

FARMERS MARKET KIDS' ACTIVITY GUIDE





ACKNOWLEDEMENTS

A big thank you to Bertha Stebens Charitable Foundation whose mission is "Giving for the benefit of people in Mason City and Cerro Gordo County, Iowa, through 501(c)(3) organizations or governmental organizations." Their funding made this project possible.



The vast majority of the activities here were put together by Rachel Wirtz, a contractor with Healthy Harvest of North Iowa. When you see "Rachel's Kitchen" in our recipe source, this is who we are referring to. If you see her around, thank her for this amazing resource!



healthyharvestni.com



HOW TO USE THIS GUIDE

Dear market managers, local food advocates, partners, farmers, and volunteers, THANK YOU for your work within our local food system in North Iowa. We have put together a sampling of activities here with the hope of making our markets even more family friendly and accessible.

You will find a variety of kids' activities here; from encouraging kids to try new foods, getting their bodies moving, and family-friendly recipes. Many have accompanying worksheets (located at the back of your binder) that you may print or copy for take-home activities. Links to most of these are indicated in the activity, where applicable. Each activity has a suggested age. You know your market's demographics best, and many can be adapted for younger or older audiences.

Recipe demos - we attempt to demonstrate recipes that can be done with very little equipment because every market has different resources. Our Charlie Cart mobile kitchen and blender bike can be requested by emailing recipes@healthyharvestni.com.

Thank you again,

Mallory DeVries
Food Access Project Coordinator with HHNI



WHAT SHOULD WE LEARN ABOUT TODAY?

FOOD LITERACY & TASTING

- Taste Testing
- Mystery Tasting
- Rainbow Snack Plate
- Food Based Tie Dye
- Fruit & Veggie Bingo*
- Word Search*
- Two Bite Challenge
- Hopscotch to Try
- Sweet & Savory Mashups
- Identify the Veggies

PLANT A GARDEN

- Starting from Seeds
- DIY Window Sill Planters
- Map Your Garden
- Growing Calendar*
- DIY Garden Labels
- Bug Planters
- Recycled Material Flower Pots

NON-FOOD ACTIVITIES

- Market Treasure Hunt*
- Natural Paintbrushes
- Storytime at Market*
- Maker Space

KITCHEN SKILLS & RECIPES

Breakfast

- Smiley Face Pancakes
- Fresh Fruit Parfait
- Omelet in a Bag
- Overnight Oats

Snacks

- Fruit Dip
- Tzatziki (Cucumber Dip)
- Veggie Kabobs
- Fruit Pizza
- Homemade Ice Cream

Lunch

- Kid's Sushi
- Farmers Market Pizza
- Sliders
- Tomato Salsa

Blender

- Basic Smoothies (with variations)
- Watermelon Lemonade
- Basic Hummus (with variations)
- Summer Slushies

ADDITIONAL PRINTABLES (BACK OF BINDER)

- Food Waste Tracker
- Acorn Soup (Write a Recipe)
- Food Mileage
- Garden Dot to Dot
- Various Coloring & Educational Worksheets

