several days until the garlic sprouts!

**Materials:** Garlic bulbs, paper towels, jar, water

**Directions:** First, talk to your children about garlic plants.

1. Explain that garlic is a bulb, and it grows roots and shoots. You can use the picture on the card if desired to show children what the shoot will look like. Tell the children the class will grow a garlic shoot from the bulbs of garlic!
2. To grow garlic shoots, first, sprout the garlic clove: Remove one or more clove from a garlic bulb. Leave the skin ON!
  - A. Wrap the garlic cloves in a damp paper towel and place in a warm location
  - B. The garlic will sprout in ~2 days
3. Once sprouted, place the garlic in a jar with water covering a little less than half of your green sprout.
4. Place the container in a sunny window. Aim for 8-12 hours a day. Note: If the sprout wilts, it may be getting TOO much sun.
5. Replenish the water when it turns cloudy.
6. The garlic sprout should grow taller throughout the course of a week. When it is tall enough, you can clip the green garlic shoot and your class can cook or season with it!



Adapted from: <https://www.masterclass.com/articles/how-to-grow-garlic-greens-in-water#how-to-grow-garlic-in-water>

# Baked Kohlrabi Carrot Fritters

---



**Yield:** 16 fritters

**Time:** Prep time: 10 minutes, Cook time: 30-35 minutes

**Equipment:** Vegetable peeler, grater or food processor (with shredding attachment), dish towel, measuring cups and spoons, large mixing bowl, mixing spoon, 2 large baking sheets, oven mitts, spatula, paper towels

## **Ingredients:**

- 1 ½ lbs (3 medium) kohlrabi
- 1 large carrot
- 1 large egg
- 1 ½ tsp salt
- 1 Tbsp whole wheat flour
- 1 Tbsp all-purpose flour
- Vegetable oil

Tip: Serve with applesauce or mashed avocado

## **Directions:**

1. Preheat the oven to 400°F
2. Grate or shred the kohlrabi and carrot (no need to peel them first, if washed).
3. Wrap the grated mixture in a cotton dish towel and wring it out, squeezing out as much liquid as possible.
4. Combine the kohlrabi, carrot, egg, salt and flour in a bowl, stirring until mixed thoroughly.
5. Pour a thin layer of vegetable oil onto a baking sheet. Deep enough you can just see it move.
6. Drop the batter onto the baking sheet into ¼ cup portions, with enough space between them that they can be flipped.
7. Bake the fritters for 20-25 minutes until golden brown on the bottom. Remove the pan from the oven and flip. Cook ~10 more minutes or until both sides are golden brown.
8. Remove from oven and drain on paper towels.

Adapted from: <https://www.kingarthurbaking.com/recipes/easy-does-it-latkes-recipe>

# "K" is for Kohlrabi

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Chart paper, markers, kohlrabi

**Directions:**

1. Pass a kohlrabi around or show the children a picture of kohlrabi.
2. Talk with children about how kohlrabi, pronounced kowl\*raa\*bee, is a vegetable that starts with the letter "K"
3. Ask children to come up with other words that start with "K," and record their ideas on a piece of chart paper.
4. Hang the chart in the classroom for the month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Leek and Potato Frittata

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**Yield:** 12 servings

**Time:** Prep time: 10 minutes, Cook time: 10 minutes

**Equipment:** Non-stick oven-safe frying pan or cast-iron skillet, plate, paper towel, mixing bowl



## **Ingredients:**

- 2 tbsp olive oil
- 1 potato (finely diced)
- 1 leek (chopped)
- 6 medium eggs
- ½ cup cheddar (or other) cheese, grated
- 2 tbsp chopped fresh flat-leaf parsley (optional)
- Salt and pepper, to taste

## **Directions:**

1. Preheat the oven to 400°F
2. Heat half the oil in the pan over medium heat. Add the potato and cook until golden. Remove from burner and transfer potatoes to a plate covered with a paper towel.
3. Add the remaining oil to the pan and set the heat on medium low. Cook the leek for ~5 minutes.
4. In a mixing bowl, add eggs, cheese, and parsley, season with salt and pepper.
5. Add the potato mixture back to the leeks. Pour the egg mixture on top.
6. Transfer the pan to the oven and cook for 8-10 minutes. Or until the egg is set. Cut a small sliver to test, if the egg runs, transfer the pan back to the oven and cook several minutes longer.

