

KIDS ACTIVITIES TO GO



*This Toolkit was produced for the **Washington State Farmers Market Association (WSFMA)** in partnership with Catholic Charities of Eastern Washington's Food For All program, Kitsap and Pend Oreille County Washington State University Extension offices, Inland Northwest Farmers Market Association, and Kitsap Public Health District.*

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HOW TO USE THIS TOOLKIT

This toolkit was created as a way for markets to be able to deliver Healthy Eating, Active Living kids activities during times when in person programming may not be possible. The toolkit is intended for markets to be able to mix and match activities that fit best with their markets needs. While the toolkit is ideal for take away options, activities are also easily translated to in person learning events at market (see examples in the Addendum at the back of the toolkit). In addition, this toolkit is usable by SNAP-Ed Partners looking for creative ways to engage children within their work and/or in conjunction with their local farmers market.

ACTIVITY INSTRUCTION HANDOUTS

Each *Activity Instruction Handout* page is intended for the market to print out and include with any materials that the market is able to provide each child. Some markets have funding to include all materials on activity lists, while others may not. The *Activity Instruction Handout* page clearly notes that **"not all materials may be provided by your market. You may need to supply some from home."** This allows more flexibility for your market when distributing these activities based on your program funding. For in person events at market you will not need to print out the instruction handout, but may need to print out any corresponding coloring or activity sheets.

COLORING AND ACTIVITY SHEETS

Some activities will have corresponding coloring sheets or activity sheets. These will be listed on the materials list and will come directly after the *Activity Instruction Handout* for each activity.

TYPES OF ACTIVITIES

This toolkit is not organized into any particular order of activities to be done. It is meant for markets to be able to pick and choose activities based on their own needs and capabilities. We have included visual banners located at the top right corner of each page that indicate the season in which the activity ideally is done (Spring, Summer, Fall, and Anytime). We strongly suggest that any activities that use fresh produce are offered during the foods peak production times, meaning the time of year you most likely will find them at the farmers market. This will help connect kids with the seasonality of local foods.

We have included an addendum at the back of the toolkit outlining activities that are easily translated to in person events for markets. Often times these activities are also perfect for engaging local partners to take part in the delivery of the activity so we have included a few tips on how to accomplish that as well. We hope that this toolkit will benefit both Farmers Markets and SNAP-Ed providers in their work together. For markets that would like to include additional content for their kids club it is suggested they utilize the SNAP-Ed Providers website. They have numerous recipe cards, activities and resources geared towards teaching kids about the importance of health and nutrition.

<https://wasnap-ed.org/>



BEE DANCE



SPRING

SUMMER

OBJECTIVE

Learn that bees "dance" as a form of communication with other bees.

MATERIALS

- Activity Instruction Handout
- Sidewalk chalk (if on pavement of any sort)
- Or Rope (if on a surface not conducive to sidewalk chalk, like grass, stone, soil, bark)

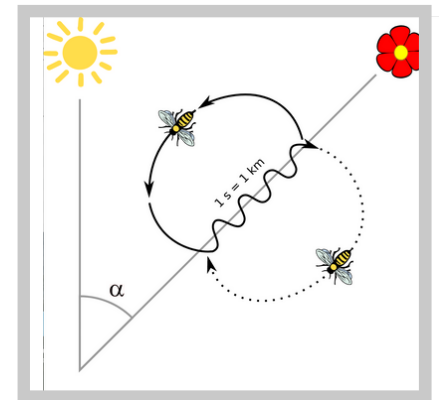
*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Waggle dance: a figure eight like dance performed by bees to communicate with other bees.

ACTIVITY

- Draw a figure 8 on the sidewalk with parent supervision like you see in the diagram to the right. Draw it with two big loops and a wiggly line in the middle.
- Walk the figure eight on the ground including the wiggly bit in the middle and then learn some facts below about how this shape and dance are used by bees to communicate with each other.



https://en.wikipedia.org/wiki/Waggle_dance

Facts to share during the activity:

What does the waggle dance mean?

Bees use this dance to communicate to other bees exactly where they found the best flowers for making honey! Bees have a great sense of smell, excellent vision, and are so clever they can communicate what they know in this special dance. The angle of the dance shows the other bees what direction from the hive the bees should fly. The wiggly line in the middle tells the other bees the exact distance they must fly to find those flowers. This communication tool is so clear that we as people can read it and know exactly where the bees plan to fly before they do it. Pretty cool!

FUN FACTS

- Bees are the most efficient and effective pollinators. We need them to produce the food we eat.
- Bees have a great sense of smell and excellent vision.
- Bees communicate to their hive mates where food is by dancing!





BEE Dancing

FIRST:

Pretend you're a bee

SECOND:

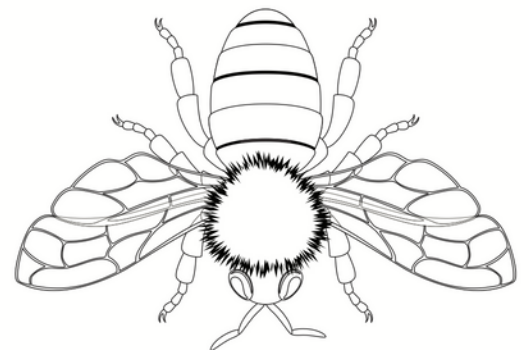
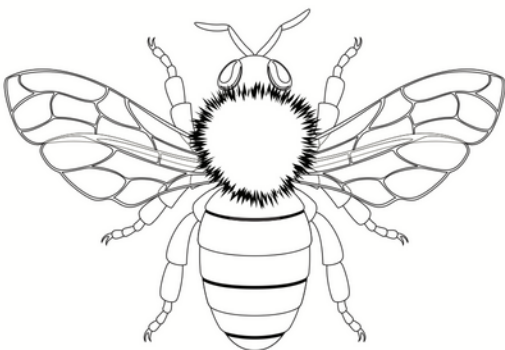
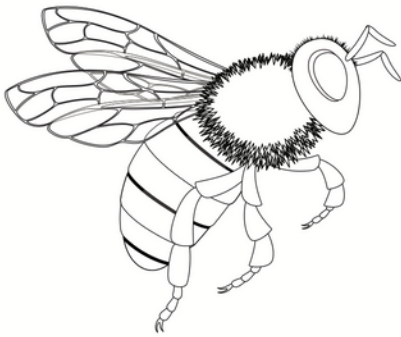
Color a flower
with the most food

THIRD:

Draw the dance you
would do to tell your other
hive mates where
the food is

FOURTH:

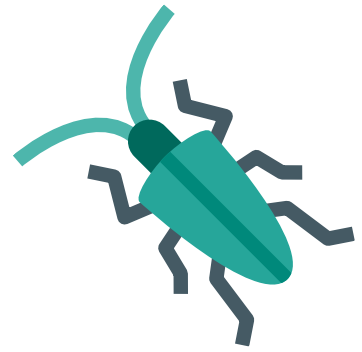
Bee creative!!



BUGGING OUT

OBJECTIVE

Make a ladybug out of construction paper.



MATERIALS

- Activity Instruction Handout
- Scissors
- Glue sticks
- Red construction paper
- Black construction paper
- Marker
- Googly eyes

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Beneficial Insects: insects that perform functions that benefit gardeners, like pollination and pest control.

What are some of these insects and what do they do:

- Lady Bugs adults (or Lady Beetles) will eat more than 5,000 aphids during their lifetime.
- Ground beetles are voracious predators of slugs, snails, cutworms, cabbage maggots, and other soil pests.
- One beetle larva can eat more than 50 caterpillars.
- Green Lacewings Larva (Aphid Lion) can eat up to 200 pests a week.
- Praying Mantis is a ferocious general predator, it will attack just about any insect in its path!
- Bees pollinate flowers so the plant can make fruit.

ACTIVITY

- Cut out two circles of the same size one, one red and one black (black for the body, red for the wings)
- Take a piece of paper of any bright color or white to use as the background. Then glue the black circle down with a glue stick. This is the body.
- Then cut one of the sides of the red circle off. About $\frac{1}{4}$ of the total size of the red circle.
- Then fold the red circle you have left in half in the middle of the flat edge. Then cut the shape in half down the folded line.
- Glue the wings on the body. Leaving $\frac{1}{4}$ of the black circle uncovered for the head. Have the flat part of the wings on the same side of the head. The wings can be together, or offset to look like the lady bug's in flight.
- Draw black spots on the two wings with a black marker.
- Glue the googly eyeballs on the head.

FUN FACTS

- Insects can provide benefits to one's garden by pollinating flowers.
- Some insects are pests and can be harmful to plants & some insects prey on those pests so can be helpful in your garden.
- Out of nearly one million known insect species, only about one to three percent are ever pests.



CALISTHENICS

OBJECTIVE

Learn that regular exercise is good for lifelong health (Children 6-17 should exercise at least 60 minutes daily.) Understand that being physically active can be enjoyable and easy and doesn't require expensive equipment.

MATERIALS

- Activity Instruction Handout
- Let's Exercise coloring page



THINGS TO LEARN

Calisthenics: Calisthenics are exercises that have a need for none-to-minimal equipment. Some examples are squats, jumping jack, push-ups, chin-ups, pull-ups, sit-ups, lunges, planks, shuttle runs, and can include running and yoga.

Squats: Stand with your arms at your side and your feet hip width apart with feet slightly turned outward. Then, bend your knees and squat down like you are sitting in your chair. While squatting down reach your arms out. Then, stand back up straight and bring your arms back to your side.

Jumping Jack (Star Jump): To do this exercise, stand with your feet together and your arms at your side. Then, jump with your legs moving to the side while your arms move to a position where your hands meet over your head.

Lunges: Stand with your arms at your side and your feet hip width apart. Then, take a big step forward with your right foot so the heel hits the ground first. While keeping your torso straight and erect, lower your body so your right leg is parallel to the ground and your right shin is perpendicular to the ground. Then push back to the starting position and do the same with your left leg.

ACTIVITY

Have an adult demonstrate these activities first. Make sure that you have enough space to demonstrate at least one of the calisthenics exercises mentioned above. Share that kids need 60 minutes of exercise daily.

Calisthenics are an easy way to engage in exercise as there is minimal need for equipment. For example, a 'jumping jack', also known as a 'star jump', is an example of a calisthenics exercise that can be performed without any equipment. To do this exercise, stand with your feet together and your arms at your side. Then, jump with your legs moving to the side while your arms move to a position where your hands meet over your head. Some other common types of these exercises include squats, sit-ups, push-ups, chin-ups, planks, lunges, shuttle runs, and pull-ups.

FUN FACTS

- On a daily basis, children ages 6-17 should engage in 60 minutes of moderate to vigorous physical activity for a healthy lifestyle.
- The word 'calisthenics' was created from the Greek words 'kallos' for beauty and 'sthenos' for strength.
- Some of these exercises are used by the military to evaluate the physical fitness of personnel.



Let's exercise



CLOUD READING

OBJECTIVE

Learn the names of rain clouds, learn some fun facts about rain clouds and rain, and make your own rain cloud!



MATERIALS

- Activity Instruction Handout
- Cloud Reading coloring page
- Cardstock
- A variety of blue string colors cut to about 3-4 inches
- A few 10-inch pieces of string for hanging
- Elmer's glue
- Cotton balls
- Scissors

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Have ever noticed that there are different shapes of clouds? Think of a few examples. Do you know how to tell if a cloud is a rain cloud?

Rain clouds are dark grey because they are big and deep and the water droplets they contain obscure the sunlight. Clouds look white because they are reflecting sunlight, and clouds that look like this are not rain clouds. Rain clouds, or **nimbus clouds**, produce everything from drizzle to downpours; more violent relatives of theirs may unleash rain as part of intense thunderstorms. Nimbus is an ancient Latin word meaning "rain storm." Depending on temperature, nimbus clouds may precipitate hail or snow instead of liquid rain. The prefix "nimbo-" or the suffix "-nimbus" designate two important kinds of rain clouds, "nimbostratus" and "cumulonimbus," although rain sometimes falls from other cloud varieties. Rain or "nimbus" clouds may appear as low, sheeted "stratonimbus" producing sprinkles or steady drizzle or as tall "cumulonimbus" clattering with thunder and flashing with lightning. The cumulonimbus's forerunner, cumulus congestus, may also drop rain.

ACTIVITY

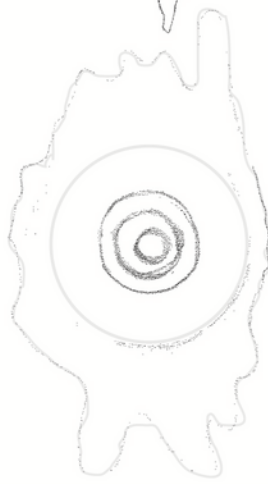
Make a cloud craft with rain. Using card stock, draw a cloud shape. Draw your own cloud shape or ask a responsible adult to help you. Staple or glue blue string pieces to the bottom of the cut-out cloud shape (these pieces of string will be your rain), then take one of your longer strings and glue or staple it in the middle near the top of your cloud shape, so it can be used to hang the cloud. Next, glue on cotton balls in layers covering the entire cloud shape. Let dry for 10-15 mins. The end result will be a rain cloud on a string you can hang up in your room or home.

FUN FACTS

- Raindrops are shaped more like hamburger buns. As a rain drop falls, it becomes less spherical in shape and becomes more flattened on the bottom like a hamburger bun.
- Rain does have a smell. Petrichor is the word that describes the scent of rain.
- Rain occurs on other planets in our Solar System but it is different than rain we experience here on Earth. For example, rain on Venus is made of sulfuric acid and due to the intense heat, it evaporates before it even reaches the surface!

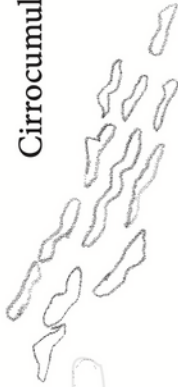


Cloud Reading



Cirrostratus

Cirrocumulus



Altocumulus



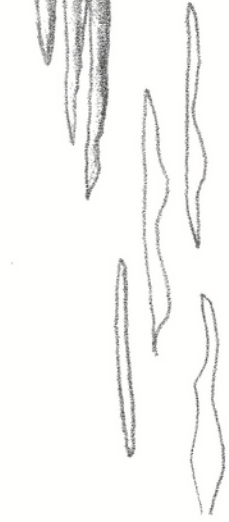
Altostratus



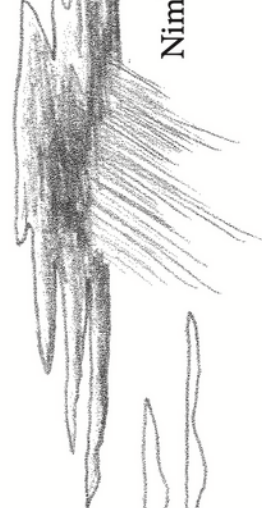
Stratocumulus



Cumulus



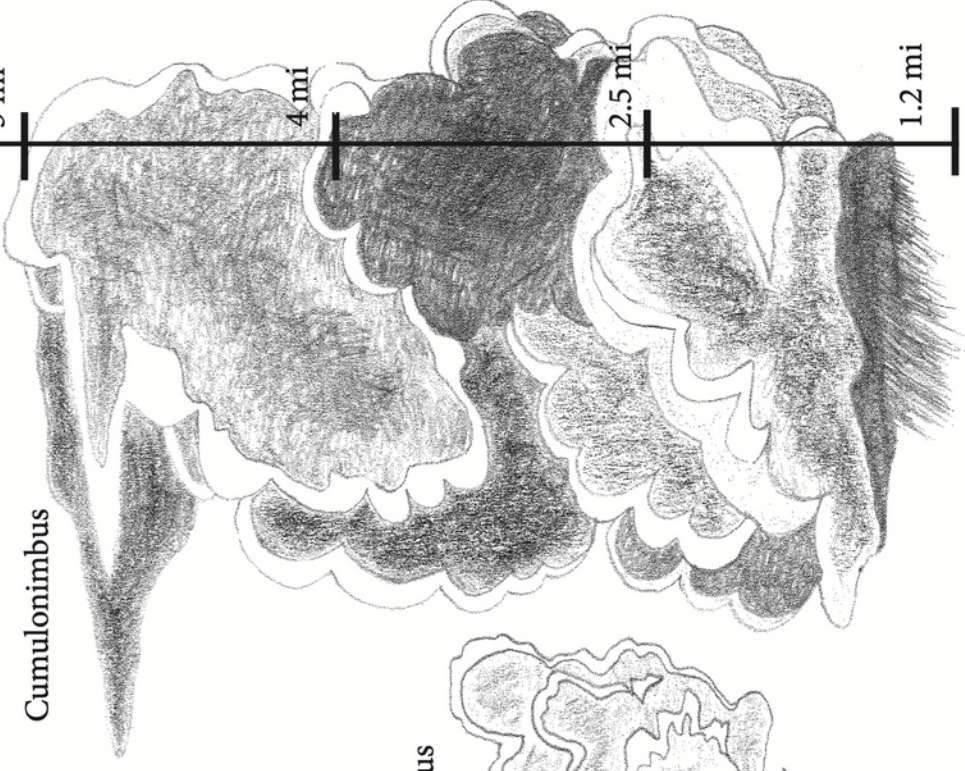
Stratus



Nimbostratus



Cirrus



Cumulonimbus

6 mi

5 mi

4 mi

2.5 mi

1.2 mi

COMPANION PLANTING

OBJECTIVE

- Learn the concept of companion planting (basil and tomatoes in particular)
- Take a basil plant home and transplant it properly
- Care for a basil plant, including pinching leaves and tips before they flower



MATERIALS

- Activity Instruction Handout
- Companion Planting Coloring Page
- Basil plant/ Or Basil seeds (with planting instructions)
- Plastic garden trowel

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Transplanting: Is planting a seedling or young plant from a small pot to a larger pot or in the ground.

Companion plants: Are two plants that when planted near each other provide a benefit for both of them! Some plants repel pests; others lure them from their companion. Some companions provide nutrients to the soil that are beneficial to other plants.

Basil Care: Plant your basil plant about a foot away from other basil plants, but you can plant within 10 inches of a tomato plant. Also, basil plants are easy to grow indoors in a sunny location. Do not plant near sage.

Pinching off the top two leaves (or cutting off the top few leaves) of the plant before it flowers will encourage extra growth from the basil plant, resulting in a bigger harvest of basil leaves. It will also keep the plant from losing flavor or turning bitter.

Harvest larger leaves first. You can harvest basil by pinching off leaves or cut them off with small scissors. If you harvest or cut back the plant every few weeks, it delays flowering. You can also trim back plant to a few inches from the ground to get another crop.



COMPANION PLANTING

ACTIVITY CONTINUED

ACTIVITY

Take your basil or basil seeds home to plant inside in a pot or outside in the garden. If you have seeds follow the directions on the seed packet and water regularly.

If you have a basil plant:

- Find an appropriate place in your garden or a larger pot you can keep in the house in a sunny location or patio. Then make a hole in the soil a little larger than the container the basil plant is in to transplant the basil.
- When ready to transplant the basil, make sure the soil is moist before removing the plant from the container as this will help keep soil attached to the roots upon removal.
- Gently remove a plant from its original pot by turning plastic pot upside down and have plants stem between your fingers.
- Gently squeeze pot from bottom to push plant out.
- Gently place the plant root side down in the hole and fill hole with soil. Press soil down firmly around it. Then water.

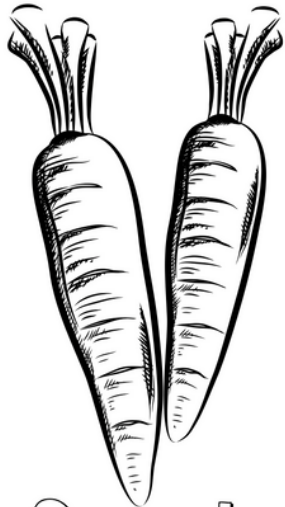


FUN FACTS

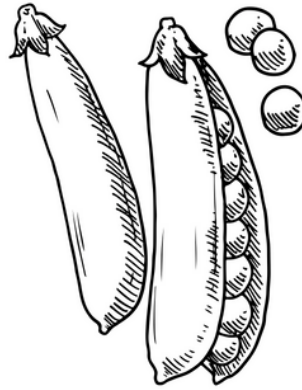
- Basil is a companion plant to the tomato plant.
- When basil is planted near a tomato plant, the plant can yield up to 20% more tomatoes. One reason may be because basil is known to be helpful in repelling thrips, flies and mosquitoes.
- Other plants that benefit from growing near basil include potatoes, marigolds, oregano, beets, beans, and asparagus.



Companion Plants



Carrots



Peas



Beans



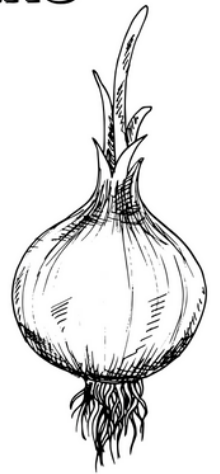
Beets



Lettuce



Beans



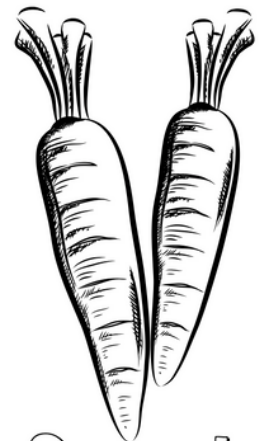
Onions



Tomatoes



Basil



Carrots

COMPOSTING



OBJECTIVE

Kids will learn about composting and the benefits it has on the soil. Know how to build a compost pile at home. Learn the C/N Ratio of 30:1. Understand the difference between brown and green materials. Learn what materials to keep out of a compost pile. Learn some benefits of composting like building up the soil, adding nutrients for plants, and water retention.

MATERIALS

- Activity Instruction Handout
- Composting Coloring page
- Empty 2-liter soda bottle or gallon milk jug
- Plate to hold composter
- Green materials (examples: grass clippings, kitchen scraps, coffee grounds).
- Brown materials (examples: dried leaves, newspaper, wood chips, sawdust, pine needles).

*Please note: not all materials may be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Concepts to discuss with kids prior to activity:

Carbon/Nitrogen ratio: The recommended C/N ratio to start a backyard compost pile is 30:1. In this home activity it will be demonstrated on a much smaller scale.

Carbon Materials: Are called the “brown” materials. Common materials include leaves, dried grass clippings, hay, straw, dried garden waste, newspaper.

Nitrogen Materials: Are called the “green” materials. Fresh grass clippings, kitchen waste/scrap (like vegetable peelings, apple cores, coffee grounds, etc), fresh garden waste, manures (like cow, chicken, but do not use pet wastes from animals like cats, dogs, etc). Please note for this kid's home gardening activity do not use manure of any kind!

During the activity, talk to your kids about how they can translate the at home compost activity to a larger scale compost pile. These facts can be covered:

- Compost requires two types of materials, green and brown.
- Brown materials are carbon sources and include: dried leaves, wood chips, newspaper, sawdust and pine needles. Wood Chips, sawdust and pine needles should be used in small amounts and distributed well among the pile.
- Green materials are nitrogen sources and include: grass clippings, kitchen scraps, coffee grounds and manures from animals like cows and chickens. Manures can be high in nitrogen and are considered “hot”.
- Keep the following out of your compost: bones, meat, grease, milk, cheese, pet droppings, oils, diseased plants, weeds, and fat. These materials can be bad for the composting process and/or attract pests.



COMPOSTING

ACTIVITY CONTINUED



ACTIVITY

Gather materials prior to the activity (see materials description).

- Clean out the bottle you will be using and cut off the top quarter of the bottle (set aside for later).
- Use a nail to punch small holes along the bottom and sides of the bottle (5-10 should be enough). These steps parents may need to assist with.
- Add in your brown materials to the bottom of the bottle (fill about $\frac{1}{2}$ of bottle). Wet down with a light spray of water (spray bottle works well for this).
- Add in your green materials on top. Fill until the bottle is about $\frac{3}{4}$ full.
- Turn the bottle top that you cut off upside down and place like a funnel inside the top part of your bottle. This will allow you to add in small amounts of water every few days as your compost breaks down.
- Place the compost in a sunny area and cover with a towel when not observing. Encourage your child to check every few days to make sure the compost stays moist and add in new materials as the compost breaks down.

When compost has broken down, encourage your child to mix it into the soil of a pre-existing planting in your garden or flower pots!

FUN FACTS

- Vermicomposting, or vermiculture, is composting with worms.
- Compost can improve soils, add nutrients for plants and reduce the need for fertilizers and water.
- Compost can be a home for a variety of creatures like worms, sow bugs, millipedes and centipedes.

Do you have a compost pile in your home garden? For a fun project, track what bugs you find in your compost pile. The more you find, the healthier your soil will be!



Composting

The Best Mix of carbon (Brown) to nitrogen (Green) for Compost is:

2
Parts Brown

1
Part Green

Brown Material



Dried Leaves



Newspaper

Wood Chips

Sawdust



Pine Needles

Green Material



Grass Clippings



Kitchen Scraps



Coffee Grounds

CONTAINER GARDENING

OBJECTIVE

- Learn about container gardening.
- Be able to start your own container garden
- See gardening as a potential lifelong activity



MATERIALS

- Activity Instruction Handout
- Build a Container Garden Coloring Page
- Easy to grow herb plants. Such as “pizza” herbs such as oregano, basil, thyme, and rosemary.
- A container with a hole for drainage.

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Drainage: proper drainage in a pot allows excess water to leave the pot.

Catchepot: a decorative container that holds a plain, but functional flower pot. Plants that grow well in a container such as: Oregano, Basil, Thyme and Rosemary.

ACTIVITY

Find a container with a hole in the bottom of almost any size for a porch, patio or windowsill. Decorate the container and place it on a plate or place an undecorated container in a catchepot to catch any water that will leak out when you regularly water. Add some stones or pebbles to the bottom of the catchepot to raise it up and make sure your container does not sit in a pool of water. Add potting soil to the container, and then a few herbs to fill the space. They should only take up about half the space in the pot to make sure they have room to grow. To plant a pizza herb garden use basil, oregano, thyme and rosemary plants, all will grow well in a container.