*has accompanying printable/worksheet



FOOD LITERACY & TASTING



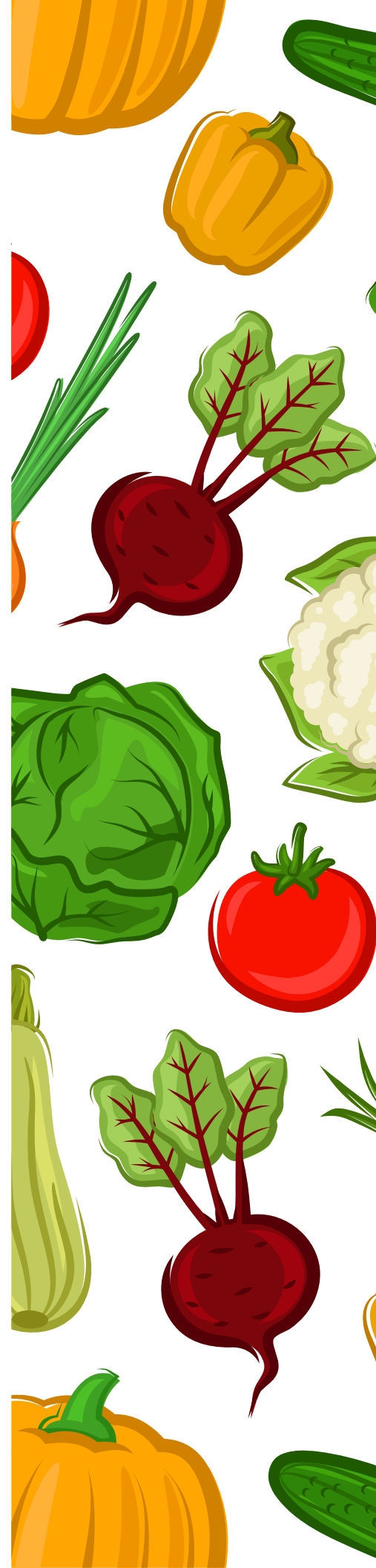
TASTE TESTING

Food Literacy & Tasting

Kids love to be given decisions. Encouraging kids to eat healthier can take some time. Research shows that kids need to try new foods many times before they will claim to like it [TEAM Nutrition Montana].

1. Choose a seasonal vegetable (or fruit, bread, cheese, etc) at market.
2. Prepare into sample sizes. When a family approaches, ask them to "cheers!" with you (or another fun phrase).
3. Let the kids (and adults too!) give a vote by having three cups labeled:
 - a. Tried It
 - b. Liked It
 - c. Loved It
4. Supply dried beans, rocks, etc for each person to cast their vote.
5. Notice there is no cup for "don't like".

See this resource in its original form at the end of this binder or go to www.opi.mt.gov/MTeamNutrition



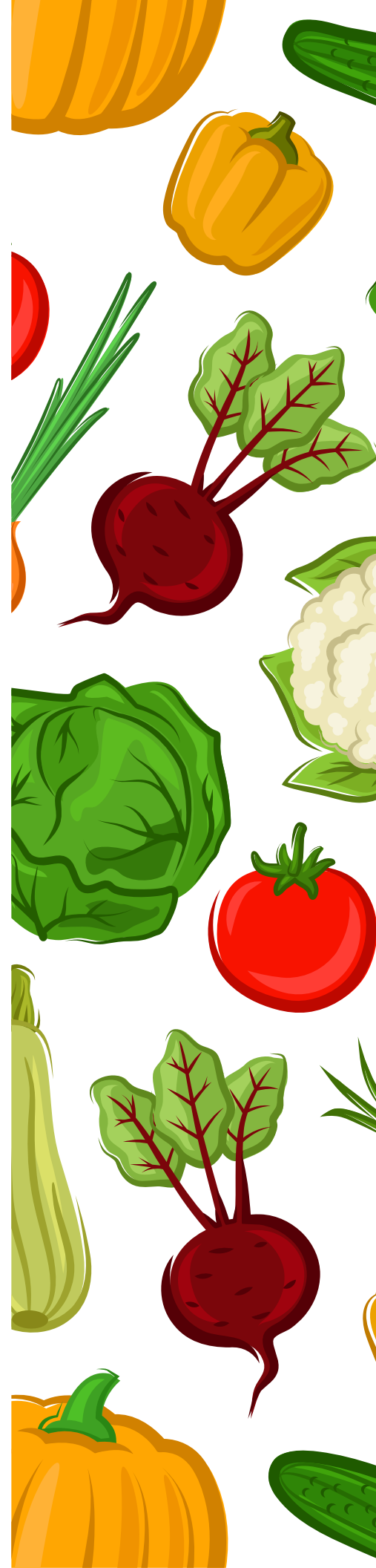
MYSTERY TASTING

Food Literacy & Tasting

This is a great way to get kids to try new things or test their senses. Having the kids try something without seeing it or knowing what it is ahead of time can open them up to foods they may have never heard of or refused to try.