Adapted from: <https://www.thekitchn.com/how-to-make-a-frittata-cooking-lessons-from-the-kitchn-170717>

# "L" is for Leek

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Chart paper, markers, leeks

**Directions:**

1. Pass some leeks around for the children to look at.
2. Talk with children about how a leek is a vegetable and it starts with the letter "L"
3. Ask children to come up with other words that start with "L" and record their ideas on a piece of chart paper.
4. Hang the chart in the classroom for the month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)





# Oven Roasted Okra

---

**Yield:** 12-16 ¼ cup servings

**Time:** Prep time: 10 minutes, Cook time: 20 minutes

**Equipment:** Cutting board, knife, large mixing bowl, baking sheet, tongs

## **Ingredients:**

- 1 lb okra (washed and dried)
- Salt and pepper to taste
- ½ Tbsp olive oil

## **Directions:**

1. Heat the oven to 450°F.
2. Chop the ends off the okra. Slice the okra in half lengthwise from end to end. Note: The okra may get slimy after washing it, this is normal!! Just dry it off as best you can.
3. In a large mixing bowl, add the olive oil, salt and pepper. Mix with your clean hands or tongs.
4. Spread the okra on the baking sheet and bake for ~20 minutes, or until the okra gets lightly browned.
5. Serve hot! This recipe yields slightly crunchy okra, similar to fried okra without the frying.



Adapted from: <https://www.eatingbirdfood.com/oven-roasted-okra/>

# "O" is for Okra

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Chart paper, markers, okra

**Directions:**

1. Pass some okra around or show the children a picture of okra.
2. Talk with children about how okra is a vegetable that starts with the letter "O"
3. Ask children to come up with other words that start with "O," and record their ideas on a piece of chart paper.
4. Hang the chart in the classroom for the month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Perfectly Roasted Parsnip "Fries"

---

**Yield:** ~16, ½ cup servings

**Time:** Prep time 10 minutes, Cook time 30 min

**Equipment:** Baking sheets, vegetable peeler

## **Ingredients:**

- 2 lbs parsnips
- 2 Tbsp extra-virgin olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste

## **Directions:**

1. Preheat oven to 425°F.
2. Peel and cut parsnips into 2" slices
3. Spread parsnips on baking sheet making sure to not overcrowd.
4. Drizzle parsnips with olive oil and season with oregano, salt, and pepper.
5. Roast until golden and easily pierced with a knife, about 30 minutes, tossing once halfway through.



Adapted from: <https://www.delish.com/cooking/recipe-ideas/a26813128/roast-parsnips-recipe/>

# Same and Different: Parsnips and Carrots

---

**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** One parsnip and one carrot

**Directions:**

1. Show the children a parsnip and a carrot. Explain to the children that parsnips and carrots are related plants.
2. Explain that carrot plants look similar to parsnip plants...
3. How are parsnips different from carrots?
  - A. Parsnips are usually white, carrots are usually orange
  - B. Parsnips are usually eaten cooked, carrots are eaten both cooked and raw
  - C. Parsnips take a LONG time to grow, they are usually ready in the winter. Carrots do not take as long and if you plant them in the spring, they are usually ready to harvest in the summer.
4. How are parsnips and carrots the same?
  - A. The plants are similar. They are both roots of plants with green leaves that look similar above the ground.
  - B. They are both long and round.
  - C. They are both vegetables!



# Baked Peaches

---

**Yield:** 6, ½ cup servings



**Time:** Prep time: 5 min; Cook time: 10 min; Total time: 15 min

**Equipment:** Measuring spoons, measuring cup, mixing bowl, mixing spoon, baking sheet, knife, potholder

## **Ingredients:**

- 3 large ripe peaches
- 2 Tablespoons unsalted butter (divided)
- 1 Tablespoon brown sugar
- ¼ teaspoon cinnamon
- 1/8 teaspoon salt
- 6 Tablespoons plain Greek yogurt (optional)

## **Directions:**

1. Preheat oven to 375°F. Grease a baking sheet with 1 tablespoon butter.
2. Slice peaches in half and remove the pit, then place on the baking sheet skin side down.
3. Place 1 teaspoon butter in the middle of each peach.
4. Combine brown sugar, cinnamon and salt in a small bowl. Then sprinkle over the peach.
5. Bake for 8 to 12 minutes, or until golden.
6. Top each peach with 2 tablespoons of yogurt (if using) and serve.