Important facts for a successful container garden:

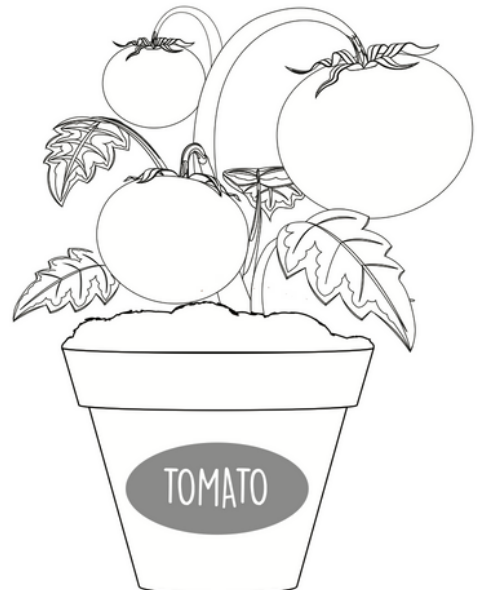
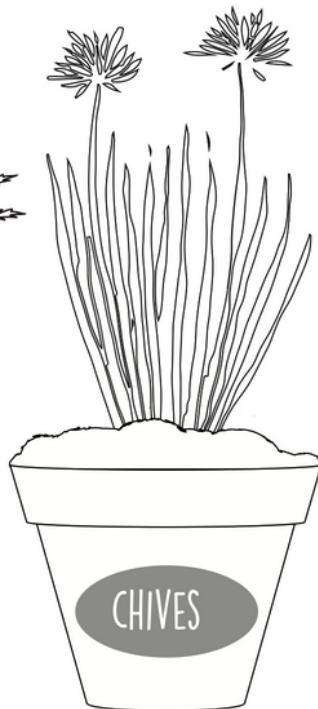
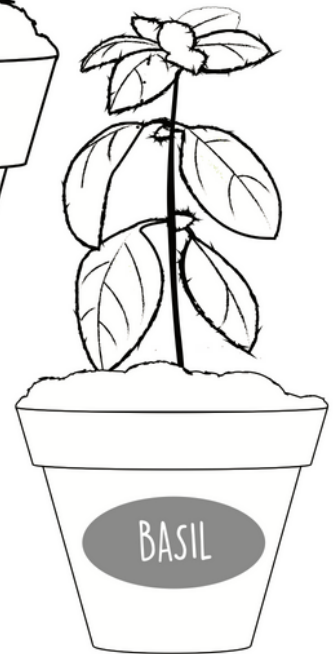
- Container size should be appropriate for the plant. For example, a tomato plant would need a much larger container, a container the size of a 5 gallon bucket or larger, dependent upon the tomato plant.
- A container should have at least one hole for drainage on the bottom as drainage is important for plants to prevent the roots from rotting, especially when growing in a container. A container without a hole can be used as a cachepot.
- Keep a watering schedule that doesn't let the soil dry out completely. Fertilize your plants as needed as nutrients may wash away from the plants more quickly in a container.
- Container gardens can be easier to maintain, especially for people who have a hard time bending over, or for children.

FUN FACT

You can use almost anything for a container to grow plants in! The most creative things we have seen are: Plastic milk jugs, An old red wagon, Old rubber rain boots.



BUILD A CONTAINER GARDEN



CROSS POLLINATION

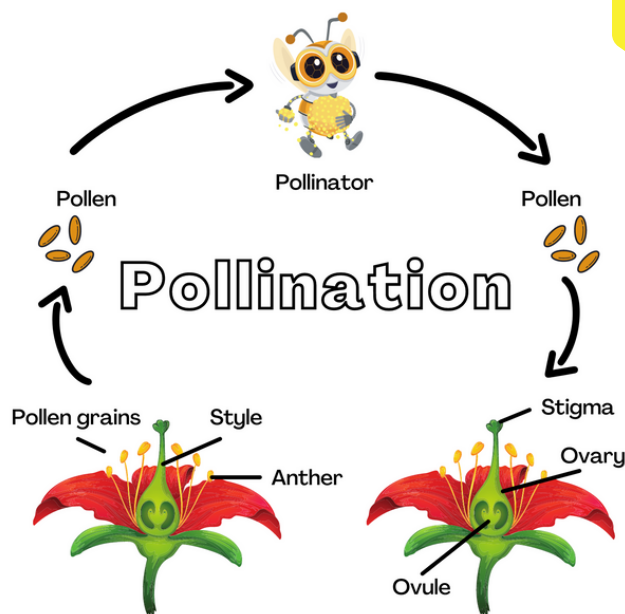
OBJECTIVE

Do a fun activity to learn about pollination.

MATERIALS

- Activity Instructions Handout
- Coloring sheet of flowers and a bee
- Chalk: Small sized, 3 + colors (small enough that can be used to color the center of the flowers on the coloring sheet)
- Ziploc bag to keep the chalk in so it doesn't get all over the other materials.
- 1 or 2 Cotton balls.

*Please note: not all materials will be provided by your market. You may need to supply some from home.



THINGS TO LEARN

Pollen: Pollen is a powdery substance made of pollen grains which are the male gametes of a plant.

Cross-pollination: Cross-pollination is the movement of pollen with male genetic material from the anther of a single flower to the stigma of another. It then travels through the stigma and down the style to the ovary of the flower where the pollen grain and the ovary combine to make a seed! This seed can then turn into a new plant.

ACTIVITY

This activity will help you understand how pollination works. The chalk represents the pollen, and kids each get a cotton ball to pretend they are the bee. Each child should be given a coloring sheet with flower shapes. Have the kids color the circular center of each flower shape with the colored chalk. They can color the flower petals with colored pencils. Then place the cotton ball in the center of the bee drawing on the coloring page and ask the child to pretend the cotton ball is a bee. You can encourage them to fly their cotton ball over to the flowers making a buzzing bee sound, then have them use the cotton ball to collect pollen from one flower and move it to the next flower. Have them stop at each flower and rub the cotton ball in the center of the flower. Have the child check the cotton ball to see if they got any "pollen" before moving on to the next flower.

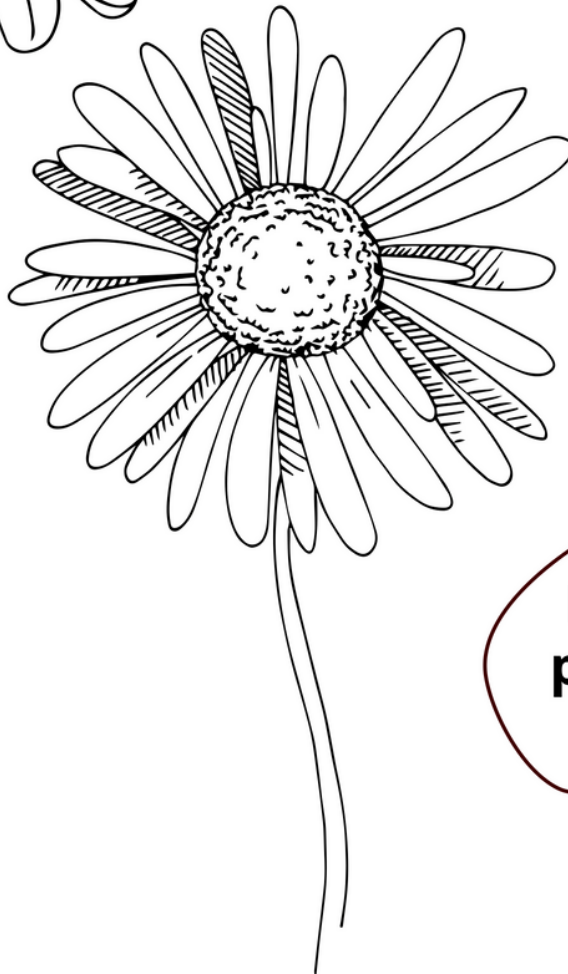
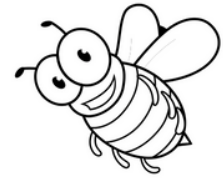
If the child wants to draw their own flowers, provide them with a blank white paper, black magic marker and a colored pencil. Make sure they leave a circular center in each flower to color in with chalk to represent pollen.

FUN FACTS

- Honeybees do more pollination than any other insects.
- There are many other pollinators as well such as ants, beetles, butterflies, moths, birds and bats!
- 75 % of flowering plants depend on pollinators for fertilization.



Bee a Pollinator !



**Help me
pollinate!**



DANCE FOR HEALTH

OBJECTIVE

- Learn that dancing is a fun part of a healthy lifestyle.
- Experience dancing as an easy, fun, simple, and healthy physical activity.
- Learn that dancing is fun, whether they know actual dance moves or not.
- Learn that getting physically active can be easy and doesn't necessarily involve hard work, pain, exercise equipment, or boring and repetitive activities.
- Learn that dancing is a physical activity that can be done indoors or outdoors.



MATERIALS

- Activity Instruction Handout
- The activity requires a music playing device.
- A playlist with kid-friendly dance music, that's available on a commercial CD, or possibly on a playlist on the music playing device or accessed from a music streaming service
- Enough space for multiple people to dance
- Optional: scarves for interpretive dance

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Low Impact exercise: Cardiovascular activity that places a minimal amount of stress upon the parts of the body, especially joints, that are more susceptible to injury.

ACTIVITY

For this activity, the focus is to provide a comfortable space for kids to dance and move. Encourage the kids to show off their dance moves. Part of the encouragement may be to show them one of your own dance moves! Don't hesitate to say, "You don't need to know any dance moves. Dancing is all about having fun, moving to the music, and getting active." Don't be afraid to participate yourself!

If a child is unable to physically dance, suggest moving their arms or head to the beat. Scarves may also be provided so kids can engage in an interpretive dance from a wheelchair.

FUN FACTS

- Depending on how intense you move, you can burn 5-10 calories a minute from dancing!
- A dance club in Rotterdam, The Netherlands is home to the world's first "sustainable" dance floor. The kinetic energy of the dancers powers the LED lights of the dance floor.
- The World Record for the longest conga dance line was set by 119,986 people in Miami in 1988.





Ballet

Salsa



Let's Dance!

Rock'n Roll



Breakdance



DIGESTION

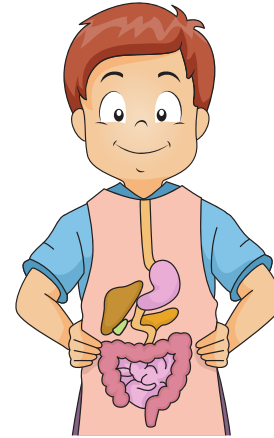
OBJECTIVE

Learn why we eat and how our food is digested!

MATERIALS

- Activity Instruction Handout
- string/yarn
- measuring tape or yard stick

*Please note: not all materials will be provided by your market. You may need to supply some from home.



THINGS TO LEARN

We eat food because it supplies us with the nutrients and energy that we need to learn, play, heal and grow! How do you know when to eat? You listen to your body. It doesn't talk to you with words, but it does have cues to tell you what you need. Feelings of hunger are your body's way of telling you that you'll need to eat soon. Feelings of fullness or satiety tell you that you've had enough and it's time to stop eating. If you can take brief pauses throughout the day to check in with your body and see how you're feeling, you'll get better at knowing what you really need!

Digestion is the process of breaking down and absorbing the nutrients and energy from our food. Do you know where it begins? In your mouth! Your teeth chew and grind up the food and mix it with saliva (spit). The saliva starts to break the food down. The tongue rolls the food back and it is swallowed. Your muscles squeeze the food down your throat, which is a long tube called your esophagus. The esophagus is 10-12 inches long and food takes between one to seven seconds to pass through it. The stomach looks like a bean-shaped bag and is about 8 inches long. Food is further broken down here by the strong stomach juices. Food takes about three hours to move through the stomach. The small intestine looks like a maze of tubes. It is the longest portion of your digestive system and absorbs the majority of your nutrients. It's 20-25 feet long and food will stay in the small intestine from 2 to 12 hours. The large intestine looks like a curved, square tube. Leftover food that is not absorbed is pushed here and some nutrients are absorbed. It is about 5 feet long and food takes from 13 hours to several days to move through this area...and out to the toilet.

ACTIVITY

Try picturing how long the digestive road is that your food travels to get through your body! Cut a piece of string equal to the sum of these measurements: Esophagus – 10 inches, Stomach – 8 inches, Small Intestine – 22 feet, Large Intestine – 5 feet.

How long does your string need to be? What does it look like stretched out across the floor of your house? Measured against the length of your car? How about laid out on a t-shirt, just like you imagine your real digestive system is?

FUN FACTS

- Broccoli, grapes and sunflower seeds give your body fiber, which acts like a broom that helps aid your digestive system and can prevent some cancers.
- Humans have been growing grapes for over 6000 years. Wow!
- Sunflower seeds are high in protein and dietary fiber which also help to keep you feeling full.



FANTASTIC GOURDS!

SUMMER

FALL

OBJECTIVE

Learn that you can grow interesting plants like gourds that can be used to make instruments such as maracas, spoons, bird feeders as well as other useful things.



MATERIALS

- Activity Instruction Handout
- Gourds Coloring Page
- Paper plates (inexpensive so it is easily folded in half)
- Markers or Crayons
- Elmer's glue or small stapler with staples
- Dried beans or rice (noise making part)

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Gourds are a member of the squash family and have been cultivated for over 4000 years to make all kinds of useful things for humans to use in their daily lives.

Gourds can last several years when cured properly.

ACTIVITY

Create a maraca like instrument using paper plates and dried beans and/or rice. Maracas are usually made out of gourds.

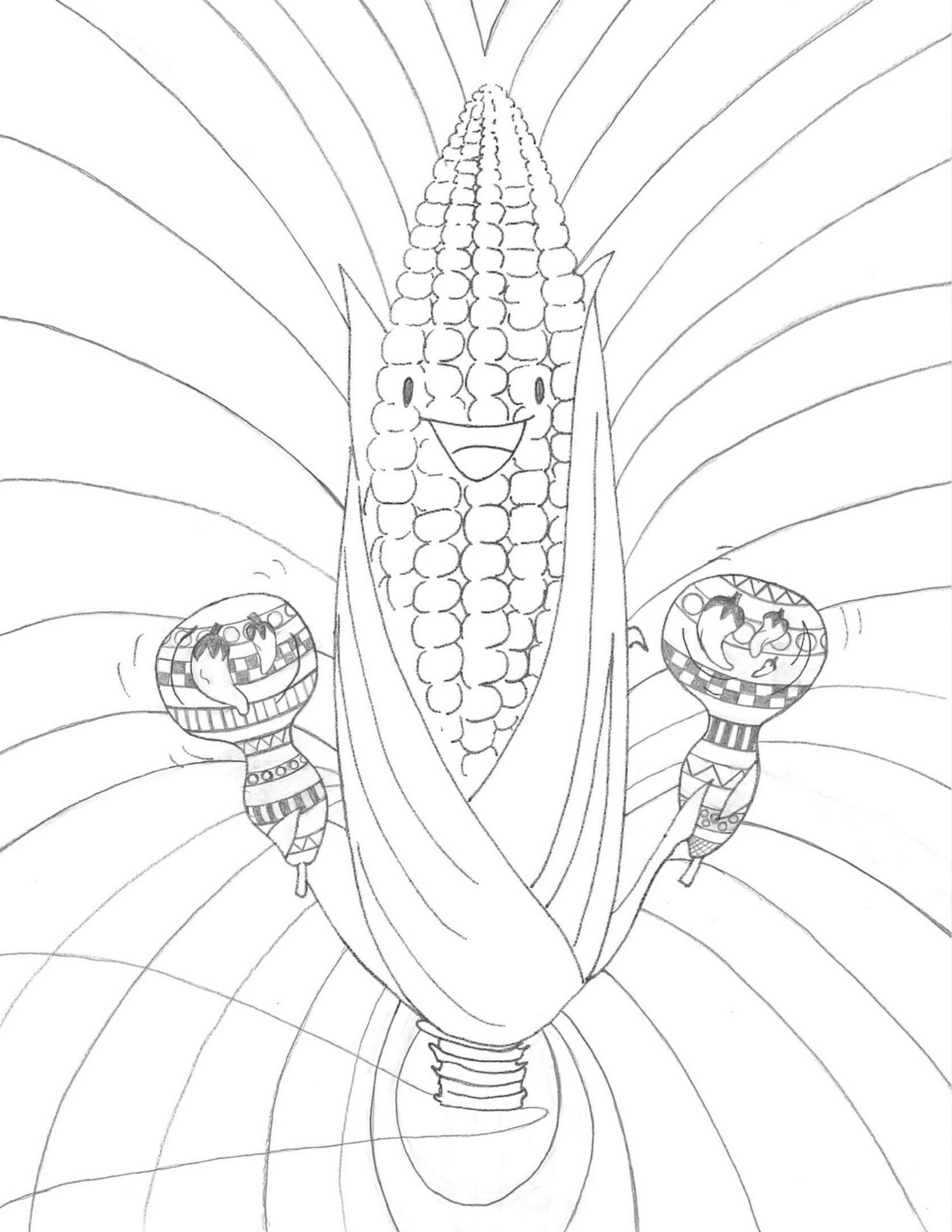
How to build the maracas:

- Fold your paper plate in half and then color a cool pattern or picture on the outside.
- Fill the plate with your dried beans or peas and then fold in half again.
- Set the plate on a flat surface and add a generous amount of Elmer's glue on the inside edge of the plate and set something heavy enough to hold the two sides together until the glue is completely dried. 30 mins or so. Or, staple closed the open side of the folded over plate, taking care to keep the staples close so the dried beans and peas won't fall out when it is shaken.
- Now make some music!

FUN FACTS

- Banjos were first made out of gourds
- Gourds have been made into birdhouses, bowls, dippers for drinking water, musical instruments, utensils, ornaments and storage containers.
- One of the earliest domesticated types of plant is a type of bottle gourd it that was discovered in archaeological sites as early as 13,000 BCE.





FOOD LABEL DETECTIVE

OBJECTIVE

Learn to read a food label, try out your skills at the grocery store.

MATERIALS

- Activity Instruction Handout
- The Nutrition Facts Label Info Sheet



THINGS TO LEARN

“You are what you eat.” Have you ever heard that saying? What does it mean to you? To most folks, it means that our bodies are made up of the materials that we get from our food. Well, if that’s the case, we want to know what’s in our food, don’t we?! When you go into a grocery store you see thousands of products on the shelves. Now, many of those products have ingredients that have been added to them that aren’t so good for your body. If you’re shopping for foods that nourish your body, then why have the food companies added things that aren’t good for us? Because these additives can make an otherwise tasteless product taste much better, look nicer, or make it less expensive by adding cheaper ingredients. Those all sound like good reasons, but they don’t change the fact that the additives are not good for us to eat often. Some of these items include preservatives; sugar; excess salt & fats; artificial colors, flavors, & sweeteners. So when we grab a product off the store shelf, how do we know what’s been put into it?

ACTIVITY

Now lets try out the skills you learned at the Grocery Store! It’s not hard to do, it’s actually pretty fun...we get to be food detectives! Search the package for the the food label, just like the two below. You will find the list of ingredients that were put into the food, as well as the serving size and other important values like the calories, fat, salt, sugar and protein that you get in one serving of the food.

These are two examples of Nutrition Facts Panels, or food labels. Take a look at the ingredients at the bottom of each panel. Can you guess what food they are?

They’re potato chips. The label on the left comes from regular fried chips. The label on the right comes from baked chips. Notice the differences. Which one has more fat? More sugar? More additives?

Become a food detective! It’s a skill that will serve you now, and for the rest of your life. Remember...you are what you eat!

FUN FACTS

- A “Serving Size” may be a lot less than what you’re are eating! Especially if it’s ice cream!
- Ingredients are listed in order from most to least.
- Before 1990 nutrition information was not always required to be put on packaged foods! The official U.S. Nutrition Facts label first appeared in 1994.



FOOD LABEL DETECTIVE

ACTIVITY CONTINUED

| Nutrition Facts | |
|---|------------------|
| 1 serving per container | |
| Serving size | 1 package |
| Amount per serving | |
| Calories | 160 |
| % Daily Value* | |
| Total Fat 10g | 13% |
| Saturated Fat 1.5g | 7% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 150mg | 7% |
| Total Carbohydrate 15g | 6% |
| Dietary Fiber 1g | 5% |
| Total Sugars less than 1g | |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 8mg | 0% |
| Iron 1mg | 2% |
| Potassium 350mg | 6% |
| Vitamin C | 6% |
| Not a significant source of added sugars. | |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), and Salt.

| Nutrition Facts | |
|---|------------------|
| 1 serving per container | |
| Serving size | 1 package |
| Amount per serving | |
| Calories | 140 |
| % Daily Value* | |
| Total Fat 4g | 5% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Sodium 180mg | 8% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 2g | 6% |
| Total Sugars 3g | |
| Includes 2g Added Sugars | 3% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 0% |
| Iron 0.3mg | 0% |
| Potassium 250mg | 4% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

INGREDIENTS: DRIED POTATOES, CORN STARCH, CORN OIL, SUGAR, SEA SALT, SOY LECITHIN, DEXTROSE, AND ANNATTO EXTRACTS.
CONTAINS SOY INGREDIENTS.

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can — and often do — contain more than one serving!

If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSx2

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 4g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 430mg | 19% |
| Total Carbohydrate 48g | 17% |
| Dietary Fiber 7g | 25% |
| Total Sugars 4g | |
| Includes 2g Added Sugars | 4% |
| Protein 11g | |
| Vitamin D 2mcg | 10% |
| Calcium 280mg | 20% |
| Iron 8mg | 35% |
| Potassium 240mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

Nutrients To Get More Of

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

Nutrients To Get Less Of

Compare and choose foods to get **less than 100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Choose Nutrients Wisely

TIP: 5% DV or less per serving is **low** and **20% DV** or more per serving is **high**

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

Nutrition Facts
Read the Label

Revised: October 2018

www.fda.gov/nutritioneducation



FRESH SMOOTHIE GAME

OBJECTIVE

Learn about the importance of integrating a rainbow of colors of fruits and vegetables in your diet. Learn how to adapt a fun, do it yourself kids' recipe using different colors of fruits in a natural smoothie free of extra sugars or additives.

MATERIALS

- Activity Instruction Handout
- Cube / Dice print out (best printed on Card Stock)
- Scissors
- Glue or Tape
- Color crayons or markers
- "I Can Eat a Rainbow" Info Sheet
- One fruit or vegetable ingredient from each color on the dice
- Blender for making smoothie

*Please note: not all materials will be provided by your market. You may need to supply some from home.



THINGS TO LEARN

- Importance of eating different colors of fruit and vegetables.
- That you don't need additional sugars and additives to make smoothies delicious!
- How fun and healthy eating fresh can be.

ACTIVITY

- **Step 1:** Have child color in all sides of dice. Colors should be based on the 5 colors they choose from foods on info sheet (Red, Orange/Yellow, Green, Blue/Purple, White). For the sixth side of the dice have them draw a rainbow which will act as a wild card choice in the game. As they color the sides of the dice talk to them about what foods fall into that color category and the nutritional importance of each.
- **Step 2:** Cut out dice shape from printout. Fold along the inside lines. Put cube together by either gluing and securing tabs to inside of cube or using tape.
- **Step 3:** Play the Fresh Smoothie Game!



FRESH SMOOTHIE GAME

ACTIVITY CONTINUED

How to Play the Fresh Smoothie Game:

1. Get your ingredients ready. Look for fruits and vegetables that match the colors your child put on their dice. This can be fresh as well as frozen options. Look mostly for fruit items that will make your smoothie sweeter, but also include things like spinach if handy!
2. Let your child determine how many ingredients they would like to include in their smoothie before they start rolling. 3 – 4 is generally a good amount.
3. Have your child roll the dice the number of times that correlate with the amount of ingredients they chose.
4. Start compiling your smoothie! Each time your child rolls a color choose that correlating ingredient to add to your blender (example: child rolls red, you may select the red fruit that you provided – strawberries, raspberries, etc). The Rainbow side of your dice will act as a wild card option where the child chooses which option they want.
5. Add in water or milk (can substitute with any milk alternative) for the liquid and add in some ice (if using frozen items, you do not need ice for smoothie). Pro tip: if a banana was not chosen as one of the items in your game, throw one in anyways to add an extra level of creaminess and flavor to your smoothie!
6. REPEAT! – Use this game any time you make healthy smoothies with your kids.