1. Depending on the age group you may want to blindfold the kids before asking them to try something.
2. Put small bites into little cups and have them smell it before they try to see if they can guess what they think it might be or describe what they're expecting.
3. Talk about the nutritional properties of each fruit or veggie as you give them time to guess before they try.
4. Once they have smelled it and made their guess have them try it.
5. Ask them what they think or if they've ever tried it before. Do they know what it is, etc.

Tip: Try using produce that is in season so they can find it at the market and maybe even take some home!



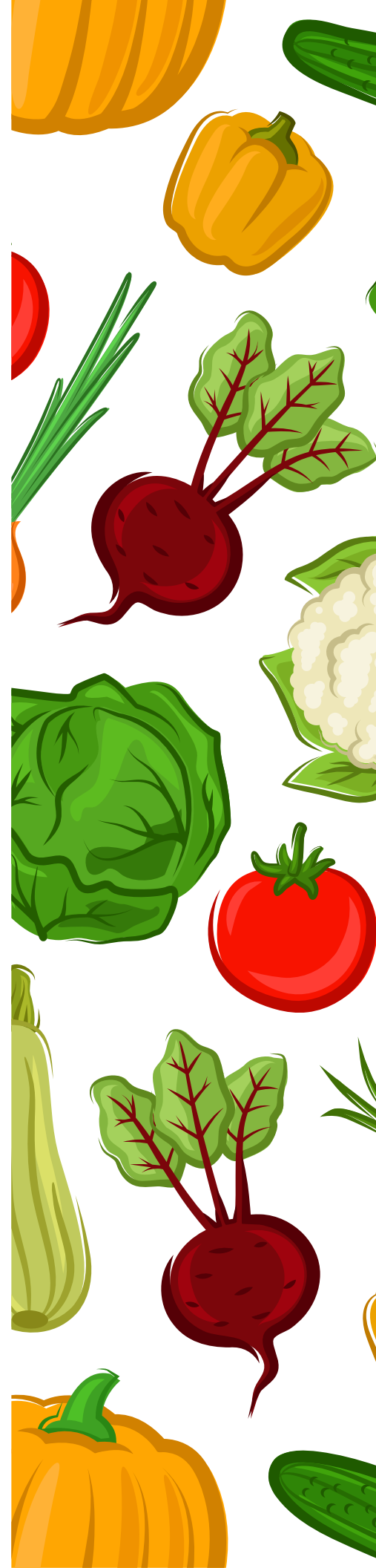
RAINBOW SNACK PLATE

Food Literacy & Tasting

Learn about how fruits and veggies provide unique nutritional value and get kids trying new things. Take the time to explain what each fruit or veggie provides for the body while letting the kids be creative with their rainbows.

1. Give each kid a plate and a variety of fruits and veggies to decorate with.
2. The fruits and veggies should be a variety of colors in order to make a rainbow.
3. Have them decorate the pieces into a rainbow and if you want to add clouds you can use dollops of whipped cream or fruit dip.
4. Pair this with the **EAT THE RAINBOW** worksheet.

Tip: If your group is advanced enough this would be an opportunity to practice knife skills and proper washing of the fruits and veggies.