Adapted from: <https://www.iheartnaptime.net/baked-peaches/#wprm-recipe-container-70355>

# Peach Friends

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**Ages:** 3-5 years

**Time:** 10 minutes



**Materials:** Orange felt, kids' scissors, glue, googly eyes (2 per child), markers, popsicle sticks

**Directions:**

1. Help children cut out circles from the felt.
2. Instruct children to do the following –
  - A. Glue 2 googly eyes to the felt.
  - B. Draw on a mouth or any other facial features they want.
  - C. Glue their "peach friend" to a popsicle stick.
3. If there's time, ask children to give their "peach friends" a name and have each child introduce their "peach friends" to the class.

# Easy Pear Crunch Cobbler

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**Yield:** ~16 ¼ cup servings

**Time:** 10 minutes

**Equipment:** Cutting board, sharp knife, measuring cups and spoons, microwave safe bowl, microwave



**Ingredients:**

- 4 cups of sliced pears (peel if you like)
- ¼ tsp almond or vanilla extract
- ¼ tsp ground cinnamon
- ¾ cup granola

**Directions:**

1. Combine pears, almond or vanilla extract, ground cinnamon, in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or paper towel, leave opening for steam to escape.
3. Microwave on high for 5 minutes. The bowl may be hot when you remove it. Let cool slightly before serving.

Adapted from: <https://snap-ed.michiganfitness.org/wp-content/uploads/pears-family-newsletter-2016.pdf>

# Same and Different: Pears and Apples

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**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** One pear, one apple, a cutting board, and a knife



**Directions:**

1. Show the children a pear and an apple. Explain to the children that pears and apples are related plants.
2. Explain that apples and pears both grow on trees that look similar. In the spring, the trees bloom with flowers, bees pollinate the flowers, and then pears and apples grow.
3. How are pears and apples different?
  - A. Compare the shape, how is the shape different?
  - B. Explain that apples and pears come in different colors (red, green, gold, pink). Are the apple and pear you have the same color or different colors?
  - C. The flavor is different! Ask the kids if they like apples or pears, do they know what they taste like?
4. How are apples and pears the same?
  - A. As already discussed, the plants are similar, they both grow on trees.
  - B. They are both fruits.
  - C. Cut the apple open and show the children the inside. Does it look similar? Do they both have small seeds inside?



# Roasted Peppers with Lemon-Basil Yogurt Dip

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**Yield:** About 16, ¼ cup servings

**Time:** 20 minutes

**Equipment:** Baking sheet, measuring cups and spoons, mixing bowl, mixing spoon



## **Ingredients:**

Roasted Peppers

- 6 heaping cups of chopped peppers of your choice (shishito peppers\* can be left whole)
- ¼ cup plus 2 Tbsp olive oil
- 1 ½ tsp salt

Lemon-Basil Yogurt Dip

- 1 ½ cups Greek yogurt (low fat or fat free)
- 3 Tbsp olive oil
- 3 Tbsp lemon juice (from 2 lemons)
- 3 Tbsp fresh basil, chopped
- ¼ tsp salt

*\*Note: Most shishitos are mild, but 1 in 8 may be spicy!*

## **Directions:**

- Heat oven to 450°F.
- Place peppers on baking sheet and drizzle with olive oil and sprinkle with salt.
- Roast peppers for 5-7 minutes.
- Turn the heat up to broil and continue roasting for another 2 minutes or until they begin to blacken.
- For dipping sauce, mix the yogurt, olive oil, lemon juice, basil and salt together.
- Serve ¼ cup peppers with 2 Tbsp dipping sauce and enjoy!