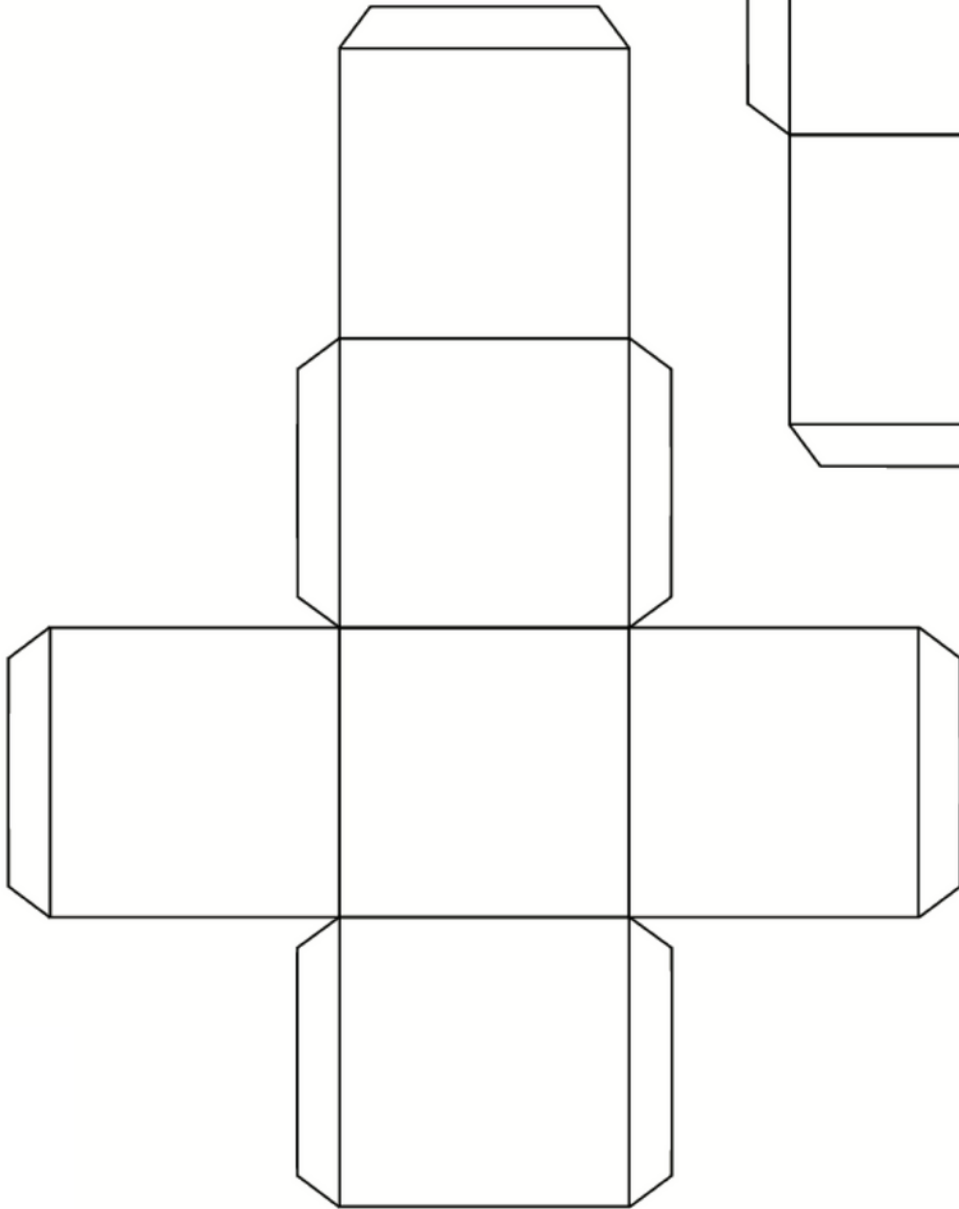
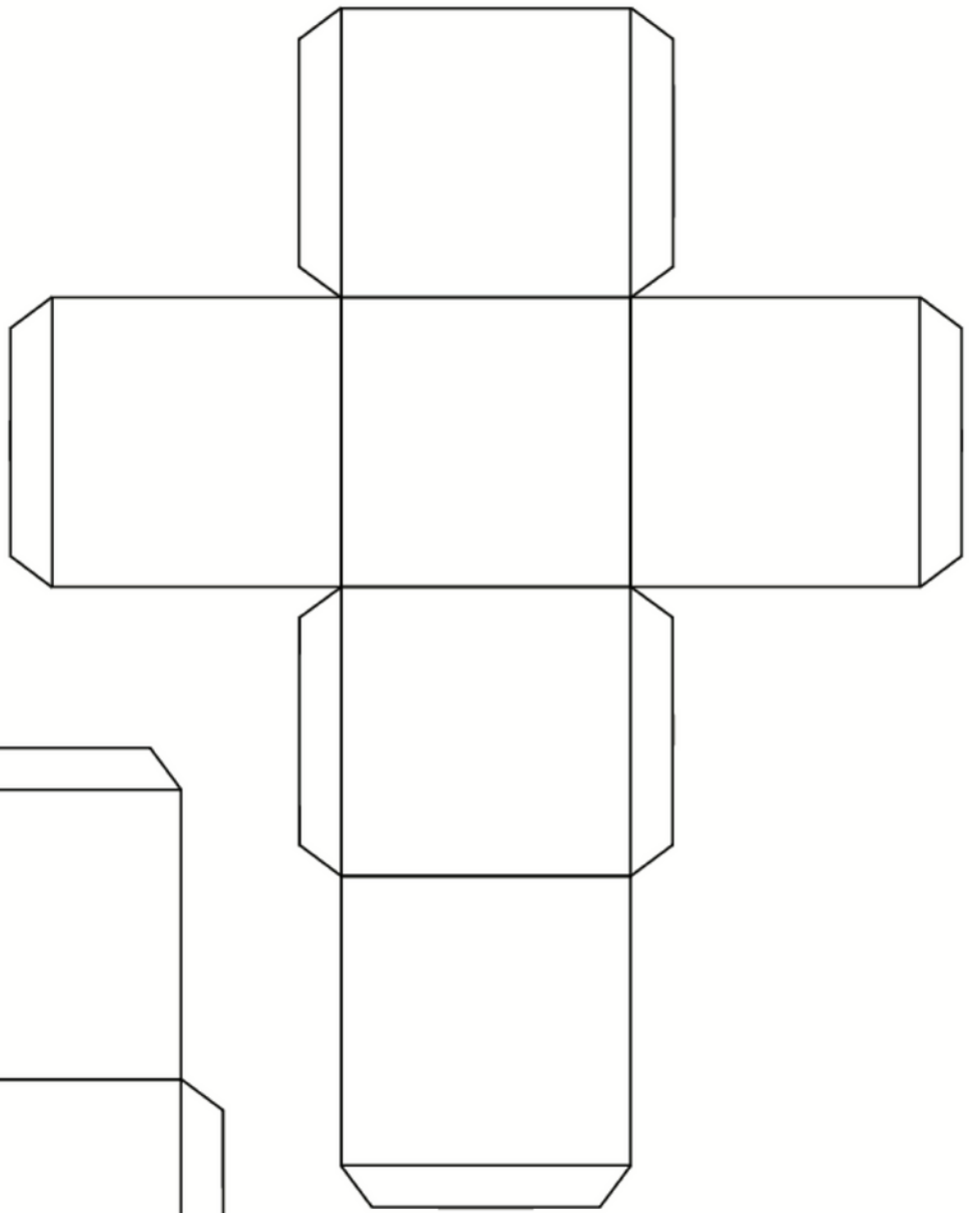
Integrate even more learning into the game by:

- Ask your child to list other fruits and vegetables of the same color.
- Talk to them about what each color signals for nutrition in their food (see “I Can Eat A Rainbow” Info Sheet for fun facts to share!).
- Ask them what their favorite fruits and vegetables are to eat and talk to them about how healthy those choices are.
- Look up fun facts about each of the fruits and vegetables in your smoothie to learn more about their nutrition and how they grow.

FUN FACTS

- Smoothies are a healthy and tasty way to provide your body with nutrients, vitamins and energy.
- The invention of what we know today to be the smoothie coincided with the invention of the blender.
- The difference between a smoothie and a milkshake is that milkshakes are dairy based beverages generally made with ice creams and additions such as fruit or chocolate. See “I Can Eat A Rainbow” Info Sheet for even more facts!





Eat a RAINBOW of Colors

Red

fruits and vegetables such as red bell peppers, tomatoes, tart cherries, cranberries, raspberries, rhubarb, red grapes, pomegranates, beets, strawberries, and radishes are positively packed with antioxidants such as vitamin A (beta carotene), vitamin C, manganese, and fiber, making them great for heart health and overall good health, too. Tomatoes, Watermelon and pink grapefruit also contain natural pigments called Lycopene which may help lower the risk of several types of cancer.

Orange / Yellow

fruits and vegetables such as butternut squash, carrots, sweet potatoes, spaghetti squash, yellow squash, bananas, cantaloupes, oranges, pumpkins, orange peppers, nectarines, mangoes, and peaches are packed with beneficial nutrition. Some such as citrus fruits are loaded with the antioxidant vitamin C and others such as carrots are loaded with vitamin A (beta-carotene) to maintain healthy eyes.

Green

fruits and vegetables such as asparagus, spinach, kale (and other leafy greens), green beans, broccoli, brussel sprouts, green cabbage, green apples, green grapes, kiwi, and more are virtually all healthy and worth adding to your daily diet. Some leafy greens, like collards and kale, are particularly rich in calcium, which helps keep your teeth and bones strong and reduces your overall risk for osteoporosis.

Blue / Purple

fruits and vegetables such as plums, blueberries, purple grapes, blackberries, eggplant, and figs are colored by natural plant pigments called "anthocyanins." Anthocyanins act as powerful antioxidants that protect cells from damage. Produce in the blue/purple group may help reduce risk of cancer, stroke and heart disease. Eating more blueberries has also been linked with improved memory function and healthy aging.

White

fruits and vegetables like cauliflower, potatoes, garlic, parsnips, mushrooms and onions contain nutrients known to lower the level of bad cholesterol in your body, protect against inflammation, keep bones strong, and lower high blood pressure.



FRIDGE PANTRY DETECTIVE

OBJECTIVE

To learn what nutrients can be found in different foods.
Then investigate your fridge and pantry to try to find some of those nutrition rich foods in your own home!



MATERIALS

- Activity Instruction Handout
- Magnifying glass and mustache disguise (printed on cardstock)
- Markers or crayons
- Tape
- Safety scissors
- Long thin stick (to tape mustache on so you can hold it up to your face)
- Small notebook

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Vitamin C is essential for growth, development, and repair of all body tissues. Like gums, bones, teeth and blood vessels. It also helps cuts heal and your body resist infection, helping you avoid getting sick. These fruits and vegetables are high in Vitamin C (20% or higher Daily Value): Apricots, bell pepper, blackberries, broccoli, Brussels sprouts, cabbage, cantaloupe, cauliflower, collard greens, hot chili pepper, honeydew melon, okra, onion, potato, radishes, raspberries, rutabagas, spinach, summer squash, strawberries, sweet potatoes, tomatoes, watermelon.

Calcium is an essential mineral for strong bones and teeth, blood clotting, nerve impulse transmissions, and maintenance of a normal pulse rate. Calcium can be found in many different foods like milk, cheese, tofu, dried beans, and leafy vegetables like spinach, collard greens, turnip greens, kale, beet greens, mustard greens, and bok choy.

Vitamin A is really important for good eyesight. Vitamin A can help you with your night vision for trick-or-treating on Halloween as well as for seeing all the beautiful color in the world. It also helps keep your skin and immune system healthy, and to grow bones. High in Vitamin A foods (20% or higher Daily Value of Vitamin A): apricots, collard greens, sweet potatoes, carrots, winter squash, cantaloupe, leaf lettuce, romaine lettuce, bell peppers, spinach, broccoli tomatoes, watermelon, hot chili pepper.

B Vitamins are essential to the functioning of a healthy nervous system. There are many types of B Vitamins, including B1, B2, B3, B5, B6, B7, B9, and B12. B vitamins in whole grains help your body make energy from food. Good Sources of the B Vitamins are animal-based products like meat, pork, poultry, eggs, dairy as well as plant-based foods like potatoes, carrots, legumes, grains, asparagus, broccoli, leafy greens. Vitamin B12 is only available through animal-based foods.



FRIDGE PANTRY DETECTIVE

ACTIVITY CONTINUED

Vitamin E helps protect your cells and tissues from being damaged. Particularly your red blood cells! Good sources of Vitamin E are whole grains, leafy green vegetables, vegetable oils, egg yolks, nuts and seeds.

Vitamin K is a very important nutrient it is what clots your blood! That's what happens when you get a cut and start bleeding. When that happens certain cells in your blood act like glue and stick together at the surface of the cut to help stop the bleeding. Good Sources of Vitamin K are leafy green vegetables, dairy products, broccoli and soybean oil.



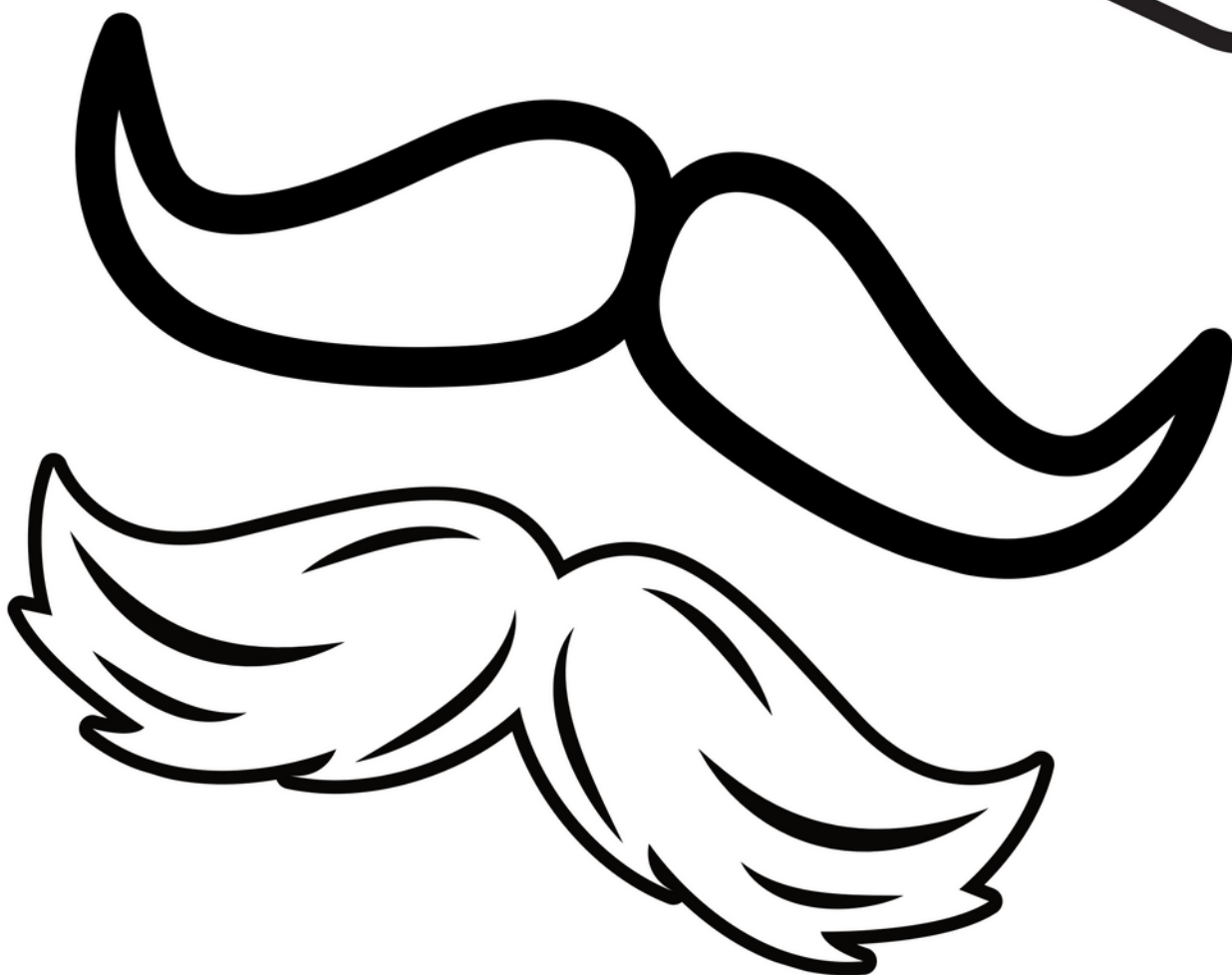
ACTIVITY

Color the magnifying glass and mustache. Cut both shapes out or ask a responsible adult to do it for you. Then tape the back of the mustache to your stick.

Go undercover to discover all the nutrients in your home! You can hold the mustache disguise up to face under your nose so no one will recognize you as you explore with your magnifying glass. Check in your fridge, on your countertops, in your garden and pantry for different foods containing each of these nutrients. Try to find at least one food that contains each of the six nutrients listed above. Then write down what you found in your notebook or draw pictures of the foods you found.

FUN FACTS

- Your bones and teeth contain 99% of the calcium found in your body.
- There are 13 essential vitamins and minerals that are found in the foods we eat. Your body needs them all to work properly so you grow and develop like you should.
- The main source of Vitamin-D is sunlight.



FRUIT & VEGGIE SUPER POWERS

OBJECTIVE

Kids can demonstrate their personal perspective and knowledge of nutrition when they create their own veggie super hero.



MATERIALS

- Activity Instruction Handout
- Fruit & Vegetable Super Power list
- Paper
- Markers, colored pencils
- Googly eyes
- General art supplies like construction paper, scissors, glue sticks
- Fruit & Veggie Superpower ideas handout

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Nutrients: fruits and vegetables provide nutrients that lead to a strong and healthy you.

ACTIVITY

Discuss with kids the “super powers” that fruits and vegetables have.

Examples include: carrots help your vision; tomatoes and broccoli fight cancer; apples protect your brain, heart, and bones; beets purify blood; strawberries fight inflammation. Kids will take writing materials and/or craft items and fashion a super hero with super powers modeled after the supplied

Fruit and Vegetable Super Powers list.

Challenge older participants to write some descriptive words about their super hero, or possibly a poem or a paragraph.

FUN FACTS

- One cup of broccoli contains about 130% of your recommended daily intake of Vitamin C.
- Eating fruit is much healthier than drinking juice! In fact, a raw unpeeled apple has almost 10 times more fiber than a cup of apple juice.
- A super amazing tomato plant at the Epcot Center in Disney World in Florida produced over 32,000 tomatoes in one year.



Fruit and Vegetable Super Powers

Apples-protect brain cells; can protect your heart; can protect bones

Beets-purifies blood

Blueberries-may help improve memory and learning; may protect against stroke; may be cancer fighter

Broccoli-cancer fighter

Cantaloupe-vision; skin & bone health; immune system

Carrots-vision; skin & bone health; immune system

Garlic-reduces high blood pressure and fights cancer

Grapes-Heart & lung health; fight inflammation & cancer

Green beans-eye and bone health; aids in digestion; immune system booster

Kale-Strong bones

Peaches-lung health, eye health, cancer protection, fights inflammation

Peas-maintain glucose levels to keep energy levels steady; promotes bone and cardiovascular health; protects body from cell damage

Potatoes-can help fight bone loss

Pumpkins-vision; skin & bone health; immune system

Red peppers-fight cancer; heart health

Spinach- vision; skin, heart & bone health; immune system

Strawberries-fight inflammation, bad cholesterol and cancer

Sweet potato-strong bones

Tomatoes-fight cancer; heart health

Watermelon-fight cancer; heart health



FUNGI



OBJECTIVE

Learn about Fungi!

Learn that mushrooms can be a sign of a healthy garden and that they actually help other plants get food.

* Don't ever touch, pick or eat a mushroom without adult supervision! Some mushrooms are poisonous.

MATERIALS

- Activity Instruction Handout
- Mushroom coloring sheet
- Purchase a variety of edible mushrooms at the grocery store. These will be used in a hands on observation activity with your child.

THINGS TO LEARN

- Mushrooms (or Fungi pronounced FUN-Guy) can be harmful to you or your pets (don't ever pick and eat a wild mushroom) but they are great for your vegetable garden and particularly good for a forest.
- The part we see of a mushroom is just the fruiting cap. Like an apple the fruiting cap is where the seeds are, but mushrooms seeds are tiny grains called spores. Spores are so small they blow in the wind.
- Most of the mushroom is underground with a bunch of threadlike strands weaving all throughout the soil. These threads function similarly to roots but are often smaller and are called hyphae. A whole bunch of them are called mycelium. They extend the roots of trees, shrubs, and pretty much all other plants to collect and move more food to the plants that need them.
- **Hyphae:** threads of a fungus that weave throughout the soil.
- **Mycelium:** made up of many hyphae.

ACTIVITY

Sort out the mushrooms your child picked out at the grocery store or farmers market. Let your child cut them up and take them apart to investigate how they are made.

Share a few of these facts while you are cutting up and observing mushrooms with your child:

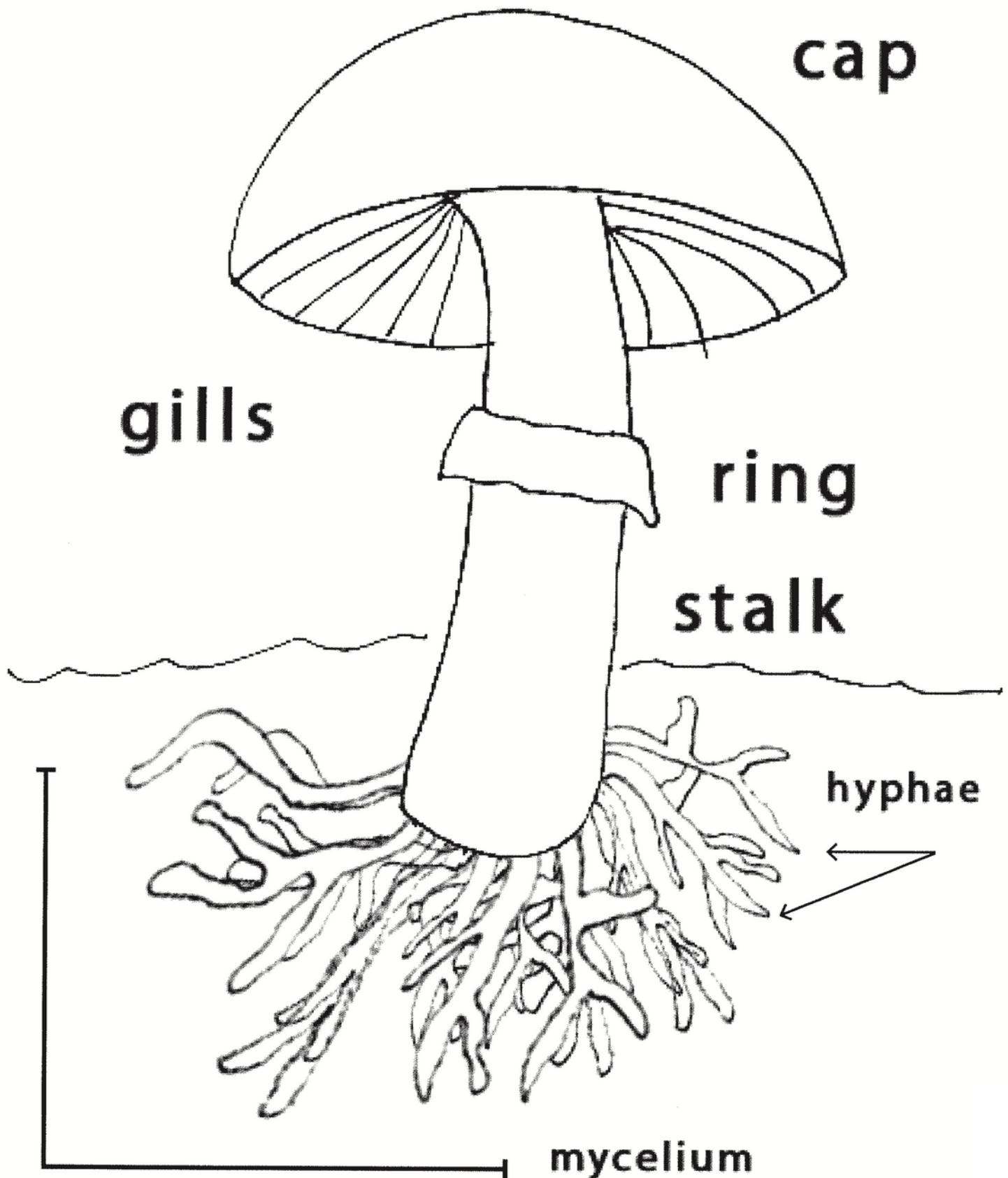
- Mushrooms are a sign of a healthy garden.
- Some mushrooms may be poisonous. Kids-please do not pick or eat without adult guidance.
- Hyphae are threadlike strands from a fungus that weave throughout the soil.
- Mycelium is a bunch of hyphae joined together.
- The mycelium extends the roots of trees, shrubs and other plants to increase their effectiveness in collecting nutrients.

FUN FACTS

- There are 30 species of mushrooms that glow in the dark.
- Fungi (mushrooms) recycle plants after they die and turn them into rich soil. If not for fungi the earth would be buried in dead wood and other plants.
- The oldest mushroom in the world is 90 million years old!



Mushroom



GIVE A FARMER A HAND

OBJECTIVE

Make a craft to show appreciation for farmers. (Could be used as a National Farmers Market Week activity)



MATERIALS

- Activity Instruction Handout
- Construction paper (3 – 5 color options)
- Themed stickers (if available)
- Markers
- Scissors
- Tape

Additional Stickers, glitter, or stamps if available Glue (if cutting out designs)

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

- Farmers grow our food and feed our world.
- Farmers grow many different crops.
- Farming is hard work.

ACTIVITY

With a pencil, have your child trace their hands-on construction paper. Your child can make several hands (if you have enough supplies). Each hand is cut out with scissors and the child can decorate the hands with markers, pencils and stickers if available. If they can write, have your child include a note of thanks on the hand. During the activity ask your child what they like to buy from their favorite farmers at the market, or where they would get food if there were no farmers. When finished, bring the “Give a Farmer a Hand” craft back to market and have your child present to their local farmer (make as many as you want and give to all the farmers that week to show appreciation for all they do!).

FUN FACTS

- According to the USDA, 150,000 farmers, ranchers, and other agricultural entrepreneurs surpassed 1.5 billion in sales at farmers markets.
- Many farmers donate unsold produce to programs that serve low-income individuals and families or grow directly for food banks and food pantries for distribution.
- Agriculture is the single largest employer in the world.



HEALTHY WHOLE GRAINS

OBJECTIVE

Learn about the value of whole grains and run an obstacle course.



MATERIALS

- Activity Instruction Handout
- Healthy Whole Grains coloring sheet
- Bag of brown rice
- Bag of whole wheat pasta
- Bag of dried corn
- Bag of quinoa
- Bag of a type of “o” shaped cereal (i.e Cheerios)

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Grains are an important part of a healthy diet and at least half the grains you eat should be whole grains. Examples of whole grains include whole-wheat flour, bulgur, oatmeal, whole cornmeal, brown rice, quinoa, and barley. Easy ways to eat more whole grains includes replacing white bread with whole wheat bread and using brown rice instead of white rice.

Whole grains contain the entire grain kernel, which consists of the bran, the germ, and the endosperm. The bran is the skin of the kernel. The germ is the part of the kernel that can sprout into a new plant. The endosperm supplies the nutrition to the germ as it grows into a new plant.

Whole grains provide nutrients like Vitamins B and E, magnesium, iron, and fiber. Whole grains can help reduce the risk of obesity, heart disease, cancer, and diabetes. Many grain products use refined grains. Grains are refined through a process called milling. During this process, the bran and germ are removed. Also removed are nutrients like fiber, iron, and many B Vitamins.

Many popular products contain refined grains, so finding the whole grain products can be a challenge. One strategy to overcome this obstacle is looking at the ingredient list. The whole grain should be the first ingredient listed and should include “whole” with the grain, for example, “whole wheat.” Another reliable way is identifying something like “100% whole wheat” printed on the packaging.