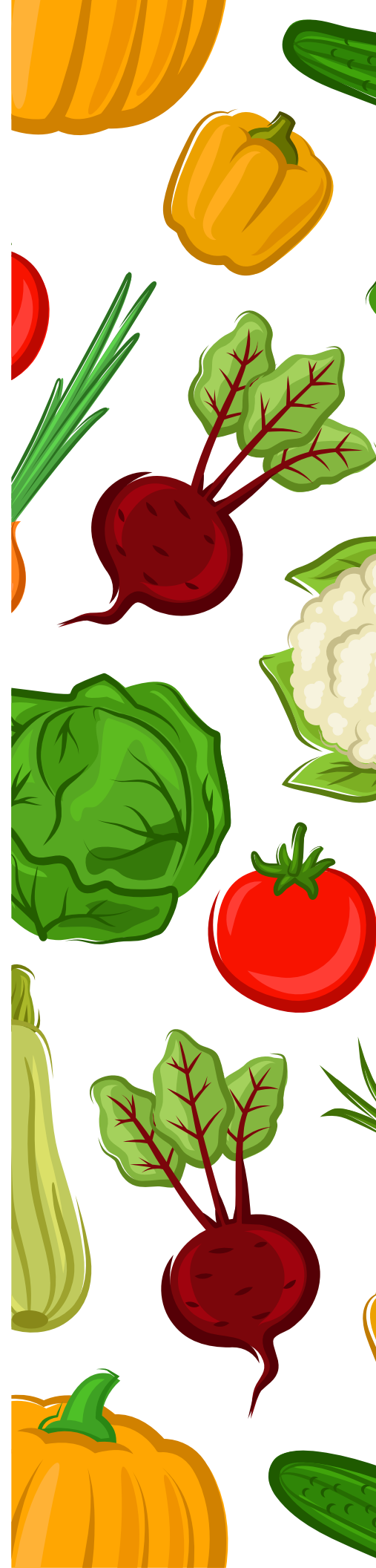
FOOD BASED TIE DYE

Food Literacy & Tasting

This activity takes some advanced time and planning, but is a favorite, fun activity!

- table salt
- fabric of choice, t-shirt or bandana
- rubber bands
- plastic bags
- large tote/ pot for soaking
- blender
- knife
- cutting board
- kettle
- cheesecloth
- large bowls for straining
- measuring cups & spoons
- funnel
- squeeze bottles
- vinegar
- food items (color ideas)
 - spinach = green
 - red cabbage = blue/purple
 - beets = pink/red
 - onion skins = yellow
 - carrots = orange

Continued next page



FOOD BASED TIE DYE CONT.

Food Literacy & Tasting

Pre-Market Preparation

1. Prepare cloth (t-shirts or bandanas work great)

- a. Pre-wash fabric in washing machine using regular soap and dry.
- b. After washing and drying soak in boiling vinegar water, mixed 1 part vinegar to 4 parts water, for 1 hour. Rinse with cold water and tumble dry.
- c. You can also rubber band your dry fabric before soaking in vinegar water and rinsing if you wish to tie dye immediately following this step.