Adapted from: <https://www.loveandlemons.com/roasted-shishito-peppers-2/>

# Guess How Many Seeds

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**Ages:** 3-5 years

**Time:** 20 minutes



**Materials:** 2 different types peppers (i.e., bell pepper, shishito pepper, jalapeno pepper, etc.), sharp knife, cutting board, plate, chart paper, marker. *Note: If working with spicy peppers, like jalapenos and some shishitos, make sure to wear gloves, don't touch your face and wash your hands after the activity!*

**Directions:**

1. Before class – On the chart paper, create 2 columns and 2 rows. In each column, write the name of each pepper. In the first row, write “number of seeds – guesses.” In the second row, write “number of seeds – actual.”
2. During class –
  - A. Tell children you're going to explore peppers and their seeds.
  - B. Ask children how peppers grow. (1. Plant seeds; 2. Seeds sprout; 3. Sprouts grow into a full-size d plant.)
  - C. Ask children where they can find pepper seeds.
  - D. Ask children to guess how many seeds are in each pepper. Record their answers on the chart paper.
  - E. Cut open one pepper, remove the seeds and spread them out on a plate.
  - F. Count the number of seeds aloud with the class and record the number on the chart paper.
  - G. Repeat steps 4-5 with the other pepper.
  - H. Ask children, which guesses were the closest to the actual number of seeds in each pepper.
  - I. Ask children, which pepper has the greatest number of seeds? Which pepper has the least number of seeds?

Adapted from: [http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/sweetpepper\\_educator\\_2020.pdf](http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/sweetpepper_educator_2020.pdf)

# Stone Fruit Sweet or Spicy Salsa

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**Yield:** 3 cups

**Time:** 20 minutes

**Equipment:** Cutting board, sharp knife, measuring spoons, grater or zester, large mixing bowl, large spoon

**Ingredients:**

- 3 cups pitted, chopped stone fruit (peaches, nectarines, plums, apricots, or cherries)
- 2 tbsp chopped mint leaves
- Juice and grated zest of 1 lime
- Jalapeño, to taste (optional)

**Directions:**

1. Put ingredients in a bowl and stir.
2. Serve immediately.

*Note: you can make a sweet salsa (skip the jalapeño) and use in yogurt, oatmeal, to top waffles, etc.; or you can make this salsa spicy and use with whole grain chips, carrot chips, or to top tacos*

Adapted from: <https://www.chopchopfamily.org/recipe/stone-fruit-salsa/>

# Let's Explore Plums!

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Plums

**Directions:**

1. How much do your children know about plums?
2. Find out by asking some of the questions below.
  - A. Are plums a fruit or a vegetable? (Fruit)
  - B. Where do plums grow? (on a tree!)
  - C. What color are they? (Purple, and sometimes black, gold or red)
  - D. What shape are plums? (round or oval)
  - E. How do they feel? (Smooth)
3. Cut up some plums:
  - A. What color are the plums inside? (golden, yellow, amber)
  - B. How do they taste? (sweet and tart)
  - C. Do you like the taste? Yes, not yet



# Pumpkin Puree

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**Yield:** Several cups (varies, depending on size of pumpkin)

**Time:** Prep time: 45 minutes, Cook time: 45 minutes, Total time: 1 ½ hours

**Equipment:** Cutting board, sharp knife, spoon, baking sheet, food processor or blender (or potato masher)

## **Ingredients:**

- 1 pie or sugar pumpkin

*Tips: Pumpkin puree can be used in smoothies, oatmeal, mixed with applesauce, added to chili, spread on bagels, be creative!*

## **Directions:**

1. Heat the oven to 350°F.
2. Cut the stem end off of the pumpkin; then cut the pumpkin in half, lengthwise.
3. With a spoon, scoop out the seeds. (You can save them and roast them! 😊)
4. Place the pumpkin pieces on a baking sheet and roast for 45 minutes or until the pumpkin is tender and a light golden brown.
5. Peel off the skins.
6. Add to food processor or blender and blend until smooth. (You can also use a potato masher here!). Serve or freeze!