HEALTHY WHOLE GRAINS

ACTIVITY CONTINUED

ACTIVITY

Set up an obstacle course using your whole grains as props. Set up as many stations as you have space for in a big circle using a bag of the grain mentioned below for each station. Use the ideas below or create your own obstacle course. Have a few feet between each station.



START: Station 1. Noodle Stretch: Stand straight and then stretch to the sky with your arms straight over your head. Stand still to a count of three. Then bend at the waist and flop around like a cooked noodle to a count of three. Go to Station 2.

STATION 2. Circle the Quinoa: Walk a circle as close to the bag of quinoa as possible without stepping on the bag. Circle the Quinoa as many times as your age. For example, if your five years old then circle around the bag five times. Go to station 3.

STATION 3. Corn Popper: Jump over a bag of corn both forward and back. 3 times (or your age). Go to Station 4.

STATION 4. Cereal Toss: Grab an “o” cereal and try to toss in the bowl set up about a foot away. When successful, go to Station 5.

STATION 5. Whole Wheat Sprint: Pick up a bag of brown rice to carry from Station 5 to the Finish line. Run to the finish.
FINISH!

FUN FACTS

- Quinoa offers all nine essential amino acids and was believed to be first cultivated 5,000 years ago on the border between Peru and Bolivia.
- Ceres was the Roman goddess of agriculture and grain. The term cereal is derived from her name.
- People have been eating whole grains for more than 17,000 years – they picked seeds, rubbed off the husks and chewed the kernels raw or boiled.



WHOLE GRAIN HERO



HULA HOOPING



OBJECTIVE

Learn different ways to have fun and exercise with a hula hoop.

MATERIALS

- Activity Instruction Handout
- Hula Hoop coloring page
- 1 inexpensive hula hoop

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Core Muscles: The core is usually defined as the torso. Muscles of the abdomen, pelvis, lower back and hips make up most of the core muscle groups. When core muscles are strong and work together, your body may suffer fewer injuries. Hula hooping exercises your core muscles.

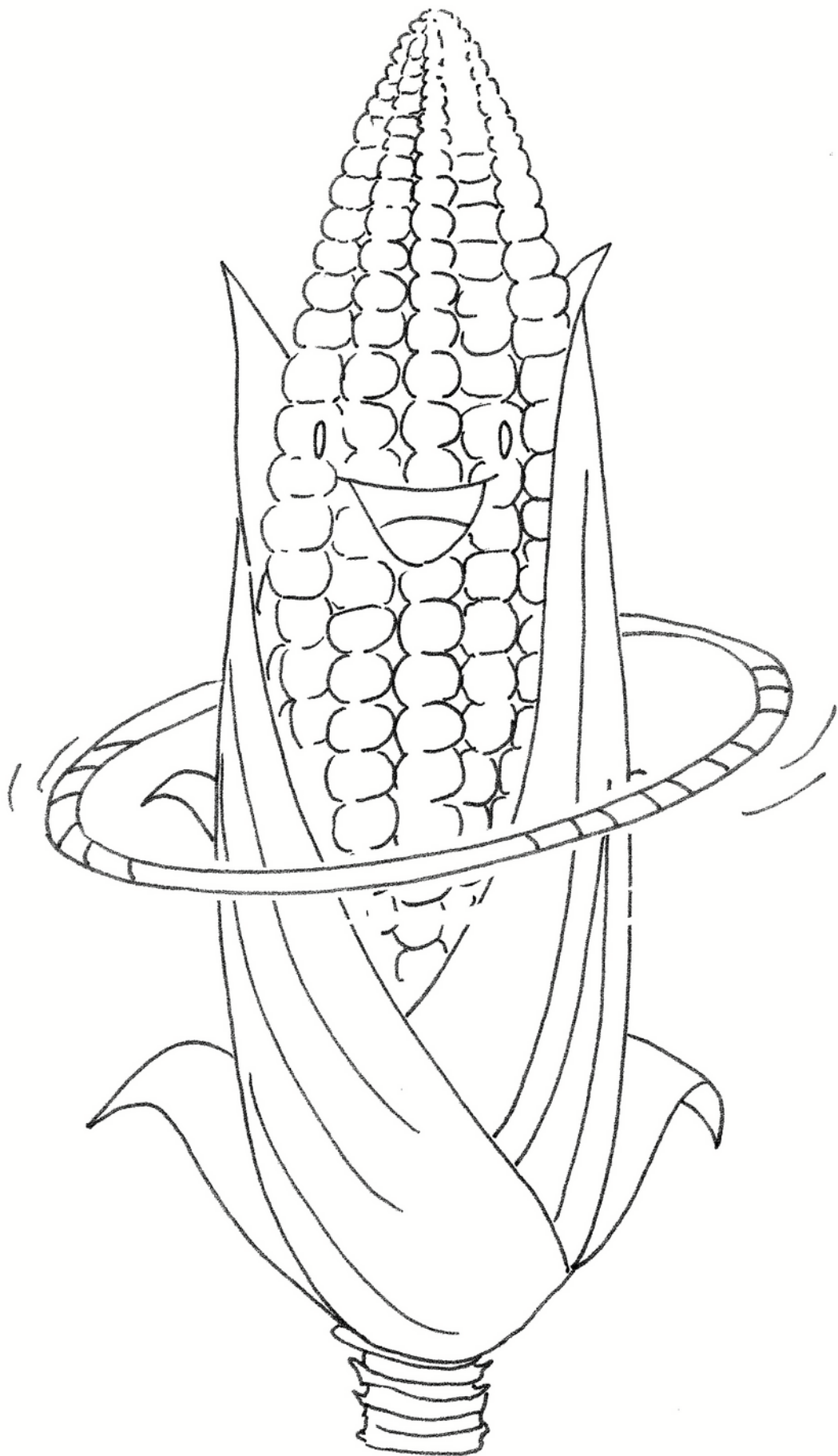
ACTIVITY

- Try to use your hula hoop! Place the hoop around your waist with your hands resting on each side and the inside edge resting against your back right behind your belly button.
- Hold the hoop up parallel to the ground and give your hoop a big twirl. Raise your hands up and begin moving your hips. The motion should be like drawing a circle with your belly button. Or you can try to put one foot in front of the other about a foot and rock forward and back instead. Whatever you do it, don't give up and keep practicing. You can do it!
- You can also play with your hoop in other ways. Try spinning the hoop around your arm or leg. If you're small enough, you might be able to use the hoop like a jump rope. You can even roll it in front of you for as long as possible and then run and catch it or jump in and out of it for a fun activity to get your heart rate up. The important thing is to have fun!

FUN FACTS

- Hula hooping exercises over 30 core muscles
- Hooping can improve balance, flexibility, dexterity and coordination.
- The longest amount of time any one person has hula hooped without stopping is 100 hours set by Jenny Doan of Chicago in 2020.





IN THE ZONE

OBJECTIVE

Learn about seasonal produce and planting zones. Then make stamps out of potatoes and apples (both which grow well in Washington).

MATERIALS

- Activity Instruction Handout
- Hardiness Zone Map
- Seed Packet example
- Potatoes
- Apples
- Sharp Knife (& a grown up to use it)
- Cutting board
- Paper
- Washable acrylic paint
- Seed packets (just for display but could include a vegetable or flower that grows well in your region)
- Printout of US planning zones



*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Potato & apples grow well in Washington but some other plants do not. How can you know what will grow well where you live? Find out what zone it grows best in! A hardiness zone often just referred to as "zone" is a geographic area defined to encompass a certain range of climatic conditions relevant to plant growth and survival. What this means is that different plants grow well in different areas and these areas have been designated as hardiness zones. Unless otherwise specified, "hardiness zone" or simply "zone" usually refers

to the USDA scale. For example, a plant may be described as "hardy to zone 10": this means that the plant can withstand a minimum temperature of -1 °C (30.2 °F) to 3.9 °C (39.0 °F). When you purchase trees shrubs, plants and seeds they will be marked with what zone the plant will grow best in. On the back of every seed pack you will see the zone. There are many growing zones in Washington and across the US. Find out which zone you are in and plant accordingly!



IN THE ZONE

ACTIVITY CONTINUED

ACTIVITY

Prepare potato stamps and apple stars with an adult. To make a potato stamp use a medium to large potato, cut it in half so there is plenty of room to grab on the uncut side. On the cut side cut the edges off to make a cool shape. If you're feeling extra creative you can draw a shape in the middle then use a smaller knife to cut into the potato about a half an inch deep along the image. Then take your knife to the outside of the potato the same depth away from the cut end and cut until it meets the edge of your design. Then that outside ribbon of potato should peel away leaving your stamp. You can also just cut the potato into different sized chunks.

To make an apple star stamp use smaller apples and if placing them on a table right side up, with the stem facing the sky, cut in half right in the middle horizontally, through where the apple seeds are contained, revealing the star shape in the middle made by the seeds. Remove visible seeds.

For each stamp have a different color of washable acrylic paint. Kids should be able to use each stamp multiple times before they become too messy. When they become too messy rinse off in water and dry on a clean towel before returning it to its color. Use some paper of any color and let the kids make their own pictures using the stamps. Be creative!

FUN FACTS

- The warmest zone in the states (not including Alaska and Hawaii) is the Florida Keys (zone 11b) and the coldest is in north-central Minnesota (3a).
- Zones can vary widely even within a state! Seattle, WA is in zone 8b/9a while Spokane, WA is in zone 6b.
- Succulents which includes cactus are thought of as desert plants, but they are remarkably versatile. They can survive in desert like areas as well as wet rainy areas like Pacific Northwest. An example would be hens and chicks, they are perennial in USDA Hardiness zones 3 through 11!



IN THE ZONE

ACTIVITY CONTINUED

Look on the back of the seed packet. Find the Hardiness Zone.



Permission is granted to reproduce this map and copy provided the above copyright information is included.

Look on the back of the seed packet. Find the Hardiness Zone.

Packed for Season:

Gardener's Helpline:
Sell by: **1-800-283-3400**

OPEN PACKET TO REVEAL "THE INSIDE STORY."

SUGGESTIONS: Harvest seeds in late summer by cutting seed heads when ripe. Spread seed heads on trays to dry in sun. Thrash by hand and store in jars. The seeds odor dissipates in storage.

Annual Herb. The plant is Cilantro while the seeds are Coriander. The leaves have a distinctive flavor and are used as a garnish in salads and soups. The seed is used in meat and seafood dishes, as well as a condiment for flavoring bread, cookies and cakes.

| Days to Germination | Planting Depth | Plant Spacing | Plant Height | Preserve By |
|---------------------|----------------|---------------|--------------|-------------|
| 7 - 10 | 1/4 in. | 6 in. | 20 - 28 in. | Drying |

Planting Calendar:

| |
|--------------------|
| May - July |
| April - July |
| Mar-Apr / July-Aug |
| Feb-May / Aug-Sept |

Planting Instructions:

Sow directly in full sun after all danger of frost is past. For best results, plant in rows 12 inches apart.

Thin plants to 6 inches apart when 2 inches tall.

Cilantro/Coriander

1270

Barcode: 0 11192 40225 1

JUMP ROPE

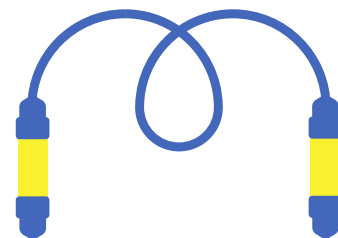
OBJECTIVE

Create and Complete a Jump Rope Obstacle Course. Learn about the importance of physical activities to overall health.

MATERIALS

- Activity Instruction Handout
- 1 jump rope
- 4 lengths of rope without handles (6'-7') (50-100 ft)

*Please note: not all materials may be provided by your market. You may need to supply some from home.



THINGS TO LEARN

- **Cardiovascular:** relates to the heart. As a cardiovascular activity, jumping rope increases the heart rate.
- **How to properly fit a jump rope:** Place one foot on the middle of the rope. When you lift the handles, the tips of the handles should be at your armpit level. For beginners, try a beaded rope as it is easier to control than a cloth or vinyl rope.
- **Learn what jumping rope is good for:** A good cardiovascular workout means it is good for your heart. 10 minutes a day can improve your health with benefits including bone and muscle strength and flexibility. It also helps with athleticism (good for kids who are athletes), including coordination, speed, balance, timing and rhythm).

ACTIVITY

Set up a jump rope obstacle course with 5 stations for each child to complete according to their abilities.

Skip a Rope To Start: Each child skips a rope according to their ability (suggest 1-10 skips as appropriate to age and/or skill level).

Tightrope: this rope is on ground in a straight line. Child walks across the rope like it is a tightrope with one foot placed directly in front of the other.

Hop In, Hop Out: This rope is shaped as a circle. The child jumps in and out of the circle on one leg two times, with one set on right leg and the other with the left leg.

Hop Like a Frog: Place this rope in a straight line. Each child hops across this rope like a frog. Suggest "how far can you hop?" Then, have the kids can turn around and see if they can hop back across the rope.

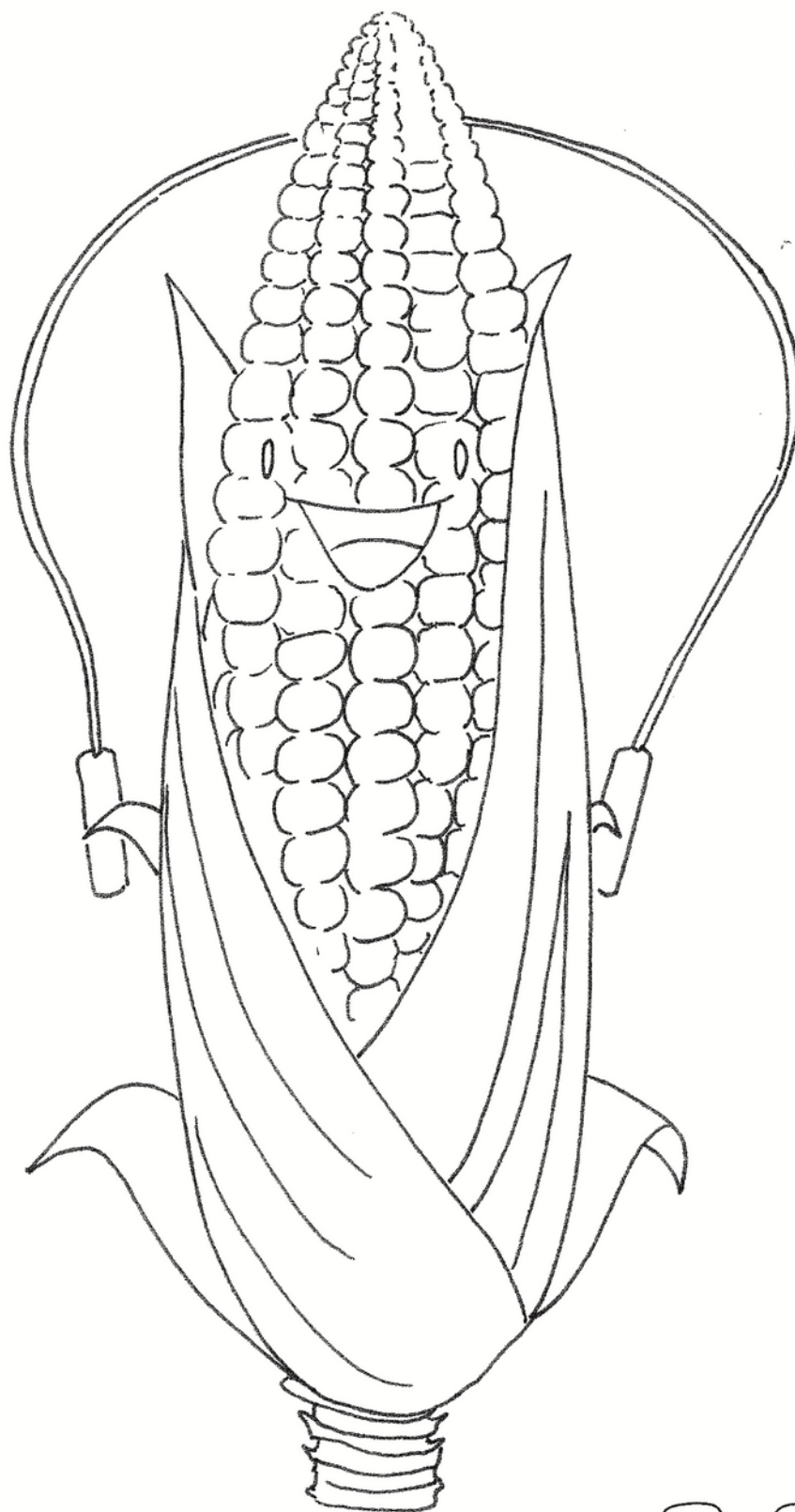
Walk in a Circle: This rope is shaped as a circle. With one foot in the circle and the other out, walk around the rope one time quickly. Then try one time around backwards.

Skip a Rope To Finish (Return to Station 1): Suggest that the child "beat their record" from the first "Skip a Rope" station.

FUN FACTS

- Skipping rope just 10 mins a day can improve your health by improving your cardio fitness, bone and muscle strength, and flexibility.
- Skipping rope can improve your athleticism by coordination, speed, balance, timing and rhythm.
- The world record for speed jumping is 332 jumps in one minute.





Let's JUMP

KIDS FOOD CRITIC

OBJECTIVE

Kids are more likely to try foods that they get to choose. Help your little one sample new foods and give them power to decide what they like best.



MATERIALS

- Activity Instruction Handout
- Kids Food Critic Activity Worksheet Printout (also found at USDA Myplate)
- Pencil, pens, or crayons
- Fruits and vegetables for tasting

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

- Try new foods at home - new foods can be fun to eat!
- You have the power of choice. Making healthy choices can also be delicious choices!
- How to use your eyes and smell while eating healthy foods.
- Discover new textures in fruits and vegetables.

ACTIVITY

Step 1: Have your child choose one or two fruits and vegetables that they may not be familiar with already. Bonus: select them from your local farmers market! For older children you can go one step further and turn those fruits and vegetables into a dish using an easy recipe.

Step 2: Talk to your child about their choice. Why did they choose that food? Is it visually appealing to them? What does it smell like? Do they think they will like it?

Step 3: Have your child go through the Kids Food Critic Activity Worksheet and rate their chosen food or recipe.

Step 4: Repeat! Getting kids to like certain foods can take time. The power of choice and interaction with family and friends can go a long way in making healthy food the fun choice.

FUN FACTS

- You can't taste without your nose! smell is an important part of how we recognize flavor. That's why many people temporarily lose their ability to taste certain flavors when they have a sinus cold.
- Chew those bites well - Improper chewing limits your intake of vitamins and nutrients. If your food isn't broken down enough it won't be as easily absorbed during the digestion process.
- Your sight plays an equally important role in how you taste. To our brains, "taste" is actually a combination of a food's taste, smell and touch into a single sensation.



KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

Visual
Appeal

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Smell

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Taste

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Texture

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

TOTAL:

TOTAL SCORE



Serve it again?

YES

NO

FOR EXTRA FUN:

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.



LEAVES



OBJECTIVE

Do a leaf rubbing craft with a variety of leaves and learn about the important function leaves serve for a plant.

MATERIALS

- Activity Instruction Handout
- A variety of freshly picked or fallen leaves - try to get a large variety of shapes and sizes.
- White paper
- Crayons with the paper removed

*Please note: not all materials may be provided by your market. You may need to supply some from home.

THINGS TO LEARN

- While kids are doing the leaf rubbings, share some information about leaves.
- Point out the veins in a leaf or in image that appears when you rub a crayon over the paper set on the top of a leaf. Explain that the veins carry water, minerals and sugars between a leaf and the rest of the plant.
- Some leaves are edible. Edible leaves like spinach, lettuce and kale, to name a few, are full of nutrients. For instance, one serving of kale has 180% of the Recommended Daily Allowance (RDA) of Vitamin A, 45% RDA of Vitamin C and 15% RDA of calcium.
- Not all leaves are edible, like a rhubarb leaf. Please ask a responsible adult before eating an unfamiliar leaf or plant.
- The main purpose of a leaf is to make food for the plant.
- Photosynthesis: the process that produces food for plants (glucose) from carbon dioxide, water and sunlight.
- Chlorophyll: is a green substance that absorbs energy from sunlight to assist in the production of food for the plant. Chlorophyll makes a leaf green.
- In the fall, the decrease in sunlight and the drop in temperature leads to chlorophyll breaking down and a change of leaf color.

ACTIVITY

Prior to the activity, collect a variety of leaves with several specimens for each variety on hand due to heavy usage by the kids. Tree varieties like maple, oak, apple, pear, plum are good ones. Other leaf ideas include raspberry, kale, tomato, lilac, etc.

Kids will do leaf rubbings by placing a leaf or leaves under a piece of paper and then rubbing the crayon over the paper showing the outline of each leaf as well as the veins. Kids can use as many different crayons to make whatever designs they wish. Point out to kids that they can do this project at home as well. They can find leaves in their garden or in the park.

FUN FACTS

- A waxy leaf surface decreases water loss.
- Plants with leaves all year round are evergreens, and those that shed their leaves are deciduous.
- Clovers feature alternate compound leaves, usually with 3 toothed leaflets but occasionally they have 4 leaflets. Because these are rare they are considered lucky!



LIFE CYCLE OF A HONEYBEE

OBJECTIVE

Kids will learn about the life cycle of honeybees and how important they are.

MATERIALS

- Activity Instructions Handout
- Print out of The Life Cycle of a Honeybee! on cardstock paper.
- Half sheet printed out of life stages on regular white printer paper.
- Scissors
- Crayons or markers for coloring
- Glue

*Please note: not all materials will be provided by your market. You may need to supply some from home.



THINGS TO LEARN

Honeybees are important pollinators for flowers, fruits and vegetables. Bees transfer pollen between the male and female parts of a plant, allowing plants to grow seeds and fruit. Without them (and other important pollinators) we would not have the foods we need to live! The honeybee life cycle has four stages between egg and adult.

1st Stage - Egg: the life cycle of a honeybee starts with an egg. These are not the eggs you make for breakfast, but itsy-bitsy tiny eggs, smaller than a grain of rice.

2nd Stage - Larva: After three days the egg develops into a larva, which looks like a small white colored grub. Larva have no legs and are blind. They are initially fed “royal jelly” and then a after a few days fed a mixture of honey and pollen known as bee bread. As the larva grows, it will molt, or shed its outer skin, several times.

3rd Stage - Pupa: after about six days the larva is ready to move on to the Pupa stage. This stage is where the larva begins to spin a cocoon around itself and pupate. This is when the bee starts to look like a bee, complete with wings, legs, head, thorax and abdomen.

4th Stage - Adult: Finally, a young adult bee will emerge from the egg cell by chewing through the wax capping. The time from egg to adult depends on what type of honeybee it became (queen, worker bee, drone).

- **Queen:** One queen runs the whole hive. It is her job to lay eggs so the hive has future generations. If a queen dies the colony selects a new queen from the young larva.
- **Workers:** these are all female bees and their roles are to go out and get food (pollen and nectar from flowers), build and protect the hive, and circulate air by beating their wings. Worker bees are the ones you see out in your garden flying around from flower to flower!
- **Drones:** These are the male bees, and their purpose is to mate with the new queen.

LIFE CYCLE OF A HONEYBEE

ACTIVITY CONTINUED



ACTIVITY

Discuss the different stages of a bee's life with your child (refer to topics in the Things to Learn section above).

For younger children, parents may need to assist in cutting.

- Have your child fold The Life Cycle of a Honeybee! cardstock paper in half at the middle line. Cut along the dotted lines to reveal window flaps for each of the life cycle stages.
- Color the stages of the bee's life cycle print out cards and then cut out full squares.
- Have your child match the life cycle to the proper stage (ie: Egg square would go under the First Stage window flap). Glue to the card stock.
- Talk to your child about the different stages of a bee's life while using the window flaps to reveal their colored pictures of each stage.

Add-in: Visit the National Geographic Youtube channel to watch a time lapse video of bees hatching!
<https://www.youtube.com/watch?v=f6mJ7e5YmnE&feature=youtu.be>

FUN FACTS

- The queen bee can live up to five years and lay between 2,000 – 3,000 eggs per day!
- Each bee has around 170 smell receptors. They use this to communicate within the hive and to find different types of flowers when out looking for food.
- An average bee hive can hold around 50,000 bees!

The

1st

Life Cycle

2nd

Of A

3rd

Honey Bee

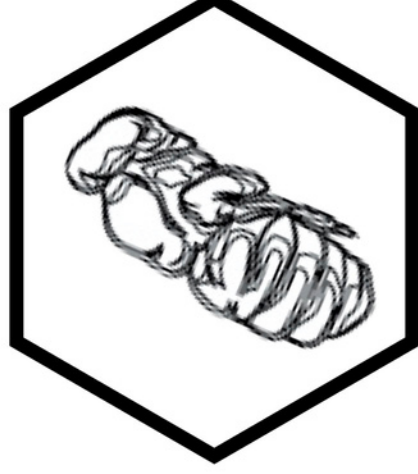
4th



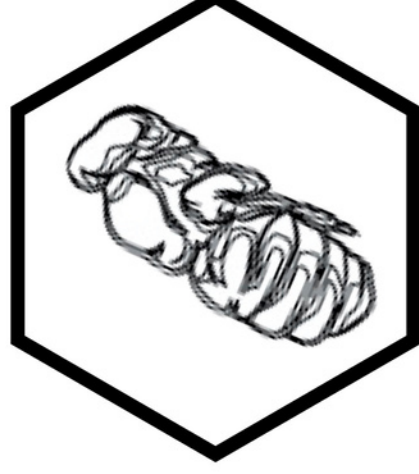
Adult



Adult



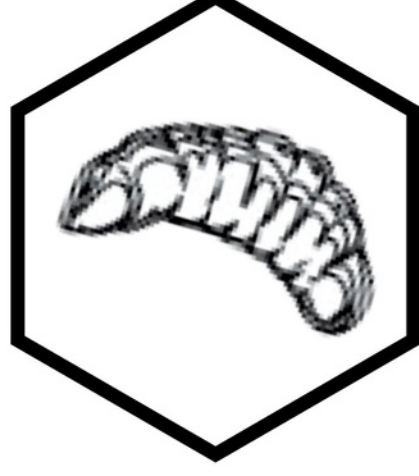
Pupa



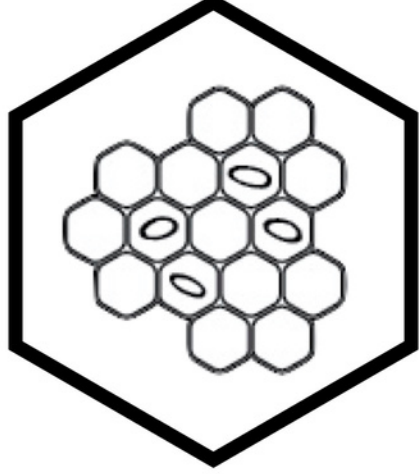
Pupa



Larva



Larva

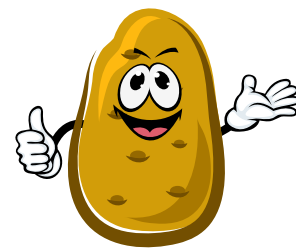


Egg



Egg

MEET THE TUBERS



OBJECTIVE

- Learn about tubers and roots.
- Learn through the sense of touch that some vegetable items feel very similar.