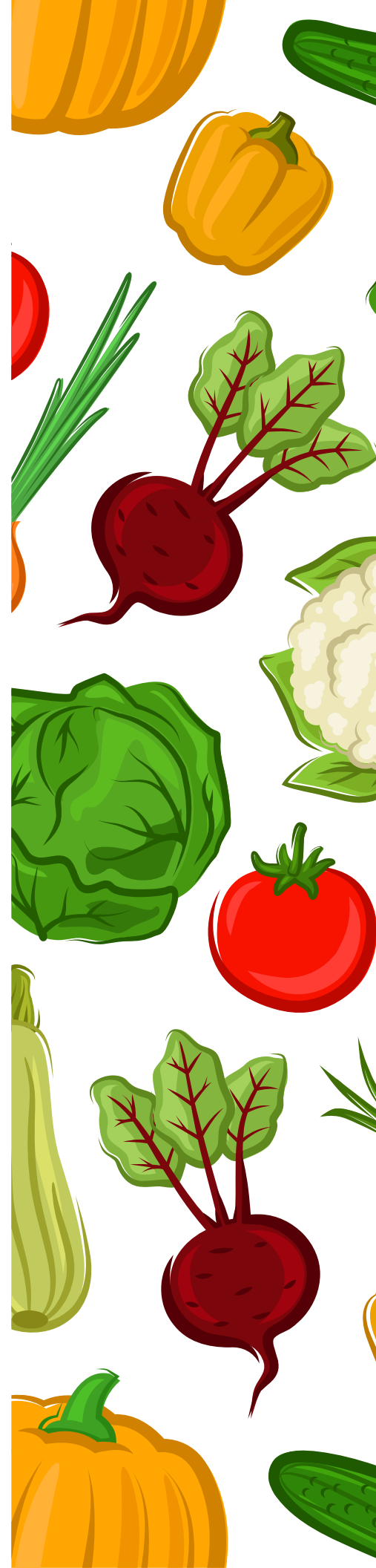
2. Prepare dye

- a. Chop up whatever fruits or veggies you've chosen into small pieces, a rough chop is fine (e.g. spinach for a pretty green and beets for a vibrant pink/red).
- b. Use approximately 1 cup of almost boiling water to 1 cup of produce. Blend for 45 seconds to a minute and strain liquid into a bowl using cheesecloth. Discard solids.
- c. Dissolve 1 tablespoon table salt per 2 cups liquid. Let cool before using.

3. Prepare ziplock bags: Mark each bag with care instructions:

Store for 8+ hours, overnight is best.
Rinse your fabric with cold water and tumble dry on low or hang to dry.)

Continued next page

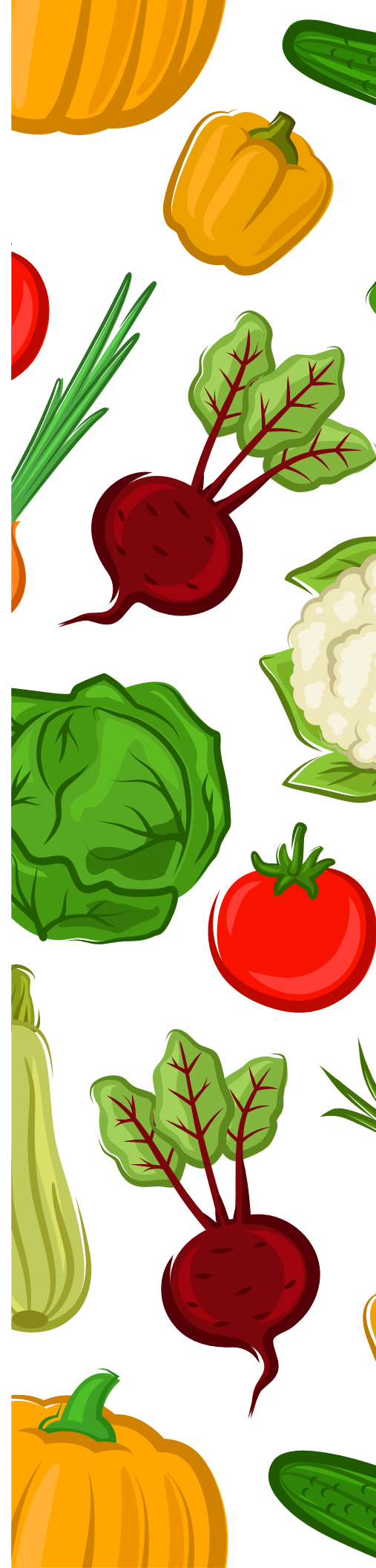


FOOD BASED TIE DYE CONT.

Food Literacy & Tasting

At Market

1. **Tie Dye:** Funnel dye into ketchup style squeeze bottles or you can dip your fabric into bowls of dye if desired. A little dye goes a long way because the fabric will soak it in.
2. If you chose to dry your fabric after the vinegar soak, apply rubber bands to dry fabric and dip into warm water before dyeing.
3. Once you're finished designing place the fabric in a plastic bag marked with care instructions to take home. (Store for at least 8 hours, overnight is best. Rinse & Finish: After the waiting period is up rinse your fabric with cold water and tumble dry on low or hang to dry.)