Adapted from: <https://www.thepioneerwoman.com/food-cooking/recipes/a11184/make-your-own-pumpkin-puree/>

# I'm A Little Pumpkin

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**Ages:** 3-5 years

**Time:** 10 minutes

**Directions:**

Lyrics (Sing the song to the tune of "I'm a Little Teapot")

*I'm a little pumpkin  
Orange and round  
Here is my stem  
I grew in the ground  
When I get all cut up  
Don't you shout!  
Just open me up  
And scoop me out!*

Adapted from: <https://dltk-holidays.com/fall/m-littlepumpkin.htm>



# Mashed Rutabaga with Dill

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**Yield:** 16, ¼ cup servings

**Time:** Prep time: 10 minutes, Cook time: 45 minutes, Total time: 55 min

**Equipment:** Pot, potato masher, knife, cutting board, vegetable peeler



## **Ingredients:**

- 2 large rutabagas
- Salt and pepper, to taste
- 2 tsp olive oil
- ½ cup sour cream
- 2 Tbsp chopped fresh dill or chives

## **Directions:**

1. Wash and peel the rutabaga. Chop into 1-inch chunks
2. Cover the chopped rutabaga with about 1 inch of water and bring to a boil. Add a pinch of salt and boil until tender, ~30-40 minutes. Drain and return the rutabagas to the pot.
3. Reduce the heat to low and let the rutabaga steam for a minute.
4. Mash the rutabaga with a potato masher.
5. Add the olive oil, sour cream, and salt and pepper to taste.
6. Just before serving, stir in the dill

Adapted from: [https://www.simplyrecipes.com/recipes/mashed\\_rutabaga\\_with\\_sour\\_cream\\_and\\_dill/](https://www.simplyrecipes.com/recipes/mashed_rutabaga_with_sour_cream_and_dill/)

# "R" is for Rutabaga

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**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** Chart paper, markers, rutabaga

**Directions:**

1. Pass a rutabaga around or show the children a picture of rutabaga.
2. Talk with children about how rutabaga is a vegetable that starts with the letter "R"
3. Ask children to come up with other words that start with "R," and record their ideas on a piece of chart paper.
4. Hang the chart in the classroom for the month.

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)





# Mashed Sunchokes

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**Yield:** 16, ¼ cup servings

**Time:** Prep time: 15 minutes, Cook time: 15 minutes, Total time: 30 minutes

**Equipment:** Knife, cutting board, spoon

## **Ingredients:**

- 3 cups peeled and diced sunchokes
- ½ cup milk
- 2 Tbsp unsalted butter
- ½ tsp salt
- ½ tsp ground pepper

## **Directions:**

1. Place sunchokes in a 2-quart saucepan and cover with water. Set over high heat and bring to a boil. Once the water comes to a boil, simmer for 15 minutes or until easily pierced with a knife.
2. Remove from the heat, drain, and place the sunchokes in a food processor or blender with the milk, butter, salt, and pepper. Process for 10 to 15 seconds, or until a smooth puree is formed.
3. Serve immediately.



Adapted from: <https://www.foodnetwork.com/recipes/mashed-jerusalem-artichokes-3644157>

# Dirt Made My Lunch

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**Ages:** 3-5 years

**Time:** 20 minutes



**Materials:** Computer or cell phone with internet access and speakers, chart paper, marker, dirt from your garden, small bowl, shovel

**Directions:**

1. Before class: Put a scoopful of dirt from your garden in a bowl.
  - A. Listen to "Dirt Made My Lunch" (<https://bananaslugs.bandcamp.com/track/dirt-made-my-lunch-3>)
  - B. Write the lyrics (see below) on chart paper and post on the wall.

2. During class: Show children the dirt in the bowl and tell them that it came from their garden outside.

- A. Ask children why they think dirt is important in the garden.
- B. Tell children we will be learning about how dirt helps grow the food we eat.
- C. Listen to "Dirt Made My Lunch" with the children.
- D. Teach children the lyrics (see below)

*Dirt made my lunch. Dirt made my lunch.*

*Thank you, dirt, thanks a bunch – for my salad, my sandwich, my milk and my munch*

*Cause dirt, you made my lunch.*

*Dirt is a word we often use, when we're talking about the earth beneath our shoes.*

*It's a place where plants can sink their toes, and in a little while a garden grows.*

*(Chorus)*

*A farmer's plow will tickle the ground. You know the earth has laughed when wheat is found.*

*The grain is taken and flour is ground for making a sandwich to munch on down.*

*(Chorus)*

*A stubby green beard grows upon the land. Out of the soil, the grass will stand.*