MATERIALS

- Activity Instruction Handout
- Small brown paper bag (lunch bag size)
- Meet the Tubers Coloring Page
- One of each item (if available): potato, sweet potato, carrot, and parsnip
- Blindfold (scarf or handkerchief work well)

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Root vegetables: draw nutrients and moisture from the soil for the rest of the plant.

Carrots, parsnips, and beets are a few examples of root vegetables.

Tubers: store nutrients and can reproduce a clone of itself. Potatoes and sweet potatoes are tubers.

ACTIVITY

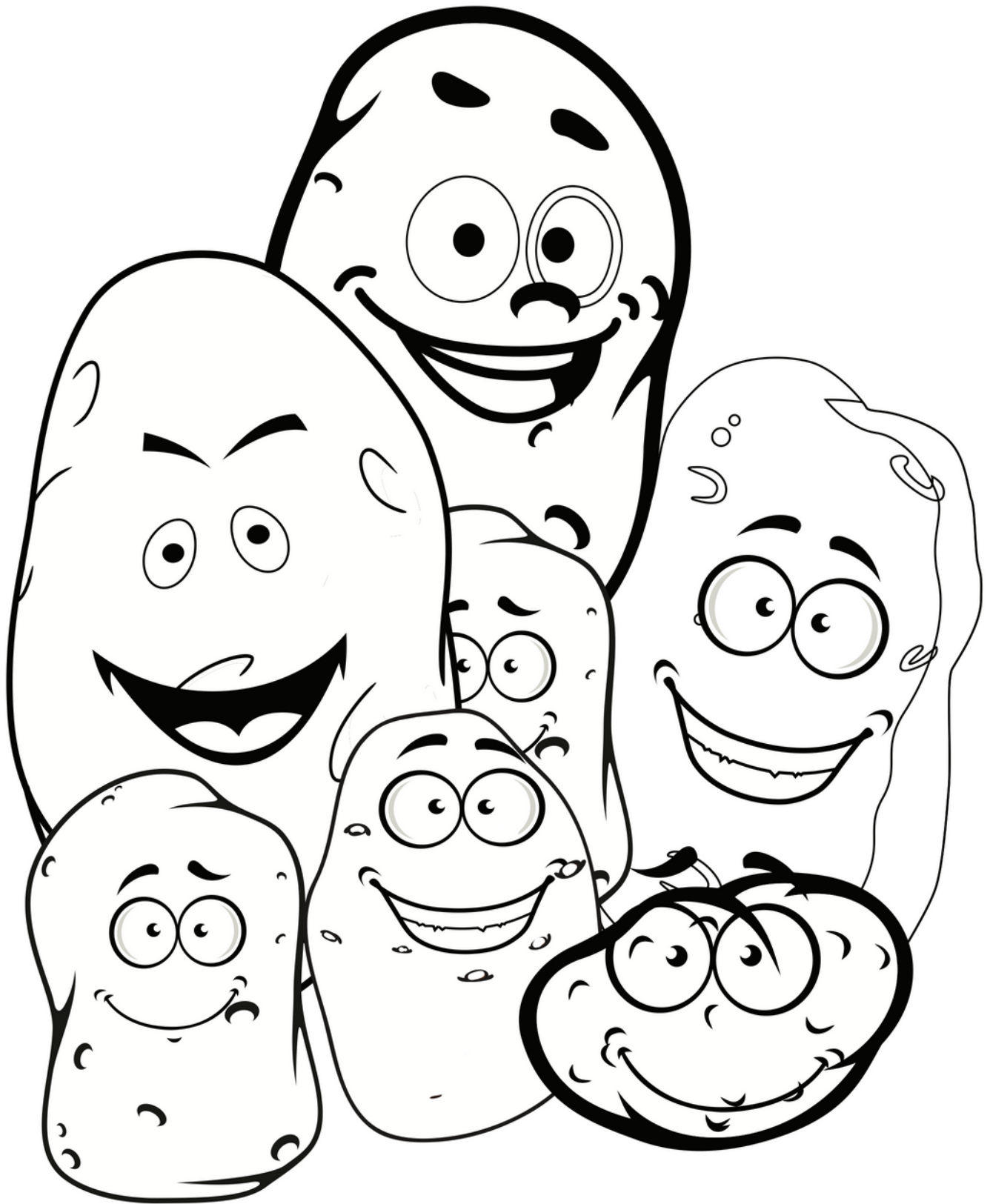
- During the activity, tell the child about tuber and root vegetables from concepts above. Remind them that some of the foods they eat grow underground.
- Place one of the root or tuber items in the bag without anyone seeing and have the child stick their hand in to feel the item. Ask them what they think they are feeling. When they guess, have them pull the item out. If they are blindfolded, they can remove the blindfold to look.
- Then discuss the nutritional value of each selected item. Sweet Potatoes: High in Vitamins A and C. Potatoes: High in Vitamins C and Potassium. Carrots: provide valuable amounts of Vitamins A and C. Parsnips: are a great source of Vitamin C, fiber, and folate.

FUN FACTS

- Roots and tubers were first highly valued for their nutrients, including their high carbohydrate content.
- Roots and tubers can be relatively easy to store. This ability to be stored led to the invention of the root cellar.
- In Europe, parsnips were used as a source of sugar until the availability of beet and cane sugar.



Meet the Tubers



PARTS OF A PLANT

OBJECTIVE

Be able to identify all the parts of a plant, do a scavenger hunt at the store, farmers market or fridge to find foods we eat that make up all the different parts of a plant.



MATERIALS

- Activity Instruction Handout
- Parts of a Plant coloring page
- All 6 parts of a plant made up of foods people regularly eat. Roots, Stem, Leaf, Flower, Seed and Fruit.

*Please note: not all materials may be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Root: part of the plant that is usually underground that brings water and nutrients to the rest of the plant

Stem: The stalk, or main body, of a plant that is usually above ground. Examples: celery, asparagus, rhubarb, swiss chard & Tubers (like potatoes) are swollen, underground stems.

Leaf: Usually a flat part of the plant attached to the stem that is the main part for photosynthesis and transpiration. Examples: spinach, lettuce, kale, cabbage, arugula

Flower: where the production of seeds normally occurs. Examples: broccoli, cauliflower

Seed: part of a plant that when planted can grow into a new plant. Examples: peas, corn

Fruit: A soft part of a plant that contains seeds. Usually edible. Examples: tomato, cucumber, pepper, eggplant, pumpkin

ACTIVITY

Shop with your child at a farmers market or grocery store looking for fruits and vegetables, nuts and seeds that make up each of the 6 parts of a plant. Or gather these yourself and set up scavenger hunt in the fridge or just set up a display to show how we eat all different parts of plants!

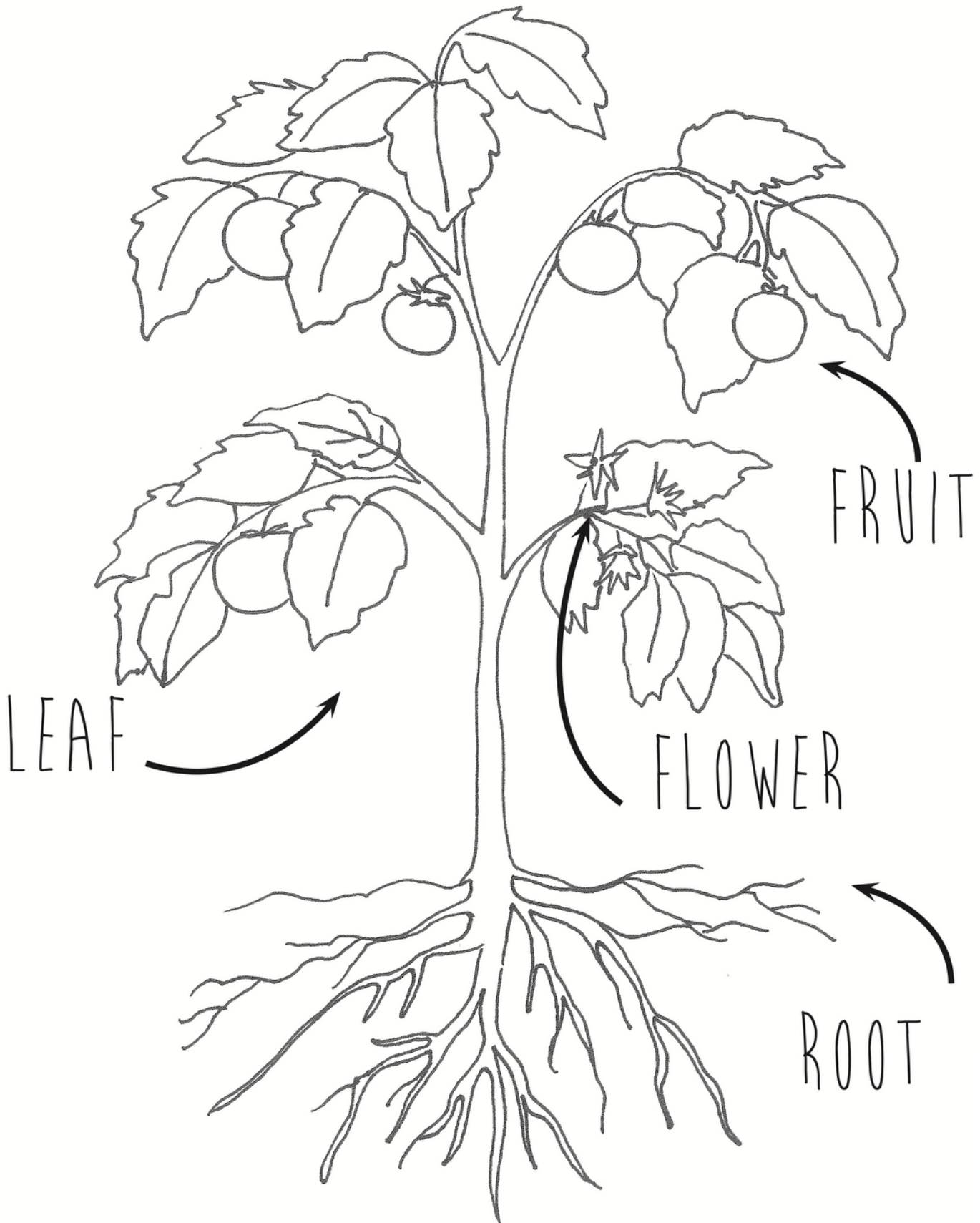
Then using the coloring page describe the six parts of the plant. Then look for different fruits and vegetables ask your child if they can guess which is what. For example, use a carrot and say "A carrot is what part of the plant". Then after they answer, let them know the answer "A carrot is a root". Then continue until all six categories have been completed.

FUN FACTS

- Potatoes are not actually a root or a vegetable, but a tuber. A tuber is a swollen, underground stem.
- Cucumbers and peppers, like tomatoes, are called vegetables but are really a fruit.
- The corn on the cob or "kernels" are seeds. Corn is technically a grain not a vegetable.



Parts of a Plant



PLANT A SEED



OBJECTIVE

Plant a sunflower seed. Properly care for the seed and then transplant it in your garden (or container) at home.

MATERIALS

- Activity Instruction Handout
- Sunflower seeds
- Paper cups
- Potting soil
- Scoop (measuring cups or spoons can work)
- Ruler (or something that is one inch long or marked at one inch) to show kids what one-inch depth is.
- Markers

*Please note: not all materials may be provided by your market. You may need to supply some from home.

THINGS TO LEARN

- **Kernel:** edible part of the seed
- **Proper Watering:** soak the soil around your garden plants so that water gets to the root zone. Watering just the top of the soil does not encourage root growth. Making sure your garden receives one inch of water a week, including rain, is good for healthy vegetable plants.
- Sunflower seeds are a good source of Vitamins B1 & B6, copper, magnesium, folate, iron, fiber and zinc.

ACTIVITY

Gather materials prior to activity. Make sure the potting soil is moist, but not overly wet, before the activity begins. First decorate the outside of a paper cup with markers. Once finished with decorating, help your child scoop potting soil into the cup. Try to have the soil come to within one inch of the top of the cup. One inch is approximately the distance from the fingertip to the first joint of an adult's pointer finger. Provide your child with a sunflower seed to plant. Follow directions provided with the seed packet. Most sunflower seeds are planted to a one-inch depth. Have your child place the seed in the hole, fill hole with soil and press soil down firmly. Then have your child water the seed just a bit until the soil is moist but not flooded. Then place the cup in a warm, sunny location with a barrier to keep moisture from damaging the surface of a window sill or furniture. Kids should water seed frequently enough to keep soil from drying out, but not getting overly wet either. When the seedling has a solid stalk, at least 2 sets of leaves and after the danger of frost has passed, the seedling can be planted in a very sunny location as sunflowers like plenty of direct sun (at least 6-8 hours). Plant in a location somewhat sheltered by strong winds, like a fence or a building when available. Dig a hole large enough to transplant the seedling. Show your child how to gently remove a plant from its original pot and plant in the container. Turn plastic pot upside down and have plant between fingers. Gently squeeze pot from bottom to push plant out. Water well.

FUN FACTS

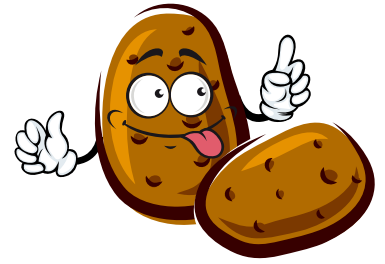
- A dried flower head can be saved and set out in winter as a natural bird feeder.
- The edible part of the sunflower seed is actually called a "kernel".



POTATO PALS

OBJECTIVE

Sometimes it's a good idea to play with your food! Make a Potato Head person or creature out of a real potato and other edible materials.



MATERIALS

- Activity Instruction Handout
- 1 large potato
- 2 googly eyes
- Tooth picks
- Construction Paper
- Safety scissors
- Glue stick
- A few summer squashes
- Carrot w/ the top
- Cherry tomatoes
- Any other fruits and veggies past their prime
- Cutting board and knife (for the adult)

*Please note: not all materials may be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Playing with food boosts a child's confidence with the food, improves their motor skills and improves their attitude towards food. Getting messy and playing with food can be the first step in trying something new. Nutritional Value of Potatoes: Potatoes have more potassium than a banana (21% of recommended intake), more vitamin C than an orange (45% of recommended intake) and more fiber than an apple with only 100 calories. 20% of a potato's nutrition is contained in or near its skin. So, eat the skin when appropriate. How to Shop for and Store Potatoes: Purchase potatoes without soft spots, discolorations or cracks. If your potato has any green areas, please peel those away. The green area tastes bitter and can make a person sick. Store your potatoes in a cool, dark place with good air circulation to prevent them from turning green.

ACTIVITY

Take your potato and either cut a small slice off the bottom so it can stand up or use construction paper cut in a strip and then made into a circle, gluing the ends together. This can serve as a "stand" for the potato or as some sort of hat for the potato head. (Glue may not work on the potato). Cut the fruits and veggies into small pieces to use for arms legs eyes etc. to decorate your potato. Toothpicks can be used to attach cherry tomatoes to potato as arms, sliced carrots or zucchini can be feet. Carrot tops make great "hair". Generally, out of the supplied craft materials and vegetable products, kids can use their imagination to make a potato head person or creature out of a potato. Let them be creative, the only goal is to play with your food and have fun!

FUN FACTS

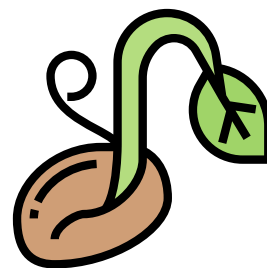
- Potatoes originated in the Andes Mountains of Peru and Bolivia. They were first cultivated by the Inca Indians.
- About half of the United States Potato production is in Idaho and Washington.
- Potatoes were the first vegetable to grow in Space!



ROOTS & SHOOTS

OBJECTIVE

Learn how your food grows by planting and observing a seed from the formation of roots to shoots.



MATERIALS

- Activity Instruction Handout
- Small plastic cup Paper towel Seeds (either beans or peas)
- Observation Journal & Take away work sheet
- Additional items: Water (spray bottle works best but not required) Mason jar if accessible, works better than plastic cup for observing roots.

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

- Plants rely on their roots, stems AND leaves to take up and store water for use in growing.
- The stages of a plant lifecycle
- The changes a seed undergoes between rooting and sending up shoots above ground.

ACTIVITY

- **Step 1:** fill plastic cup (or mason jar) with bunched up paper towel.
- **Step 2:** Have kids wet the paper towel (with a spray bottle or under sink). Make sure not to get it too wet, paper towel should be fully moist but no standing water in cup.
- **Step 3:** Have kids push seeds into cup/jar so they are positioned along the sides for easy viewing.
- **Step 4:** put cup/jar in a warm sunny place. Watch the seeds grow.

Watch & Learn – use observation worksheet provided to record your answers:

- How long did it take for your seed to form roots?
- Do you see smaller root hairs that have formed?
- How long until you saw a shoot pop up out of the seed?

FUN FACTS

- Seeds are alive! Seeds carry the food that a plant needs to begin to grow.
- All seeds need moisture, oxygen and the right temperature to germinate, or grow.
Until they have these conditions, the seed will remain dormant and do nothing.
- Seeds can be dispersed in the environment to new areas via wind, animals and water.



ROOTS to SHOOTS



observation Journal

Draw what you observe from day 1 through day 5 of planting your seed!

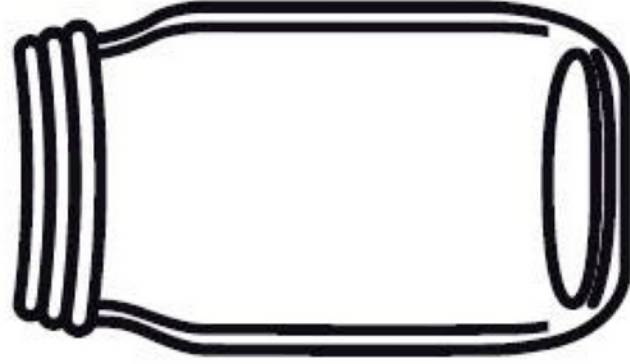
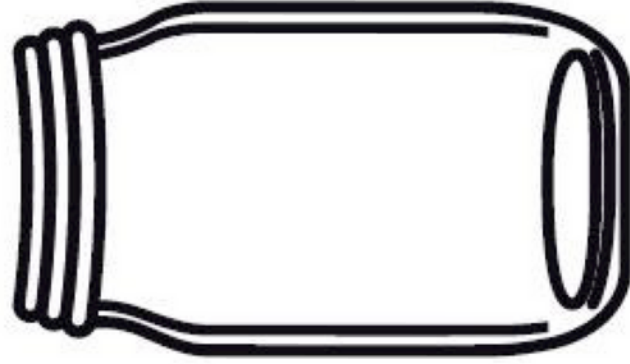
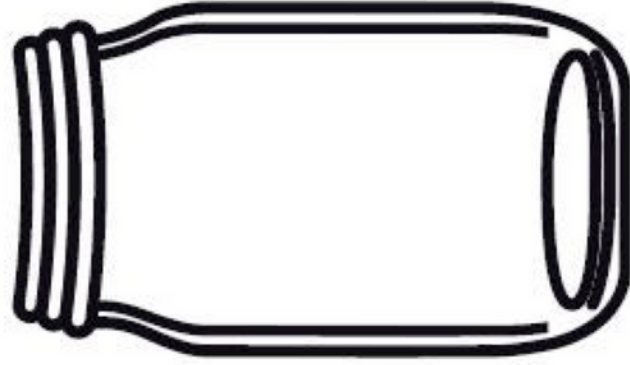
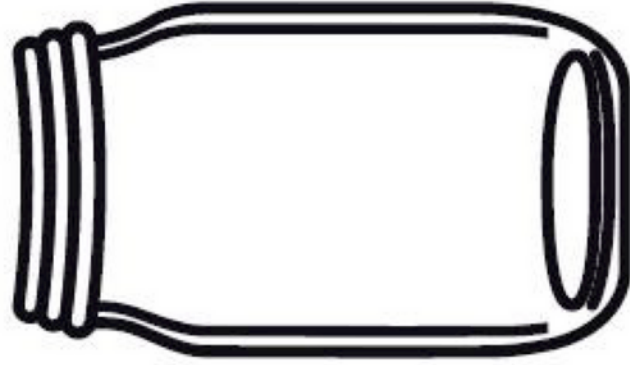
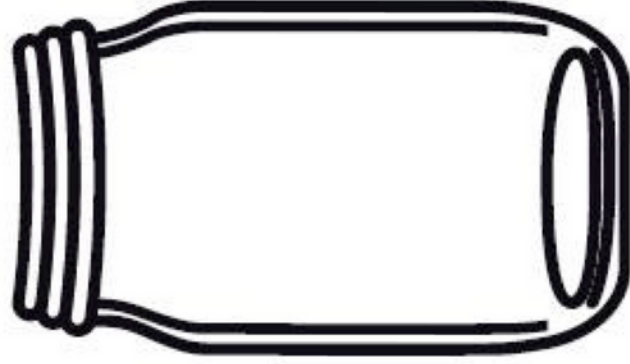
Day 1

Day 2

Day 3

Day 4

Day 5



How many days did it take for your seed to form roots? _____

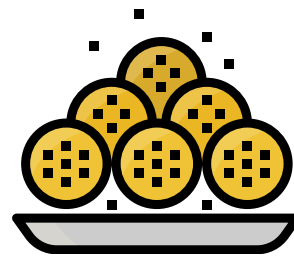
How many days until you saw small, finer hairs develop on those roots? _____

How many days until a plant shoot popped up from you seed? _____

SEED BALLS

OBJECTIVE

Learn about the purpose of seed balls. Make a seed ball for use at home.



MATERIALS

- Activity Instruction Handout
- Small Zip lock baggie with Native wildflower mix
- Zip lock baggie of store-bought potting soil or soil/compost mix
- Zip lock baggie with store purchased Pottery Clay (can be found at local art stores or online). Do not use dry clay as it is dangerous if you inhale the dust particles!
- Medium sized plastic tubs to mix in, like old 16oz sour cream containers
- Water
- Towels to dry hands after rinsing.
- Gloves (if available)

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

- What's a seed ball: It's a simple cluster of seeds wrapped in a ball of soil and clay that you can throw - like a ball.
- What some good seeds are to use: Native wildflower mixes. What not to use: non-native plants.
- What are seed balls used for? Seeds are protected from predators in their mud ball so they can be thrown or even dropped from an airplane exactly where you want it to grow without digging a hole to plant the seed. The seed balls this activity creates are usually done for replanting around your neighborhood in places where you find bare soil and unused land.

ACTIVITY

Set up your seed ball station. Seed Ball Recipe: The exact proportions can be variable, but a ratio of five parts soil to three parts wet clay to one-part seeds is a good rule of thumb. Mix all the ingredients together with water in a separate container until it is damp enough to hold together. Balls should be about the size of a quarter in diameter to make for easy throwing. Set your seed balls on a plate or other flat surface and let them dry. Dry for 24 – 48 hours before throwing out to plant. If keeping for longer period of time, they are best stored in a cardboard box. Do not store in plastic bag.

To maximize your seeds' chances of sprouting roots, spring and summer are the best times to deploy your seed balls. Pick an empty patch in the garden to throw it and let it grow.

FUN FACTS

- Wildflower seeds are necessary for the survival of pollinators (such as bees) on which our ecosystem depends.
- Seed balls are ancient and date as far back as ancient Egypt!
- Seed balls are diverse and can be a good option for many types of native flowers and even edible plants that you may want in your garden.



SEED MATCH



OBJECTIVE

- Learn about different parts of the seed.
- See a variety of different looking seeds
- Learn that seeds come from flowers as well as the fruit of the plant like watermelon or zucchini

MATERIALS

- Activity Instruction Handout
- Printed out set of The Seed Matching Game cards that have eight different seeds and eight different fruits/ flowers.

THINGS TO LEARN

Endosperm: location where food is stored that the seed will use to grow.

Embryo: lies inside the endosperm and is the part that will eventually grow into a plant. Discuss some seed facts with kids:

- Tell them what an endosperm is as well as an embryo.
- Even if a seed is planted upside down, it will grow the correct way because of gravity.
- All seeds need moisture, oxygen and the right temperature to germinate, or grow. Until they have these conditions, the seed remains dormant and does nothing.

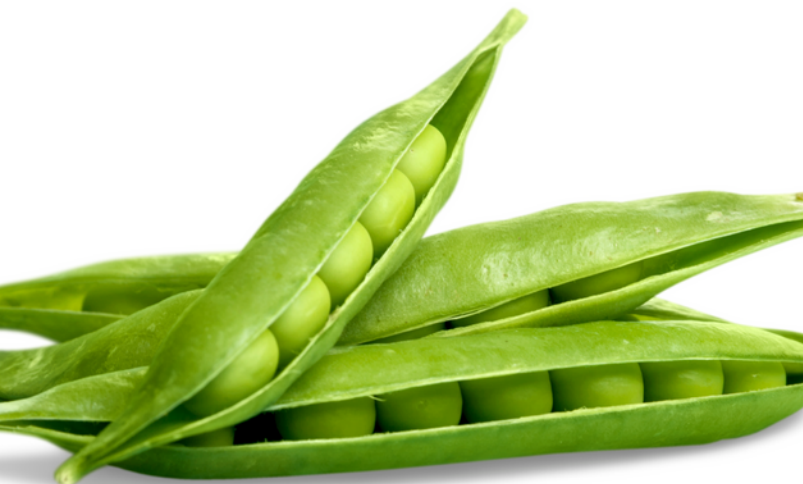
ACTIVITY

Give a set of cards to your child with the seed cards and the fruit/flower cards in separate piles, picture sides face up. Older kids should manage fine by themselves while smaller kids may need assistance from an adult. Have them match which fruit/flower card belongs with which seed card. Answers are on the back of the cards.