FRUIT & VEGGIE BINGO

Food Literacy & Tasting

A fun twist on a old favorite game. Use this game to teach kids about the health benefits of fruits and veggies while having some fun!

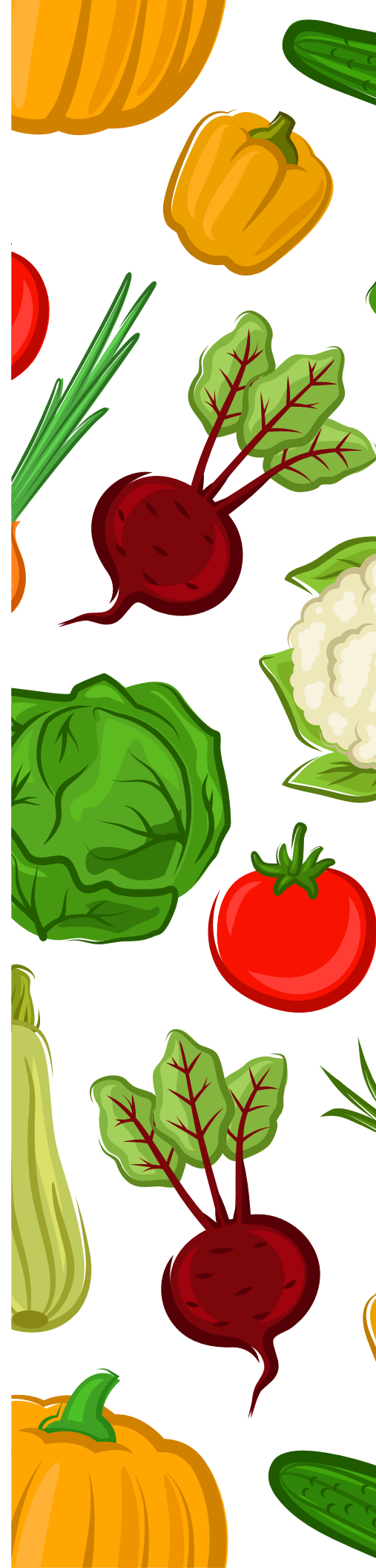
Pre-Market Preparation

1. Print bingo cards from url indicated below or make copies of the Fruit & Veggie Bingo worksheets.

At Market

1. Give each kid a card and some form of a place marker, beans work well.
2. Instruct the kids on what type of bingo you are looking for that round, four corners, blackout, or five in a row.
3. As you call each fruit or vegetable, ask them if it is something that grows in Iowa!
4. Once they have achieved the pattern your looking for they should yell "veggie bingo".
5. Prizes could include: farmers market bucks, stickers, bubbles, etc!

From: <https://livesimply.me/get-your-kids-to-love-veggies-the-live-simply-fruit-and-veggie-bingo-game/>



FRUIT & VEGGIE WORD SEARCH/ PUZZLES

Food Literacy & Tasting

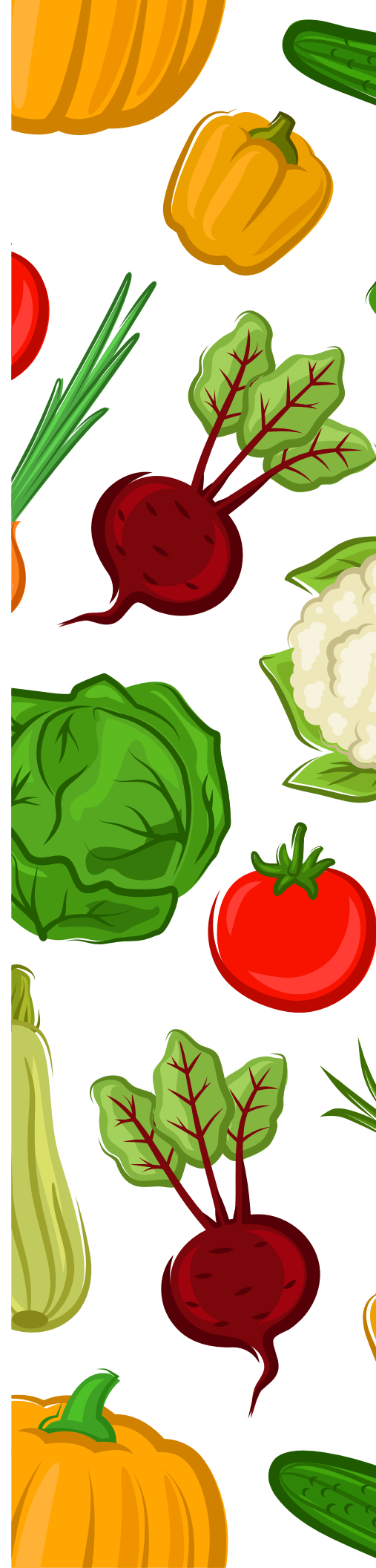
Use a word search generator to create a word search containing all kinds of things kids might find at a farmer's market. You can add an extra challenge by asking them to draw the fruits or veggies once they find the words in the search.