*But under hoof it must bow for making milk by way of a cow.*

*(Chorus)*

# Simple Tomatillo Salsa

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**Yield:** 2 cups

**Time:** 10 minutes prep, 15 minutes cook time

**Equipment:** Cutting board, sharp knife, medium saucepan, blender or food processor, measuring cups

## **Ingredients:**

- 1 lb tomatillos (about 12)
- A pinch of salt
- 1 jalapeño or other pepper (optional, chopped)
- 1 cup of fresh cilantro (roughly chopped)
- 1 garlic clove (roughly chopped)

*Note: Be creative with the salsa! You can use it on tacos, eggs, enchiladas, as a sauce for chicken, fish, or other meat. You can slice up carrots or other vegetables and dip!*

## **Directions:**

1. Remove the husks from the tomatillos and rinse them.
2. Place the tomatillos in a saucepan. Cover the bottom of the saucepan with water and add a pinch of salt. Bring to a boil.
3. Drain the tomatillos, reserving ½ cup of the liquid.
4. Add the ½ cup of cooking liquid, jalapeno, cilantro and garlic to the blender or food processor. Blend.
5. Add the tomatillos and blend again.
6. The salsa can be stored for up to 3 days.

Adapted from: <https://www.masterclass.com/articles/easy-salsa-verde-recipe-and-tips#classic-salsa-verde-recipe>

# Compare and Contrast: Tomatillos and Tomatoes

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**Ages:** 3-5 years

**Time:** 10 minutes

**Materials:** One tomatillo and one tomato, a knife

**Directions:**

1. Show the children a tomatillos and a tomato. Explain to the children that tomatillos and tomatoes are related plants.
2. Do you have tomato plants in the garden? Remind the children what tomato plants look like. Explain that tomatillo plants look similar to tomato plants...
3. How are tomatillos different to tomatoes?
  - A. Tomatoes are usually red, tomatillos are usually green
  - B. Tomatillos have a paper husk around them, tomatoes don't.
4. How are tomatillos similar to tomatoes?
  - A. The plants are similar
  - B. They are both round. You can cut the tomato and tomatillo in half and show them inside if you like.
  - C. They both have seeds inside
  - D. You can use them both to make salsa!

*Adapted from:*

[http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK\\_Sweet%20Potatoes%20and%20Potatoes.zip](http://www.harvestforhealthykids.org/wpcontent/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip)



# Winter Squash Hummus

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**Yield:** About 16, ½ cup servings



**Time:** Prep time: 10 minutes; Cook time: 20-30 minutes; Total time: 30-40 minutes

**Equipment:** Sheet pan, measuring spoons, food processor

## **Ingredients:**

- 2 medium-sized butternut squash or 4 small acorn squash or 4 small delicata squash
- 1 garlic clove
- 2 Tbsp tahini
- 2 Tbsp olive oil plus more for greasing sheet pan
- ½ tsp cumin
- ¼ tsp chili powder (optional)
- ½ tsp salt

## **Directions:**

1. Preheat oven to 375°F and grease sheet pan with oil.
2. Cut off very tops and bottoms of squash. Scoop out seeds and place cut side down on lightly oiled sheet tray.
3. Roast squash in oven for about 20-30 minutes or until it is fork tender.
4. Scoop out squash into a food processor. Add garlic and tahini and blend.
5. Drizzle in olive oil and season with salt, cumin and chili powder (if using).
6. Serve with fresh vegetables and whole wheat crackers or pita bread.

*Adapted from Matt Collier, Seeds Cafe*

# Squash Chant

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**Ages:** 3-5 years

**Time:** 5 minutes

**Materials:** Chart paper, marker, a good beat

**Directions:**

1. Before class: Write the following chant on a piece of chart paper and hang the paper in your classroom.

*Squish Squash, wash the squash*

*Squish Squash, dry the squash*

*Squish Squash, cut the squash*

*Squish Squash, scoop the squash Squish Squash, cook the squash Squish Squash, mash the squash*

*Squish Squash, eat the squash*

*So, so good!*

2. During class: Teach this fun chant to your children while talking about squash.

Adapted from: <http://www.harvestforhealthykids.org/>