FUN FACTS

- Birds and other animals often eat seeds. The seeds come out in the animal's poop. They drop to the ground and make new plants. Some seeds are carried to new places by the wind.
- The oldest seed scientists were able to grow was 32,000 years old.
- The largest seed in the world is a palm tree seed. It is about twelve inches long and can weigh up to forty pounds.





**Zucchini
Seed**

Zucchini

**Sunflower
Seed**

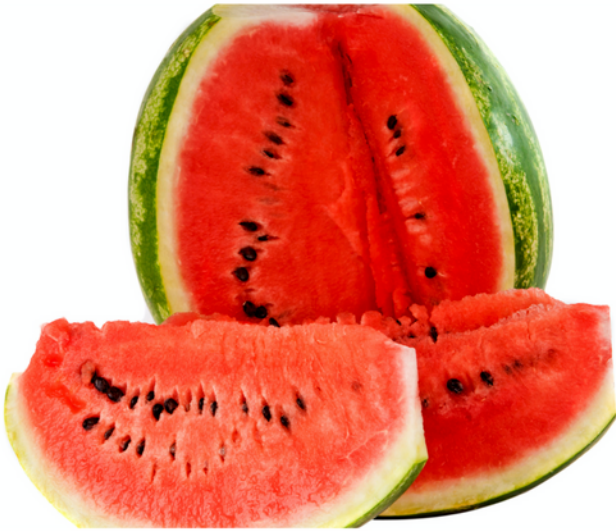
Sunflower

**Pumpkin
Seed**

Pumpkin

**Pea
Seed**

Peas



**Bean
Seed**

Beans

**Watermelon
Seed**

Watermelon

**Peach
Seed**

Peach

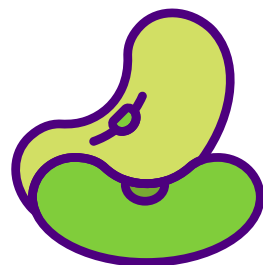
**Corn
Seed**

Corn

SUPER LEGUMES

OBJECTIVE

Learn the definition of a legume and why they are good for the soil and make a legume mosaic craft.



MATERIALS

- Activity Instruction Handout
- Card stock cut into 4 pieces OR blank index cards
- Elmer's glue
- A variety of dried peas, beans and lentils in little bags

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

What is a legume? A legume is a plant in the family Fabaceae. The fruit or seed of the plant is called a pulse. Some examples of legumes are alfalfa, clover, peas, chickpeas (garbanzo beans), and lentils. One of the things that makes legumes special is that most of them have a symbiotic (mutually beneficial) relationship with a nitrogen-fixing bacterium contained in their root system in structures called root nodules. Instead of having to feed a plant nitrogen, the plant can produce its own! Some legumes even leave nitrogen in the soil or they can be chopped up and incorporated into soil to benefit next year's crop. Because of this, some legumes play a key role in crop rotation and reducing the amount of synthetic nitrogen that has to be put in the soil to help crops grow.

Why is nitrogen important? Nitrogen is important to plants because it is a major component of chlorophyll, an essential part of photosynthesis which is the process by which most plant get their food. It is also a major component of amino acids which are the building blocks of proteins. Without proteins, plants wither and die.

Symbiotic relationship: An intimate relationship between two or more species, which may or may not be beneficial to either organism. In the case of legumes is a relationship that benefits both, plants get a form of nitrogen they need to survive and bacteria get a safe home.

Nitrogen-fixation: A process where nitrogen in the air is converted into ammonia, which most plants can then use to create food through photosynthesis and essential amino acids to make proteins plants need to live and function.



SUPER LEGUMES

ACTIVITY CONTINUED

Crop Rotation: Different crops of plants use up different nutrients from the soil. Some plants give nutrients back to the soil. By planting the first type one year and the second type the next year (or rotating crops), you help make sure the soil continues to have the nutrients it needs. Crop rotation also helps reduce pathogens and pests that may be in the soil attracted by having the same crop multiple years.

Most importantly planting legumes you can reduce the amount of synthetic fertilizers you have to put into the soil. Therefore, you have less fertilizer pollution in the environment.

ACTIVITY

How to make a legume mosaic: Draw a simple picture on card stock with a defined border. Then fill the middle of the picture with a thick layer of Elmer's glue, maybe an inch in diameter. Next, press whatever legumes you want into the glue with no spaces in between. Put a band of glue around the part you finished and stick more legumes in this second layer, then repeat the process until your image is full. Use different colored sizes or shapes of legumes to create your design to indicate eyes, ears or make a cool pattern. Let it dry for at least 15 minutes and leave flat overnight.

FUN FACTS

- Legumes are the 3rd largest family of flowering plants.
- Legumes range in size from small plants to large woody trees such as the Black Locust tree.
- Instead of just taking nutrients from the soil legumes give it back by fixing nitrogen from the atmosphere.

THE POLLINATOR GAME

OBJECTIVE

Kids will learn about what pollination is and creatures that pollinate, not just bees!



MATERIALS

- Activity Instruction Handout
- Set of The Pollinator Game cards that have six pollinators and six flowers

THINGS TO LEARN

Ask kids if they know what pollination is and if they can name a pollinator. Let kids know that without pollination we would not have many of the foods we need to survive.

Pollination: transfer of pollen between flowering plants of the same species that eventually results in seeds.

ACTIVITY

Cut out your Pollinator Game activity cards. Give a set of cards to the kids with the pollinators and the flowers in separate piles. Play a matching game to figure out which flowers attract which creatures. Flowers are pollinated by not only bees, but other insects, birds, bats, and even wind!

- Start by picking a creature card
- Read the pollination facts on the back. Younger children may need this read to them.
- Match the creature with its favorite plant. Let them know that clues are on the back of the pollinator cards and the answer is located on the back of the flower cards.

FUN FACTS

- Bees actually see differently than humans. Bees see in ultraviolet.
- Insects (such as bees, wasps, moths, butterflies, flies, beetles) are the most common pollinators, but as many as 1,500 species of vertebrates such as birds and mammals serve as pollinators too.
- Pollination is a very important part of a plant's life cycle and they cannot produce fruit or even seeds unless they are pollinated.





Attracts Bees



Bee-pollinated flowers can be variable in their size, shape and coloration. Some bee-pollinated flowers tend to be yellow or blue, often with ultraviolet nectar guides and scent.



Attracts Butterfly



Butterfly-pollinated flowers tend to be large and showy, pink or lavender in color, frequently have a landing area, and usually have a scent.



Attracts Beetles



Beetle-pollinated flowers are usually large, greenish or off-white in color and heavily scented. Scents may be spicy, fruity, or similar to decaying organic material. Most beetle-pollinated flowers are flattened or disk shaped, with pollen easily accessible, although they may included traps to keep the beetle longer.



Attracts Bats



Bat-pollinated flowers tend to be large and showy, white or light colored. They open at night and have strong odors, often large and bell-shaped. Sight, smell, and echo-location are used to initially find the flowers, and excellent spatial memory is used to visit them repeatedly.







Attract Hummingbirds



Attract Moths



Hummingbirds are the most familiar nectar-feeding birds for the North Americans. Flowers attractive to hummingbirds tend to be large and red or have orange tubes. Since birds do not have a strong response to scent, they tend to be odorless.



One of the most important moth pollinators is a Hawk Moth. They act similar to hummingbirds; they hover in front of flowers with rapid wingbeats. Most moths are out at night or twilight. Moth-pollinated flowers tend to be white, night-opening, large and showy and produce strong, sweet scent..



THE WATER CYCLE

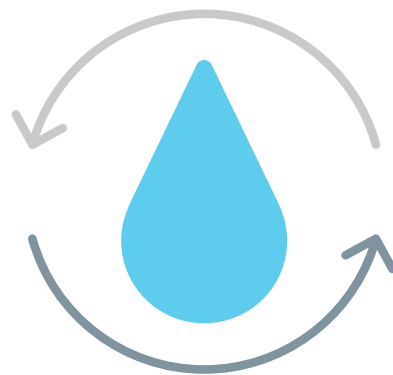
OBJECTIVE

Learn about the water cycle, the importance of water and make water color paints with beets, spinach and turmeric and then make your own water color painting.

MATERIALS

- Activity Instruction Handout
- The Water Cycle coloring page
- Small containers approximately 2oz
- 1 Beet
- Red Cabbage
- Fresh Spinach
- Baking Soda
- Watercolor Paper
- Sharpies for drawing basic shapes to color with watercolor paints
- Thin boards
- Painters tape or masking tape
- Lots of water and clean rags for cleaning brushes
- Paint brushes

*Please note: not all materials may be provided by your market. You may need to supply some from home.



THINGS TO LEARN

All the water we have on earth exists now and that water is essential for the survival of all living things. Because of that, it is essential to not pollute our water. Only ~1% of the water we have on earth can be used for human needs like drinking, bathing, watering crops and other uses. About 97% of the world's water is salt water, another 2% is locked in ice caps, glaciers or in deep ground water. Water is essential for the survival of all living things. Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes. 70 % of the human brain is water and a person can live about a month without food, but only a week without water.

The water cycle: The cycle of processes by which water circulates between the earth's oceans, atmosphere, and land, involving precipitation as rain and snow, drainage in streams and rivers, and return to the atmosphere by evaporation and transpiration.

Evaporation occurs when the sun heats up water in lakes or oceans by radiant energy, causing the water molecules to become so active that some of them rise into the atmosphere as water vapor or steam. Transpiration occurs when plants take water up through the roots and release it through the leaves, a process that can clean water by removing contaminants and pollution. Another way to think about it is people sweat and plants transpire.



THE WATER CYCLE

ACTIVITY CONTINUED

Condensation is when water vapor in the air gets cold and changes back into liquid forming clouds.

Precipitation occurs when so much water has condensed in the clouds that it can no longer stay up in the air. The water falls back to the earth in the form of rain, hail, sleet or snow.

The last step is collection after the water falls back to the earth as precipitation, it may fall back in the oceans, lakes or river or it may end up on land. If the water falls to the ground it infiltrates (seeps back into the earth) and becomes "ground water" or it becomes runoff where the water reaches the surface of the soil but doesn't infiltrate. Runoff ends up in streams and rivers eventually running to the ocean. Then, the whole cycle starts over again!

ACTIVITY

Make your own watercolor paint out of natural materials! They're all pretty simple, and suggest using the least amount of water possible for darker colors while still getting the liquid you'll need as a base for water coloring.

Red: Dice large beet and add water, muddle a little and mix.

Blue/Teal: Shred red cabbage, muddle with mortar and pestle or other method, add some water and about a teaspoon of baking soda and mix. The longer it sits the more vibrant the blue.

Green: Roughly chop spinach and muddle, add some water and continue to muddle.

Orange: Powdered turmeric add water, muddle and mix don't worry it won't dissolve but it will work. You can also include other water color paints.

Take your watercolor paper and tape all 4 sides with painters' tape or masking tape to the board. Use masking tape and help the younger kids to tape it down cleanly, think of creating a white boarder along the edges with the tape. When you peel it off you want it to look nice. If you want to draw shapes to color in, try sharpies for drawing, they don't bleed at all other markers will bleed when wet.

Get some small clean brushes and lots of water and rags to clean and dry brushes.

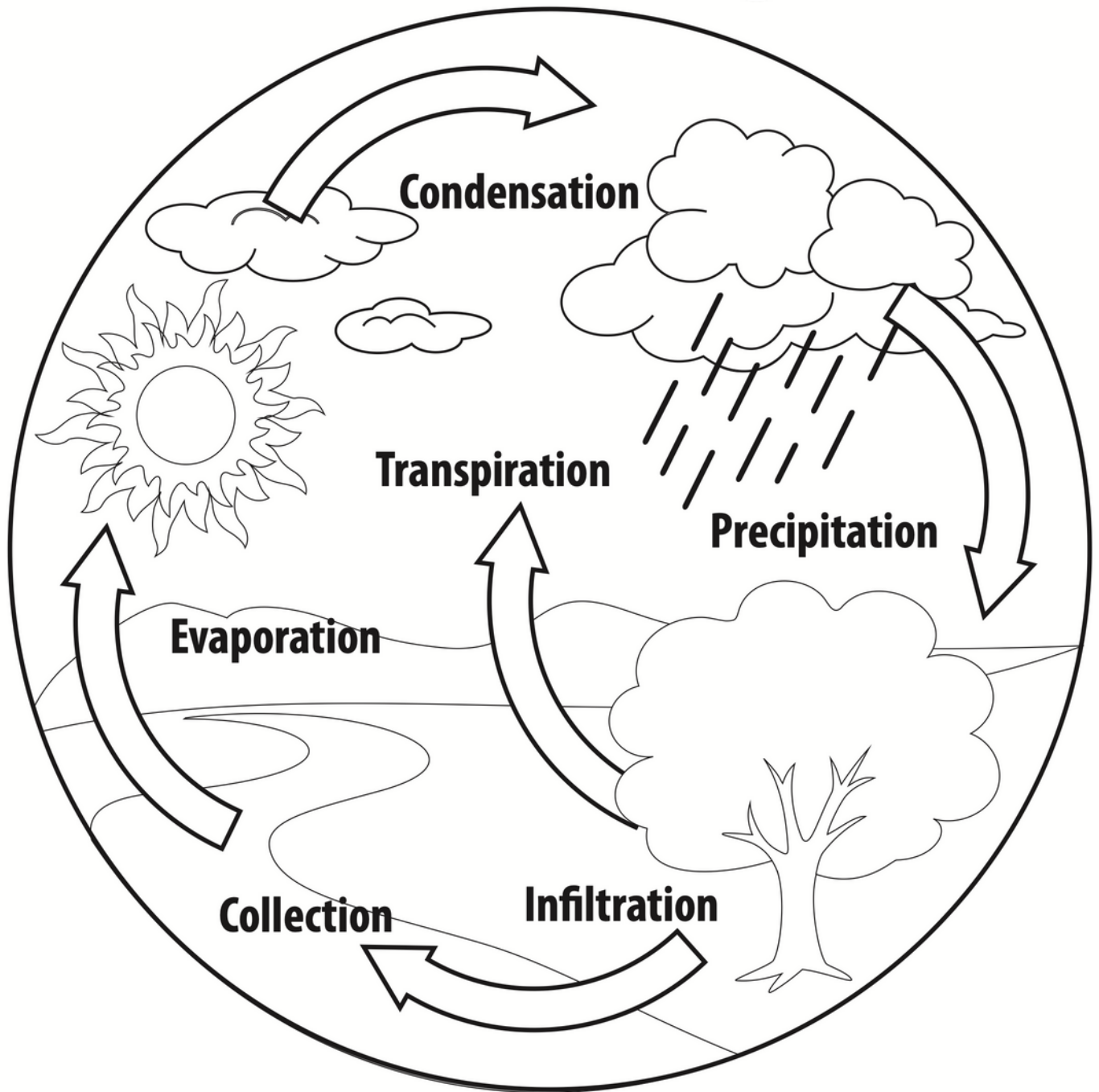
Direct kids to rinse and dry their brush between each color. Make sure you provide lots of water and drying towels for each kid to do the activity. Let paintings completely dry before removing tape and sending them home. 10 mins or so depending on how wet the painting was.

FUN FACTS

- A person can live about a month without food, but only a week without water.
- There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank.
- 70% of the human brain is water.



The Water Cycle



TRANSPIRATION

OBJECTIVE

Learn about the process of transpiration in plants. Do an experiment to learn more about how it really works.

MATERIALS

- Activity Instruction Handout
- Transpiration coloring sheet
- Celery or White Carnations
- 5 small glass jars or clear glasses. ½ pint jars are a good size.
- Food coloring: green, blue, red and yellow.
- Water
- 12- 24 hours

*Please note: not all materials may be provided by your market. You may need to supply some from home.



THINGS TO LEARN

Transpiration: The process by which plants pull water and nutrients from the soil moving them from the roots of a plant up to its leaves. The water warmed by the sun, turns into vapor (or evaporates), and then passes out through thousands of tiny pores (called stomata) mostly found on the underside of the leaf surface.

Evaporation: The process of water changing from a liquid to a gas.

ACTIVITY

Take 4 small jars filled ½ way with water and add 2-3 drops of food coloring to each glass with a different color for each jar. This experiment needs to be prepared 12-24 hours ahead of time. Four jars will include a different color and a stalk of celery or flower. The fifth jar will just contain water and a stalk of celery or flower and will serve as the control for the experiment. After the food coloring is mixed completely, add 1 stalk of freshly cut celery or a fresh re-cut carnation into each jar. The leafy stalks of the celery or the carnations are the most attractive and interesting looking as the leaves draw up the food coloring colors. Leave overnight some place cool and the next day the celery stalks will have pulled the dye color all the way to the tops of the leaves. The longer you leave the experiment the more color you will see up until a saturation point or the plant starting to wilt.

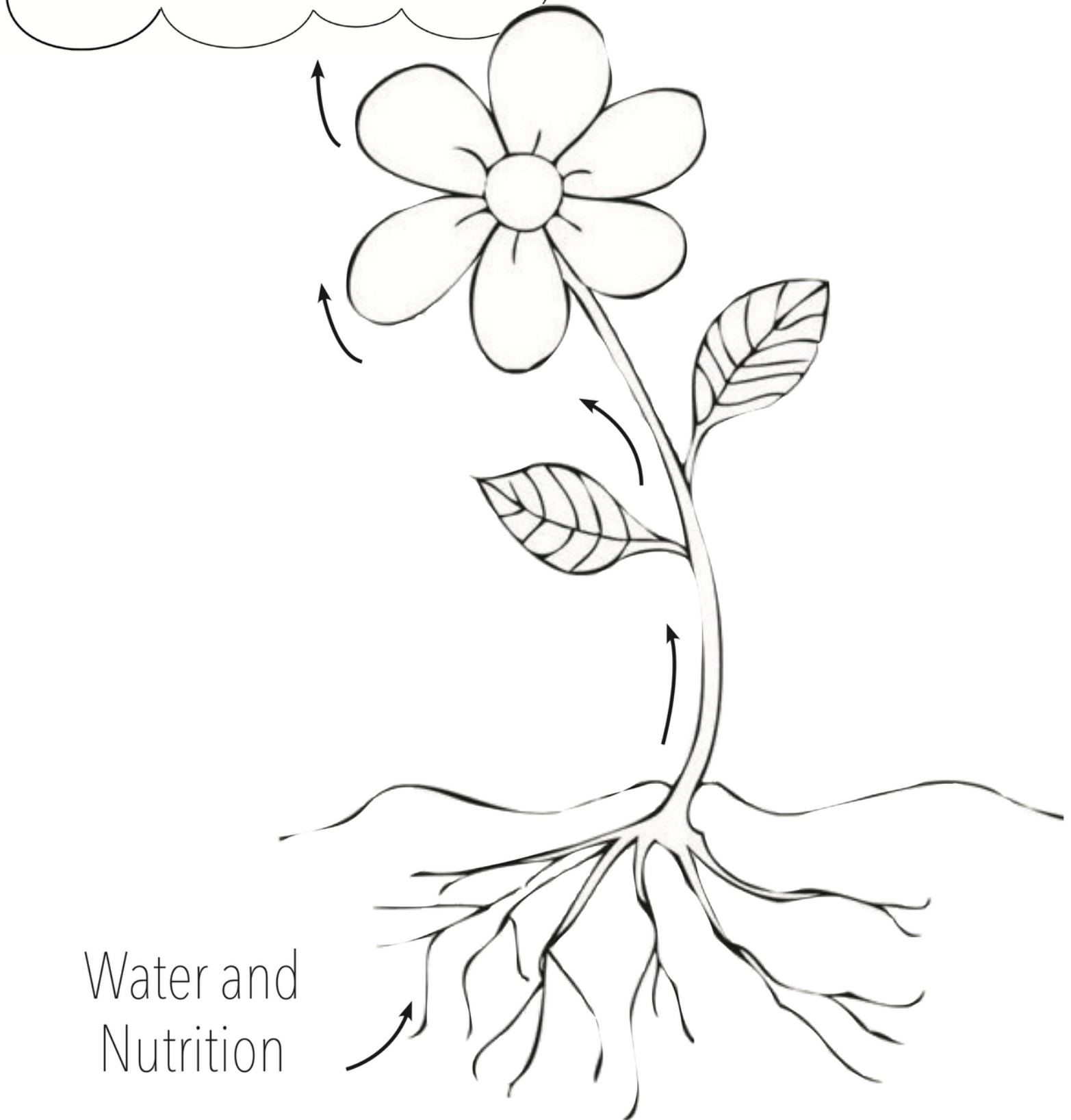
FUN FACTS

- The two main functions of transpiration are cooling the plant and pumping water and minerals to the leaves for photosynthesis (which is how plants make food).
- Plants also need water to absorb nutrients (used to make plant food) in the soil.
- Its estimated that 98% of a plant's energy is used in the work of transpiration.



Transpiration

Evaporation



Water and
Nutrition

TRANSPLANT A TOMATO

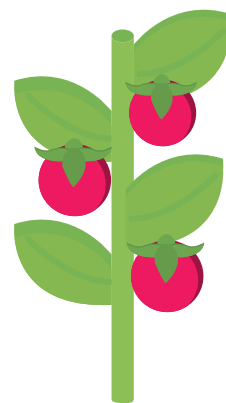
OBJECTIVE

Learn how to transplant and care for a tomato plant.

MATERIALS

- Activity Instruction Handout
- Tomato Plant coloring sheet
- Tomato plant for each child
- Plastic garden trowel

*Please note: not all materials will be provided by your market. You may need to supply some from home.



THINGS TO LEARN

Transplanting: is planting a seedling or young plant from a small pot to a larger pot or the ground.

Determinate: tomatoes tend to produce all of their fruit at the same time and tend to have easily manageable growth which make them a better option in a container.

Indeterminate: tomatoes generally need staked, caged, and or pruned to manage their growth and keep them upright. Indeterminate tomato plants can grow up to ten feet tall.

ACTIVITY

First think about where a good place to plant your tomato plant might be and then learn how to prepare the soil.

- Find a sunny location at home to plant a tomato plant. Tomatoes need at least six hours of sunlight per day.
- Tomatoes can be planted in garden, raised bed or a container. If in a container, make sure there is plenty of room for root development. Container should be large.
- Add organic matter, like compost, to prepare the soil before transplanting.

How to transplant the Tomato plant:

- Dig a hole in the soil in the container or your garden bed a little larger and deeper than your plant.
- When ready to transplant the tomato plant, make sure the soil in the container is moist before removing the tomato plant from the container. This will help keep the soil attached to the roots upon removal.



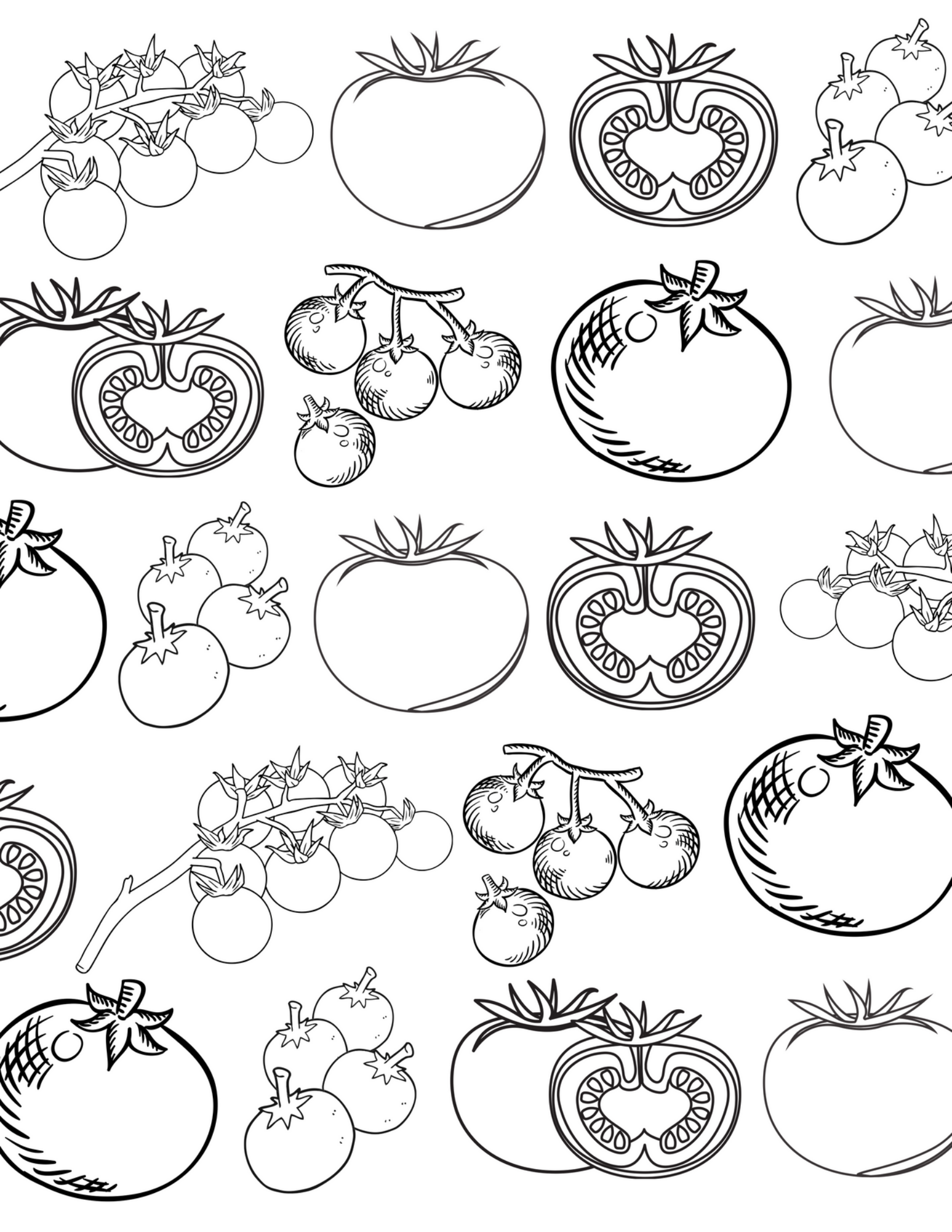
TRANSPLANT A TOMATO

ACTIVITY CONTINUED

- Gently remove the plant from its original pot and plant in the container. Turn plastic pot upside down and hold the plant stem between your fingers. Gently squeeze pot from bottom to push plant out.
- Make sure the plant is not root bound.
- Pinch off excess bottom leaves, if any.
- Plant tomato a little deeper than the root ball and then tomato stem will actually grow out more roots. This will create a better root structure.
- Fill the hole with soil. Press soil down gently so as not to harm the roots.
- Water the plant frequently and fertilize as needed.

FUN FACTS

- Tomatoes are a good source of Vitamins A & C, copper, as well as potassium.
- Pick or purchase tomatoes with shiny, bright skins and firm flesh.
- Tomatoes taste best if stored at room temperature instead of the refrigerator. Make sure you store your harvested tomatoes out of direct sunlight.



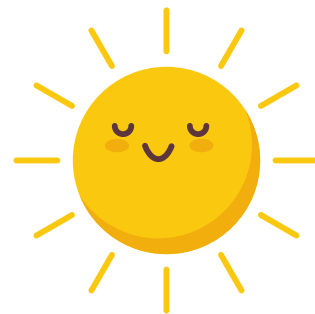
VITAMIN OF THE SUN

OBJECTIVE

Learn the benefits of Vitamin D and how your body can ingest it as well as learning to be safe in the sun. Make a mobile with pictures of fish and suns (both ways to get Vitamin D).

MATERIALS

- Activity Instruction Handout
- Sun coloring sheet
- Construction paper with a variety of colors
- Yarn or string
- Tape or Elmer's glue
- Sturdy paper plates
- Pencil
- Scissors
- Markers



*Please note: not all materials may be provided by your market. You may need to supply some from home.

THINGS TO LEARN

- Vitamin D promotes calcium absorption and leads to bone growth and helps reduce risk of rickets in children and osteoporosis in seniors.
- Very few food items naturally contain Vitamin D. The best sources are fish like tuna, cod, salmon, swordfish as well as fish liver oil. Some other foods provide smaller amounts of Vitamin D, like beef liver, cheese, and egg yolks. Fortified sources like milk, yogurt and orange juice contain Vitamin D.
- Ultraviolet B rays from the sun provide Vitamin D. Some scientists suggest that 5-30 minutes of sun exposure to the face, arms, legs, or back at least twice weekly between 10am and 3pm without sunscreen usually provides sufficient Vitamin D intake. Other doctors recommend that you should always use sunblock all the time while in the sun and suggest your body will still get some Vitamin D benefit, even with full sun block protection.
- Prolonged unprotected exposure to the sun can increase your risk of sunburn and skin cancer.

ACTIVITY

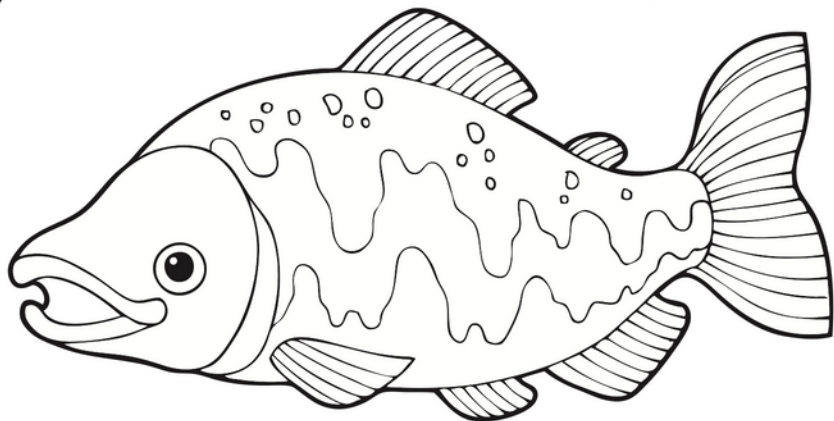
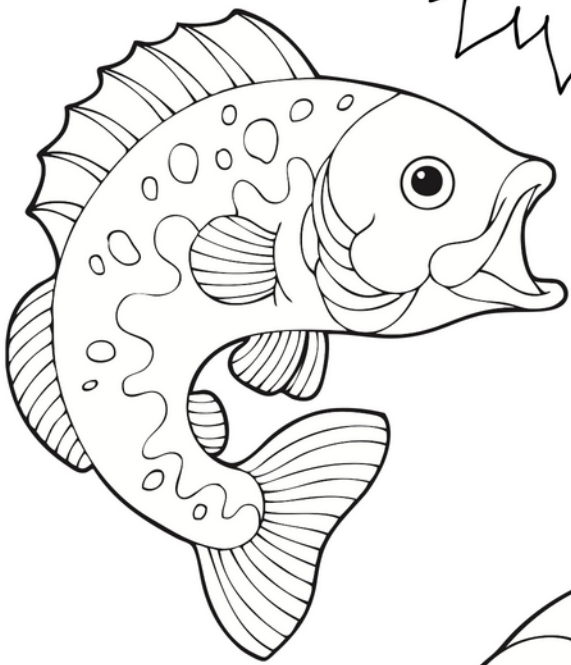
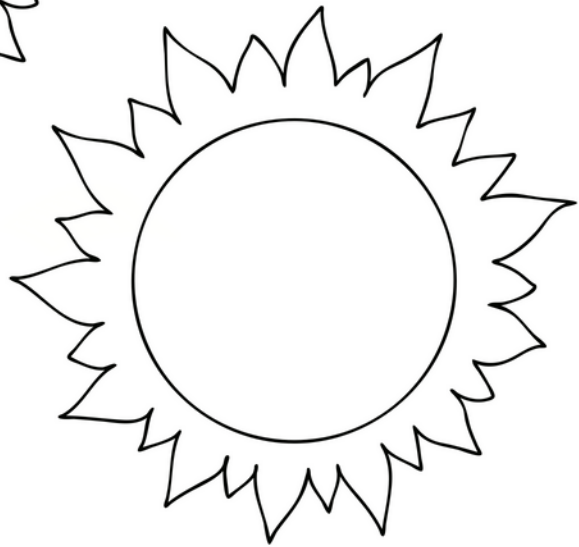
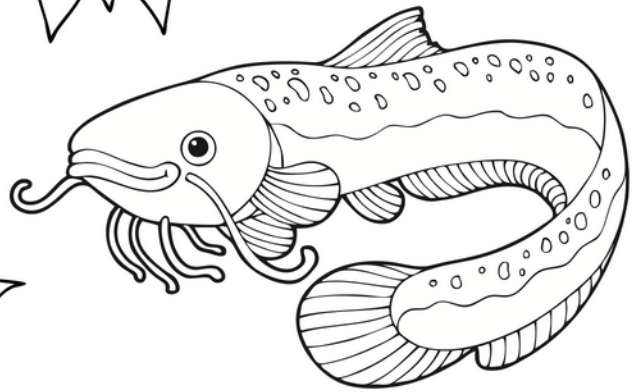
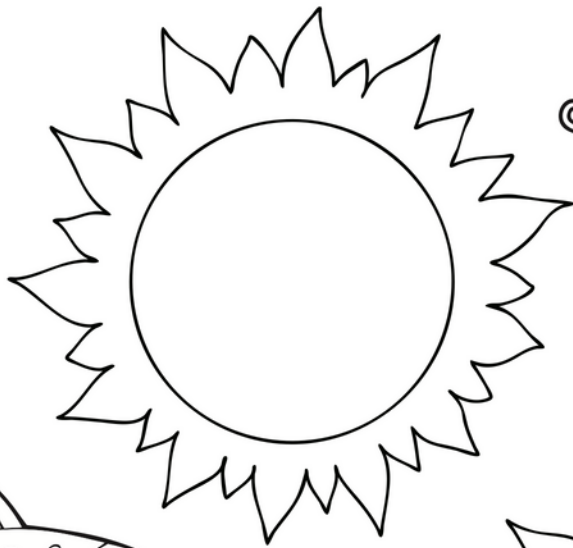
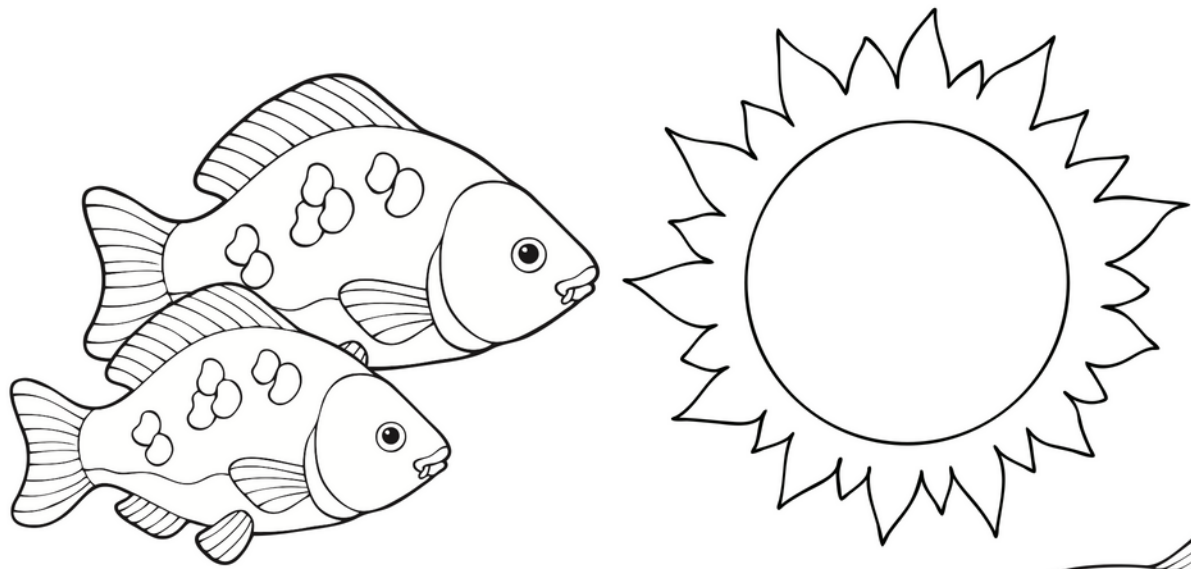
Each child draws a spiral on the paper plate and then cuts along the line. Then, the child decorates the paper plate with the markers as desired. Use a template to color a few suns and fish shapes and then cut them out. Or draw your own fish and sun. 3-5 total cut outs per mobile is a good range. Cut different lengths of string and then tape one end of each string to a sun and fish and then attach the other ends of the strings to the plate with tape or glue.

Then you will have a beautiful Vitamin D inspired Mobile!

FUN FACTS

- Vitamin D promotes calcium absorption, leads to bone growth, helps reduce risks of rickets in children and osteoporosis, in seniors.
- You can get Vitamin D in three ways: through your skin, from your diet, and from supplements.
- Vitamin D is good, but sunburns are not! Always wear sunscreen while out in the sun.
- Vitamin D helps your body to absorb calcium, one of the main building blocks of bone!





WHY DO LEAVES CHANGE COLOR?

OBJECTIVE

Learn why leaves change color in the fall and make a fun craft using local leaves.

MATERIALS

- Activity Instruction Handout
- “Why Do Leaves Change Color” info page
- A variety of leaves
- Glue or tape
- Googly eyes
- Sharpies/Permanent marker
- Piece of paper



*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Leaves make the energy or food a tree needs to survive through a process called photosynthesis. To do this, leaves need sunlight, air, water, and chlorophyll molecules. The food the plant makes is in the form of sugars. In the summer, leaves get lots of light and make lots of food but as the light gets less each day in the Fall the leaves stop making food to start getting ready for winter.

In the Fall, the *chlorophyll*, which makes that green color, fades away and the leaves other colors start to show through. These colors are the brilliant reds, yellows, oranges and browns that make Fall such a beautiful time of year. Each leaf is like a gorgeous abandoned factory until it crumbles back into the soil.

More specifically, the other chemicals left in the leaves become more visible so the leaves appear bright brilliant colors. When the leaves fall to the ground and begin to decompose those colors will fade as well.

- **Carotenoids** create bright yellows and oranges (and is what make carrots orange and bananas yellow!)
- **Anthocyanins** add red color to plants (and is what makes strawberries and cherries red!)

WHY DO LEAVES CHANGE COLOR?

ACTIVITY CONTINUED

ACTIVITY

With all their beautiful colors and shapes doesn't it seem Fall leaves have a life of their own? Let's make some Fall leaf creatures!

- Take the leaves given to you (or that you collected), glue or tape them to your piece of paper, then begin to assemble your leaf creatures!
- Glue the googly eyes onto the leaves and draw noses and mouths onto the leaves to make a face. You can also use the leaf as a fish shape and draw fins and gills or you can make a puppy and draw floppy ears and a tail on your leaf creature.
- Get creative, and make any type of leaf creature you want!

FUN FACTS

- Fallen leaves are an essential part of a forest ecosystem, providing protection for tree seeds to germinate over the winter.
- Dead leaves make excellent mulch, put them on top of your garden beds in the fall to add some extra nutrient-holding capacity and to keep the soil moist and weeds down.
- Leaf color depends on the tree species. Maples turn an orange/red, and Aspens tend to turn golden.

Why Do the Leaves Change Color?

Chlorophyll is what makes leaves green and how plants convert sunlight into food. When it begins to get colder and the there is less sunlight the plant produces less chlorophyll revealing colors the green was covering up.

Carotenoids create bright yellows and oranges (and is what make carrots orange and bananas yellow!)

Anthocyanins add red color to plants (and is what makes strawberries and cherries red!)



All leaves have Chlorophyll



Maple leaves turn red (and a whole range of colors!)



Oak leaves turn red, brown, or russet

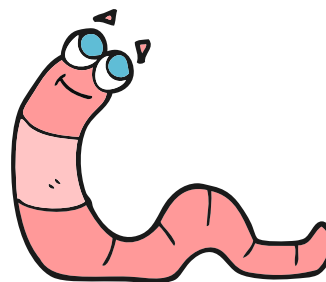


Birch leaves turn bright yellow

WONDERFUL WORMS

OBJECTIVE

Learn about worms and why they are good for your garden. Then go on a worm hunt in your yard or neighborhood.



MATERIALS

- Activity Instruction Handout
- Wonderful Worms coloring page
- Garden Gloves
- Plastic trowel

*Please note: not all materials will be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Worms going about their normal worm lives offer many benefits to the soil; they increase nutrient availability, create better soil drainage and a more stable soil structure. Worms help increase the amount of air and water that gets into the soil. They break down organic matter, like leaves and grass into things that plants can use. When worms eat, the organic matter passes through their bodies. The resulting worm poop creates a soil that is much easier for plants to absorb and utilize. This soil is called “worm castings” and it is a very valuable fertilizer!

Worms tunnel down into the soil and bring subsoil closer to the surface mixing it with the topsoil. The slime that earthworms secrete contains nitrogen. Nitrogen is an essential nutrient for plants. This sticky slime also helps hold clusters of soil particles together in formations called aggregates. Nitrogen and aggregates are both super important for healthy soil.

Shallow dwelling worms are the most beneficial to top soil. Not only do their burrows allow the movement of air, but also the movement of water. In areas where the soil has been compacted or overused, which is often the case in cities, this is particularly important.



WONDERFUL WORMS

ACTIVITY CONTINUED

ACTIVITY

Go on a worm hunt! There are so many worms in the soil. In one acre of land, which is about as big as a football field, there can be more than a million earthworms. Here is some information about worms that might help you find them: Worms eat dead and decaying roots and leaves, manure (animal poop), and the creatures that live in healthy soil such as nematodes, protozoans, rotifers, bacteria, and fungi (mushrooms). They love vegetable garden beds so dig in your garden beds or flip rocks!

Worms live only in places where there is food, moisture, oxygen and a favorable temperature for the specific species. Worms are cold blooded animals so they don't move a lot if it is too cold. Don't go looking for them in the winter! Also, be careful when you are digging. Contrary to popular belief most worms chopped in half will not grow into two separate worms. If the head portion is long enough, it may grow a new tail and continue to live, but the half that is the tail portion will not grow a new head, or new internal organs, and will eventually die.

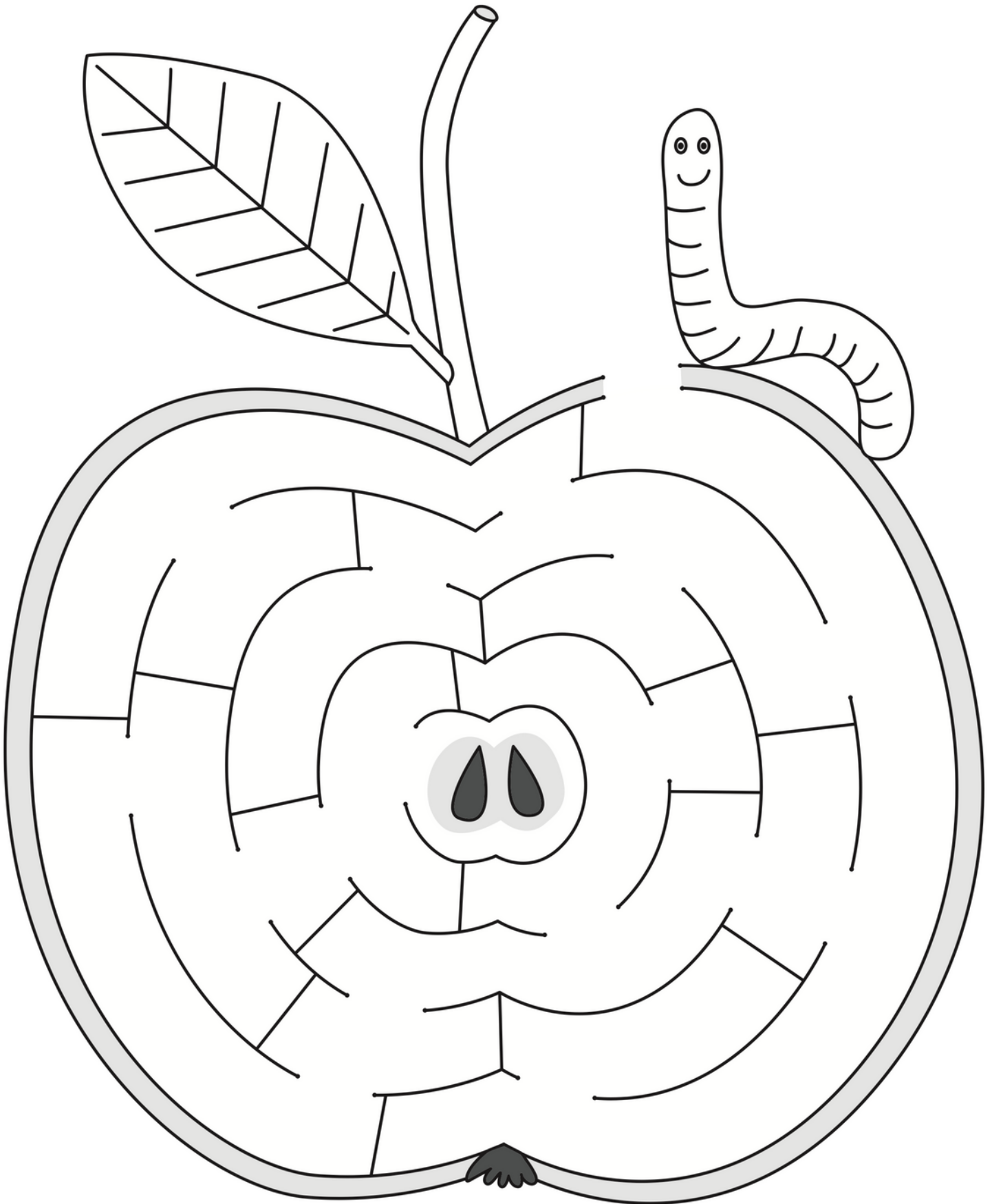
After you have found some worms and looked at them, make sure you put them back someplace where they will continue to live happily. If a worm dries out it will die. Earth worms have no lungs, instead they breathe through their skin. This process is known as diffusion. A worm's skin must be kept moist to keep diffusion working. So, let them go someplace with moist loose soil and they will continue to keep your gardens healthy!

FUN FACTS

- There are approximately 2,700 different kinds of earthworms.
- The largest earthworm ever was found in South Africa and measured 22 feet from its nose to the tip of its tail.
- Worms do not give birth to tiny worms they actually lay eggs. The baby worms hatch from cocoons smaller than a grain of rice. It takes 2-12 weeks for the baby worms to hatch they emerge tiny but fully formed ready to get to work!



**Can you help the worm find
his way to the apple core?**



YOGA & AFFIRMATION

OBJECTIVE

Learn & demonstrate several yoga poses, see physical activity as a form of fun, and learn about affirmations and choose one that you like.



MATERIALS

- Activity Instruction Handout
- Soft, flat surface
- Rock and marker

*Please note: not all materials may be provided by your market. You may need to supply some from home.

THINGS TO LEARN

Coordination: using different parts of the body together to accomplish a task effectively and efficiently.

Flexibility: Range of motion. Ease of the body to move without causing injury, especially the movement of muscles around the joints.

Affirmation: Emotional support or encouragement.

ACTIVITY

- Through research find an animal yoga pose that you like. While sitting in a soft, flat surface think of your animal and develop a story of that animal. Act out the animal's story through yoga poses.
- Does the animal climb a tree (tree pose)? Does the animal fly on an airplane (airplane pose)? Does the animal climb a mountain (mountain pose)? Does the animal meet other animals (cat/dog/fish pose)? Enjoy the adventure and invite someone in your family to come along.
- After your yoga adventure, relax calmly on the floor. While relaxing on the floor, think of your favorite inspiring words. Affirmations are positive words of support and encouragement that you like. Some people say that affirmations help them stay strong and remind them of good things. Some affirmation examples could be: I am strong; I am kind; I am brave; I am a helpful; I am talented. Be creative. Once you pick your affirmation, write it on your small rock and place in somewhere special like in your garden or in your room.

Additions: Try Cosmic Kids Yoga on YouTube, Try Garden Yoga poses for kids, Develop or find a list of affirmations and write them on small pieces of paper and place them in a jar. When you need some positive words, pick out an piece of paper from the jar.

FUN FACTS

- Yoga means "join together". The purpose of yoga is to join together mind, body, and spirit.
- Yoga can help with concentration, body awareness and how to calm the mind while also improving flexibility, strength, and coordination.
- Some believe that yoga can boost confidence and create a sense of general well-being.
- Yoga started in India 3,000-5,000 years ago.



ADDENDUM

ONSITE ACTIVITY OPTIONS

Bee Dance (pg. 2), Cross Pollination (pg. 17), and Life Cycle of a Honeybee (pg. 52), The Pollinator Game (pg. 72): These activities are great for in person events in conjunction with your local beekeepers association. Connect and see if they are interested in coming to market with one of their live hive demonstrations or other supplemental activities.

Companion Planting (pg. 9), Container Gardening (pg. 15), Parts of a Plant (pg. 58), Plant a Seed (pg. 60), In the Zone (pg. 44), Meet the Tubers (pg. 56), Seed Balls (pg.64), Seed Match (pg. 65): These activities can be in person activities ideal for partnering with a local gardening club or WSU Master Gardeners to lead. If you have a local farmer that is engaged in teaching kids these are also great activities for them to take part in.

Composting (pg. 13), Wonderful Worms (pg. 90): These activities are great as interactive hands-on event that can easily be partnered with your local Waste Management program. Often times these programs have an outreach and community education division that have options for coordinators to come lead educational events in the community. In addition, you may have a farmer in your community that is interested in educating kids about the importance of soil that you can engage to lead an activity like this.

Fresh Smoothie Game (pg. 27), Fruit & Veggie Super Powers (pg. 34), Kids Food Critic (pg. 49), Potato Pals (pg. 61): These activities are easily adapted to in person using examples of the fruits and vegetables at market. You can even include some fresh produce for sampling as part of your activity! It is also the perfect opportunity to reach out to your local SNAP-Ed provider to integrate them into the activity to discuss the importance of healthy eating.

Fungi (pg. 36), Super Legumes (pg. 70): Both these activities are great hands-on option and perfect for partnering with a local farmer to deliver educational content to the kids about the importance of soil and growing food.

Give a Farmer a Hand (pg. 38): This is a fun on-site activity and a perfect addition to integrate in a National Farmers Market week event. If you have a local agriculture organization in your community you can also reach out to see if they would like to help lead the event.

Hula Hooping (pg. 42), Jump Rope (pg. 47), Yoga & Affirmation (pg. 93): These activities are great ways to partner with you local SNAP-Ed Provider, YMCA Health Coordinator or another entity in your community that is specific to health and active living outreach (like Yoga studios or kids active play organizations). Engaging community partners like this will not only give them an outlet to reach their target audiences but also assist you by taking the lead on the activity.

Recipes

Blueberry Breakfast Cookies



Ingredients:

- $\frac{3}{4}$ cups mashed ripe banana (about 2 medium bananas)
- 1 cup quick cooking oats, uncooked
- $\frac{1}{4}$ cup blueberries
- Pinch of cinnamon
- 2 tbsp. honey

Directions:

- Have an adult preheat the oven to 350 degrees.
- In a large bowl, combine all ingredients.
- Using a spoon, drop batter on greased baking sheet and bake at 350 degrees for 10-12 minutes or until the bottom is golden brown.



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Fluffy cloud like German pancakes with fresh fruit

Ingredients:

- 6 large eggs
- 1 cup milk (or milk alternative)
- 1 cup all-purpose flour
- Dash salt
- 1 teaspoon vanilla extract
- 5 tablespoons butter
- 2 cups of fresh or frozen fruit (strawberries or blueberries work great)
- Maple syrup



Directions:

- Preheat the oven to 425 degrees F.
- Mix eggs, milk, flour, salt and vanilla in a bowl with a whisk, fork or spoon.
- As the oven preheats, put the butter in an un-greased 9x13 inch baking dish and place in the oven until just melted then take out of oven.
- Pour batter into the baking dish. Put back in the oven.
- Bake for 22-27 minutes or until edges are golden brown and fluffy.
- Chop fresh fruit or heat up frozen fruit in a small sauce pan.
- Cut up pancakes into single servings and serve with fresh fruit and a little maple syrup on top.



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Good Morning Muffins

Ingredients:

- 2 cups all-purpose flour
- 1 ¼ cups white sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt
- 2 cups shredded carrots
- ½ cup raisins
- ½ cup pecans
- ½ cup unsweetened flaked coconut
- 1 apple – peeled, cored and shredded
- 3 eggs
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
-



Directions:

- Preheat oven to 350 degrees F. Grease 12 muffin cups, or line with paper muffin liners.
- In a large bowl, mix together flour, sugar, baking soda, cinnamon, and salt. Stir in the carrot, raisins, nuts, coconut, and apple.
- In a separate bowl, beat together eggs, oil, and vanilla. Stir egg mixture into the carrot/flour mixture, just until moistened. Scoop batter into prepared muffin cups.
- Bake in preheated oven for 20 minutes, until a toothpick inserted into center of a muffin comes out clean.



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Scrambled Egg Breakfast Burrito

Ingredients:

- 2 large eggs
- 1 Tablespoon of milk (fortified w/ Vitamin D)
- 1 teaspoon of chopped fresh cilantro
- 1/8 teaspoon of salt
- Dash of ground pepper
- ½ teaspoon of butter
- 4 Tablespoons of shredded of Cheddar and/or Monterey Jack cheese
- 2 flour tortillas (about 8 inches diameter) heated up your favorite way
- ¼ cup of seeded and chopped tomatoes
- 2 Tablespoons of salsa (either bottled or freshly made)
- May add optional smoked salmon



Directions:

- Beat eggs, milk, cilantro, salt, and pepper in a medium bowl until blended.
- Heat butter in large skillet over medium heat until hot and then add the egg mixture.
- Pull the eggs gently across the skillet with a spatula as they begin to set. This should form large soft curds.
- Continue cooking without stirring constantly until the eggs thicken and no liquid egg is visible.
- Sprinkle half the cheese along the center of each tortilla followed by the eggs, tomatoes, and salsa.
- Roll up the burritos by folding the bottom up and then the sides to the center. Then cut each tortilla in half and serve.



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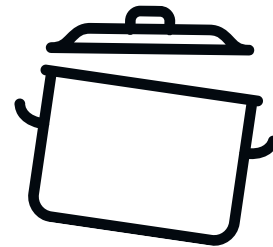
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Chicken and dumpling soup

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 4 celery stalks, chopped
- 1 garlic clove, finely chopped
- 4 medium carrots, chopped
- 1 teaspoon thyme
- 2 lbs boneless skinless chicken thighs or breasts, cut bight sized
- 2 14.5 oz box/ Cans or 4 cups Chicken broth
- 2 cups water
- 1 cup and 2 tablespoons all-purpose flour, divided
- 2 teaspoons baking powder
- 1 teaspoon white sugar
- ½ teaspoon salt
- 1 tablespoon butter
- ½ milk or milk alternative



Directions:

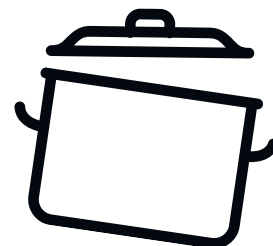
- In a medium to large pot, heat oil over medium heat when hot, add onion, celery, garlic, carrots and thyme.
- Stir occasionally and cook until onions are fragrant and translucent, about 4-6 mins. Add 2 tablespoons of flour, whisking constantly until combined, and then cook until the flour starts to smell toasted, about a min. Gradually add chicken broth, whisking consistently, and then water – bring to a boil.
- Turn down heat to medium low and add the chicken and cover. Cook for 20-30 mins stirring from time to time.
- Make dumpling batter: In a medium sized bowl, stir together 1 cup all-purpose flour, teaspoons baking powder, sugar, and salt. Mix in butter by hand until crumbly. Stir in milk until it makes soft clumpy dough. Drop by spoonfuls into soup covering the top of the liquid. Cover and simmer for 15 minutes. Serve warm.



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Simple Lentil Chili

Ingredients:

- 3 cloves garlic, chopped
- 1 medium onion, chopped
- 2 cups chopped fresh tomatoes (or 14.5 oz can of chopped tomatoes)
- 5 oz kale
- 1 green pepper, chopped
- 4 cups vegetable stock (or water)
- 1 cup dry brown lentils#
- 1 tsp sea salt
- 2 tsp cumin
- 2 tsp paprika
- ¼ tsp cayenne powder
- ¼ tsp ground black pepper
- 1 cup of corn (frozen or fresh from the cob)



Directions:

- In a large pot, add garlic, onion, tomatoes, green pepper, vegetable stock (or water), lentils and bring to a boil.
- Add salt, cumin, paprika, cayenne powder, and pepper. Stir and cook over medium-high heat for 35 minutes.
- When the lentils are almost cooked, please add corn and stir. Cook for another 10 minutes.
- Add the kale and stir a few minutes before chili is finished cooking.
- Remove from heat and stir.



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Beef and Broccoli Stir-Fry

Ingredients:

- 2 tablespoons cornstarch or flour
- 2 tablespoons water
- 1 pound of boneless round steak, flank steak, or chuck steak
- 1 tablespoon of vegetable or sesame oil
- 3 cloves of garlic, minced
- 4 cups of broccoli florets
- 1 small onion cut into strips
- 1 bell pepper cut into strips
- Sauce:
- 1/3 cup of soy sauce
- 1/3 cup water
- 1 tablespoon brown sugar (or honey)
- 1 teaspoon ground ginger
- 1 teaspoon corn starch or flour



Directions:

- In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water until smooth. Add the beef and mix until fully coated. Set aside for 2 minutes.
- Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add beef and stir-fry for 3-5 minutes or until it's no longer pink. Remove from pan and set aside. Keep warm.
- In the same pan, stir-fry garlic, broccoli, onion, and bell peppers in the remaining oil, for 3-5 minutes. Return beef to pan.
- In a small bowl combine soy sauce, brown sugar, ginger and remaining 1 tablespoon cornstarch and 1/2 cup water until smooth; add to the pan.
- Cook and stir for 2-3 minutes.
- Serve over rice or noodles.



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Directions:

- In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water until smooth. Add the beef and mix until fully coated. Set aside for 2 minutes.
- Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add beef and stir-fry for 3-5 minutes or until it's no longer pink. Remove from pan and set aside. Keep warm.
- In the same pan, stir-fry garlic, broccoli, onion, and bell peppers in the remaining oil, for 3-5 minutes. Return beef to pan.
- In a small bowl combine soy sauce, brown sugar, ginger and remaining 1 tablespoon cornstarch and 1/2 cup water until smooth; add to the pan.
- Cook and stir for 2-3 minutes.
- Serve over rice or noodles.



Cabbage Stir-Fry

Ingredients:

- 2 teaspoons oil
- 1 cup celery, chopped
- 1 cup chopped onion
- 3 cups shredded and chopped cabbage
- ½ cup red or orange bell pepper, seeded and chopped
- 1 medium tomato, chopped
- Salt and pepper to taste



Directions:

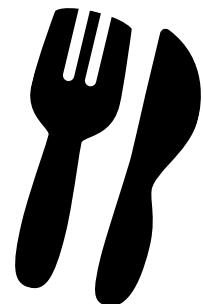
- Heat oil in large skillet over medium-high heat
- Add celery and onion. Cook 4-7 minutes until soft.
- Add cabbage, bell pepper, salt/pepper. Cook for 5-10 minutes, stirring often.
- Add tomato and serve immediately over brown rice.



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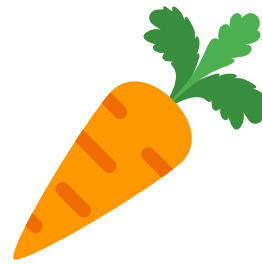
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Vegetable Stir-Fry

Ingredients:

- 1 medium cucumber
- 1 medium carrot
- 1 bunch kale
- 1 head broccoli
- 1 small hot pepper
- 1 clove garlic
- 1 pint cherry tomatoes
- 1 Tablespoon tahini paste
- 1 Tablespoon brown sugar
- 3 Tablespoons olive oil
- ½ teaspoon ground ginger



Directions:

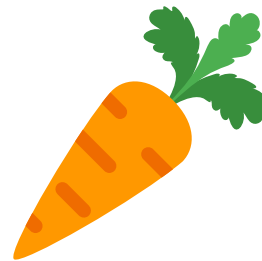
- Rinse and chop cucumber and broccoli. Peel, rinse, and chop carrot. Rinse and mince hot pepper. Peel and finely chop garlic. Rinse cherry tomatoes.
- Remove hard stems from kale and stack leaves on top of each other. Use knife to slice kale leaves into ¼-inch strips.
- In large bowl filled with cold water, add cut kale. Allow dirt to settle to bottom of bowl. Lift kale out of bowl. Shake off excess water.
- In small bowl, mix together tahini, brown sugar, and 1 Tablespoon olive oil. Add 1 teaspoon of minced hot pepper (add more to taste). Mix.
- In medium skillet over medium-high heat, heat remaining 2 Tablespoons olive oil. Add ground ginger and stir. Add chopped veggies. Stir frequently. Cook until veggies are tender, about 6-7 minutes. Add tomatoes last.
- Add tahini mixture. Bring to a boil. Reduce heat. Simmer about 2 minutes.
- Variations include adding cubed extra firm tofu or chicken. Serve over brown rice, couscous, or quinoa. If don't have hot pepper, could use Sriracha hot sauce.



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Ingredients:

- 1 medium cucumber
- 1 medium carrot
- 1 bunch kale
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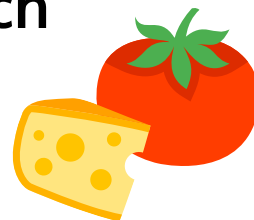


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Simple Grilled Cheese and Tomato Sandwich



Ingredients:

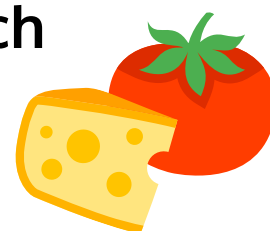
- ½ stick of softened butter
- 8 Slices of bread
- 2 medium Tomatoes sliced
- 8 slices of cheese of your choice (Cheddar, Swiss, Monterey Jack, Fontina, Pepper Jack, etc)
- Optional: 8-12 leaves of Basil

Directions:

- Spread softened butter on one side of each slice of bread while heating skillet on medium/medium-high heat. Place four slices of bread butter side down on the skillet. On each slice of bread, add a slice of cheese followed by two slices of tomatoes, 2-3 basil leaves (if desired), and another slice of cheese. Then top with another slice of bread with buttered side facing up.
- Proceed to grill until bread is golden brown on each side (2-4 minutes each side). Serve when ready.



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Broccoli Salad

Ingredients:

- 1 head fresh broccoli florets
- ½ cup red seedless grapes
- 1 cup low-fat mayonnaise
- 2 tablespoons vinegar (white or cider)
- ¼ cup sunflower seeds
- 2 tablespoons sugar



Directions:

- Wash all vegetables in a strainer under cold water.
- Chop broccoli into bite size pieces and cut grapes in half.
- In a large bowl mix together the broccoli, grapes and sunflower seeds.
- In a small bowl, mix together the mayo, sugar and vinegar.
- Pour the mayonnaise mixture into the large bowl and stir well.
- Cover and refrigerate until chilled.



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Caprese Salad

Ingredients:

- 2 large Tomatoes, chopped
- 1 small bunch Basil
- ½ pound Mozzarella, diced
- Olive oil
- Salt and pepper to taste



Directions:

- Have an adult chop all the ingredients.
- Combine and mix ingredients in a bowl.
- Can serve as a side or an afternoon snack, it's delicious on top of spaghetti.

Notes

You can add other Italian seasoning like thyme, oregano, or parsley! You can even make little caprese skewers. Put a cherry tomato, basil leaf, and mozzarella on a toothpick.



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Carrot Raisin Salad



Ingredients:

- 3 cups shredded carrots (about 3 large carrots or 6-8 medium carrots)
- ½ cup of raisins (can use golden raisins)
- ½ cup of pineapple (diced, chopped or crushed)
- 2 Tablespoons of maple syrup (or honey)

Directions:

- Shred carrots in a food processor or with a hand grater until you have 3 cups.
- Combine all the ingredients in a large bowl.
- Chill for at least an hour in the refrigerator before serving.



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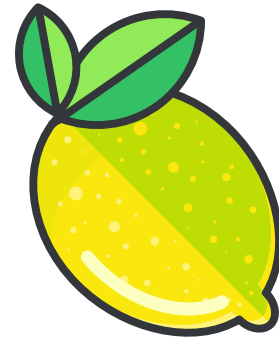
- Shred carrots in a food processor or with a hand grater until you have 3 cups.
- Combine all the ingredients in a large bowl.
- Chill for at least an hour in the refrigerator before serving.



Citrus Kale Salad

Ingredients

- 1 bunch kale, washed and bite size pieces
- 1 Tablespoon lemon juice
- ¼ cup olive oil
- Salt and pepper to taste
- 2 teaspoons honey or brown sugar
- 1 can mandarin oranges (drained)
- Sunflower seeds (optional)



Directions

- After tearing kale into bite size pieces, massage with olive oil so it's easier to eat.
- Mix lemon juice, salt and pepper, and honey or brown sugar together before adding it to the kale salad.
- Top with mandarin oranges and sunflower seeds. If you want to make some now and save some for later, keep the dressing and salad ingredients separate.

Notes

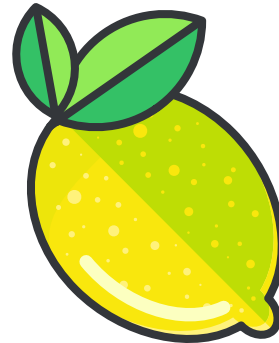
You could add mango or pineapple instead of mandarin oranges.



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Notes

You could add mango or pineapple instead of mandarin oranges.



Nasturtium Salad

Ingredients

- Fresh nasturtium flowers
- 2 cups lettuce mix
- ¼ cup fresh basil
- ¼ cup olive oil
- 1 Tablespoon vinegar (can use balsamic vinegar)
- 1 Tablespoon lemon juice
- Salt and pepper to taste



Directions

- Toss nasturtium, lettuce, and basil together.
- Mix olive oil, vinegar, lemon juice, salt, and pepper together to make a salad dressing.
- Top salad with dressing.



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Directions

- Toss nasturtium, lettuce, and basil together.
- Mix olive oil, vinegar, lemon juice, salt, and pepper together to make a salad dressing.
- Top salad with dressing.



Potato Salad

Ingredients

- 6 cups potatoes, cubed and cooked
- 3 stalks celery, finely chopped
- ¼ cup diced dill pickle (or sweet)
- ¼ cup onion, finely chopped (maybe add ¼ cup sweet onion for color)
- ½ cup non-fat, plain yogurt
- ½ cup light mayonnaise
- 1 tbsp mustard
- 1 tbsp vinegar
- 1 tbsp sugar
- Salt and pepper



Directions

- Mix mayonnaise, yogurt, vinegar, mustard, sugar and salt/pepper together in bowl.
- Add cooked potatoes, pickle, celery, and onion. Mix together.
- Refrigerate until ready to serve.



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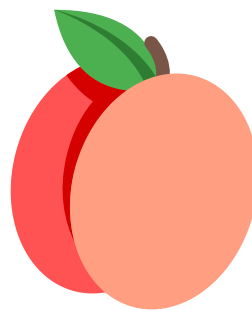
- Mix mayonnaise, yogurt, vinegar, mustard, sugar and salt/pepper together in bowl.
- Add cooked potatoes, pickle, celery, and onion. Mix together.
- Refrigerate until ready to serve.



Summer Explosion Fruit Salad

Ingredients

- 2 nectarines
- 2 peaches
- 3 apricots
- 1 cup of raspberries
- 1 cup of blueberries
- 2 teaspoons of honey
- ½ cup of orange juice
- 2 teaspoons of lemon juice
- Chopped fresh mint leaves



Directions

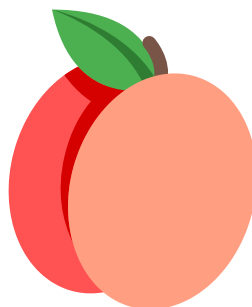
- Halve, pit, and slice the nectarines, peaches, and apricots.
- Combine the fruit and the honey. Toss together.
- Add the orange juice and lemon juice and toss.
- Let sit at least 15 minutes before serving.
- Add mint leaves right before serving.
- If you refrigerate, please remove 30 minutes prior to serving.



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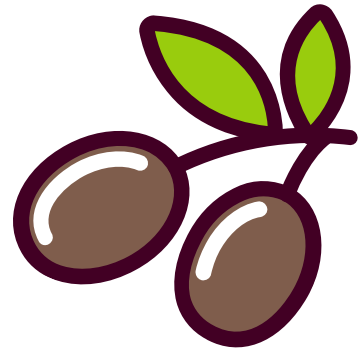
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Zucchini Celery & Olive Salad

Ingredients

- 2 zucchini, thinly sliced
- 2 celery stalks, thinly sliced
- ½ cup fresh parsley leaves (or basil or mint)!
- ¼ cup black olives, halved
- 2 Tablespoons lemon juice
- ¼ cup olive oil
- ¼ cup Parmesan
- Salt and pepper to taste



Directions

- Have an adult help you chop everything and prepare the ingredients.
- Combine everything and mix in a large bowl.

Notes

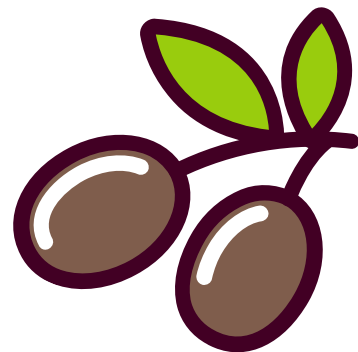
You could mix this with a grain like quinoa, brown rice, or couscous to make a meal



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Christy's Greens

Ingredients

-
- 1 head mustard greens
- 1 cup fresh spinach
- 2 cups kale
- ½ head iceberg lettuce
- 4 medium cloves garlic
- 2 Tablespoons olive oil
- Salt and pepper to taste



Directions

- Remove hard stems from kale and mustard greens.
- Stack leaves on top of each other. Have an adult use knife to slice mustard greens, spinach, and kale leaves into ¼-inch strips. Also slice iceberg lettuce, but keep separate from other greens.
- Peel and mince garlic.
- In a large skillet over medium-high heat, heat oil. Add greens and garlic.
- Cook until greens are soft and excess water is gone, about 5-7 minutes. Add iceberg lettuce at end for 1-2 minutes. Season with salt and pepper. Serve right away.

Notes

You can add or substitute other greens such as: collards, turnip or beet greens, Swiss chard.



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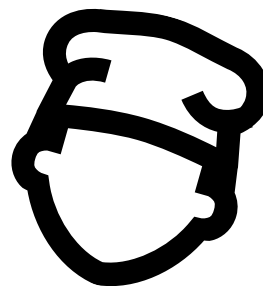
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Easy Roasted Butternut Squash

Ingredients

- 1 butternut squash
- 2 Tablespoons olive oil
- 2 cloves of garlic
- Salt to taste
- Pepper to taste
- Parsley to garnish



Directions

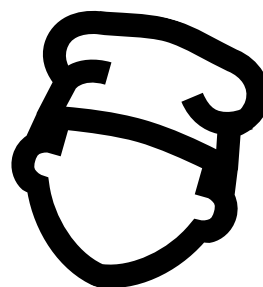
- Preheat oven to 400 degrees
- Rinse, peel, and seed the butternut squash before cutting into one inch cubes.
- Mince garlic and add to a large bowl with the olive oil.
- Add the squash cubes to the large bowl and toss. Then season with salt and black pepper.
- In a single layer, place the squash on a baking sheet and roast in the preheated oven for 25-35 minutes until lightly browned and tender. Test tenderness by piercing cube with a fork.
- Add parsley and serve.



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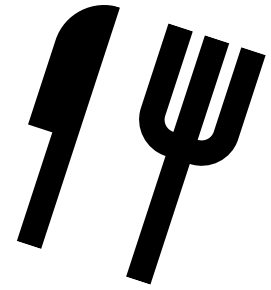
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Roasted Potatoes

Ingredients

- 1 pound potatoes
- 3 Tablespoons olive oil
- 6 sprigs fresh thyme
- Salt and pepper to taste
- 2 Tablespoons minced fresh parsley



Directions

- Have an adult help you preheat oven to 375 degrees F.
- Cut potatoes in half lengthwise. Slice into 1-inch-thick slices.
- In large bowl, mix together olive oil, salt, and pepper. Add potatoes, toss to coat. Spread evenly on cookie sheet, scatter thyme sprigs.
- Bake for 40-45 minutes. Sprinkle with parsley, serve hot.

Notes:

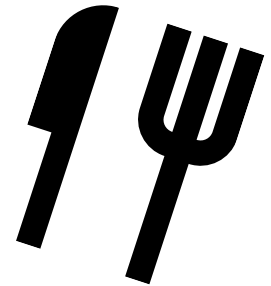
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Chocolate Chia Pudding

Ingredients:

2 ¼ cups milk or other milk alternative
¼ cup maple syrup
¼ cup cocoa powder
½ cup chia seeds

Directions:

In a medium bowl combine all the ingredients. Whisk to combine. Cover and refrigerate for 30 minutes stirring once after 15 mins. Stir again before serving.



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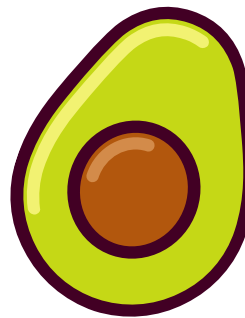
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Guacamole

Ingredients

2 large ripe avocados
2 Tablespoons of lime or lemon juice
1 small tomato
Onion, ¼ cup minced fine
1 clove garlic, minced fine
¼ teaspoon salt
Optional: 1 pinch of chili powder or Tabasco sauce



Directions

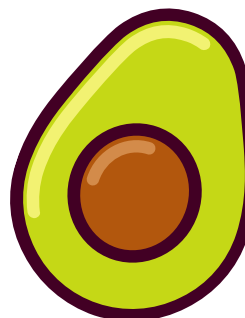
- Wash the avocados, limes or lemons and tomato under cold water.
- Using a small knife, skin the avocado and remove the pit. Scoop the fruit into a medium size mixing bowl.
- Add the citrus juice of your choice and mash into the avocado with a fork or potato masher.
- On a cutting board, finely mince the onion and garlic and chop the tomato; add to bowl.
- Add salt and spice, if using.
- Mix well and serve immediately or chilled from the fridge. Crackers, tortilla chips or carrot sticks are all great for dipping.



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Local Berry Kabobs

Fill a skewer with your favorite local berries!

Ingredients

- Strawberries
- Blueberries
- Blackberries
- Wooden skewers

Directions

- Thread the strawberries, blueberries, and blackberries alternately onto skewers, placing at least 2 pieces of fruit on each skewer.
- Arrange the fruit skewers decoratively on a serving platter.



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Salsa



Ingredients

- 1 pint cherry tomatoes
- 2 jalapeños or pick a hotter pepper, finely chop removing ribs and seeds (the insides)
- 1 teaspoon cumin
- 2 Tablespoons lemon or lime juice
- Salt and pepper to taste

Directions

- Have an adult chop the tomatoes in half and finely chop the jalapeños.
- Combine and mix ingredients in a bowl. Make sure to wash your hands after mixing because the jalapeño juices can sting.
- Enjoy with chips or top a taco salad!

Notes

You could also add fresh garlic, onions, or cilantro from your farmers market!



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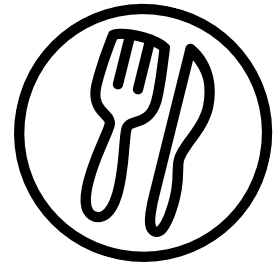
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Zucchini Chips

Ingredients

- 1 large zucchini, cut into $\frac{1}{4}$ inch slices
- $\frac{1}{2}$ cup breadcrumbs
- $\frac{1}{2}$ cup parmesan cheese
- Salt and pepper to taste
- 3 Tablespoons milk



Directions

- Preheat oven to 425 degrees and grease a cookie sheet with non-stick spray.
- Combine breadcrumbs, parmesan cheese, salt, and pepper in a small mixing bowl.
- Dip zucchini slices in milk, dip both sides in breadcrumb mixture, and place zucchini slices on cookie sheet.
- Bake for 20 minutes or until browned and crisped.

Notes: Feel free to add garlic powder, onion powder, cayenne pepper, red pepper flakes, or any other favorite seasonings to the breadcrumb mixture. Depending on the thickness of the slices, baking time may change.



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Directions

- Preheat oven to 425 degrees and grease a cookie sheet with non-stick spray.
- Combine breadcrumbs, parmesan cheese, salt, and pepper in a small mixing bowl.
- Dip zucchini slices in milk, dip both sides in breadcrumb mixture, and place zucchini slices on cookie sheet.
- Bake for 20 minutes or until browned and crisped.

Notes: Feel free to add garlic powder, onion powder, cayenne pepper, red pepper flakes, or any other favorite seasonings to the breadcrumb mixture. Depending on the thickness of the slices, baking time may change.



Mushroom Black Bean Sloppy Joes



Ingredients:

- 1 Tbsp olive oil
- 1 cup fresh mushrooms, chopped
- ½ cup chopped onion
- ½ cup chopped sweet pepper
- 1 can black beans, rinsed and drained
- 1 8-oz can tomato sauce
- 1 tsp chili powder
- Salt and pepper to taste
- 4 hamburger buns

Directions:

(Can also add brown sugar, Worcestershire sauce, or mustard to recipe)

In a large skillet have an adult help you combine all ingredients and for 15 minutes cook on medium heat until thick enough for Sloppy Joe sandwich. Put Sloppy Joe topping on hamburger buns and make sure to have a napkin nearby!

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