A Vegetable Cross Word is available in this binder.

Alternatively, you can find more resources at:

<https://tools.atozteacherstuff.com/free-printable-crossword-puzzle-maker/>

<http://puzzlemaker.discoveryeducation.com/CrissCrossSetupForm.asp>

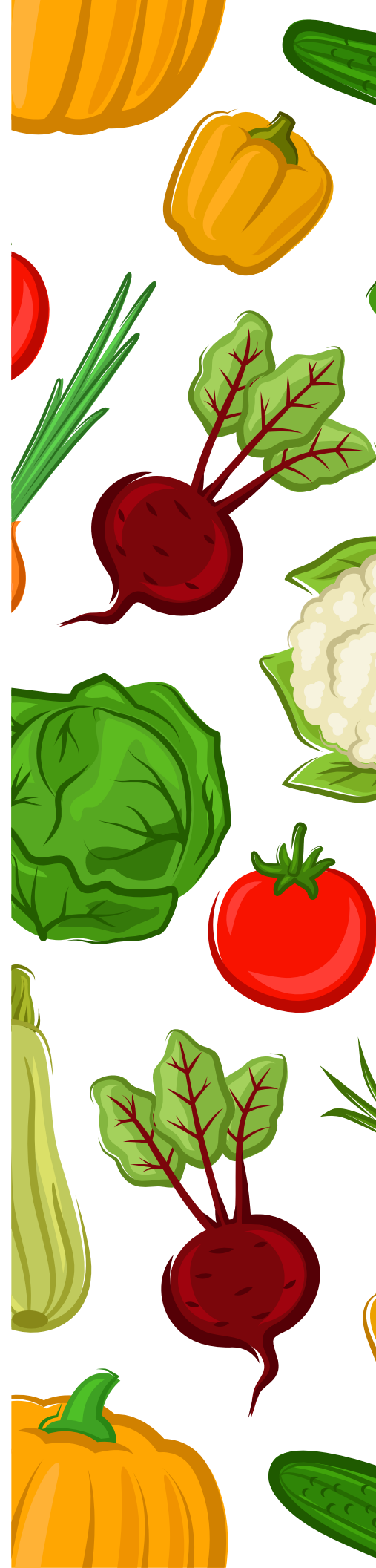


TWO-BITE CHALLENGE

Food Literacy & Tasting

From the Power of Produce Club - Challenge picky eaters, the doubters, and the curious to have a two-bite challenge.

1. Find what's available at the market: from peppers, watermelon, zucchini, tomatoes, beans, carrots, kale, onion, chard, beets, cucumbers, and peas, two bites is all it can take to turn a skeptic into a fanatic.
2. Offer some incentive - a sticker, farmers market bucks, bubbles, etc.
3. Tip: if possible, try out different preparation methods (raw versus grilled versus sauteed, etc).



HOPSCOTCH TO TRY

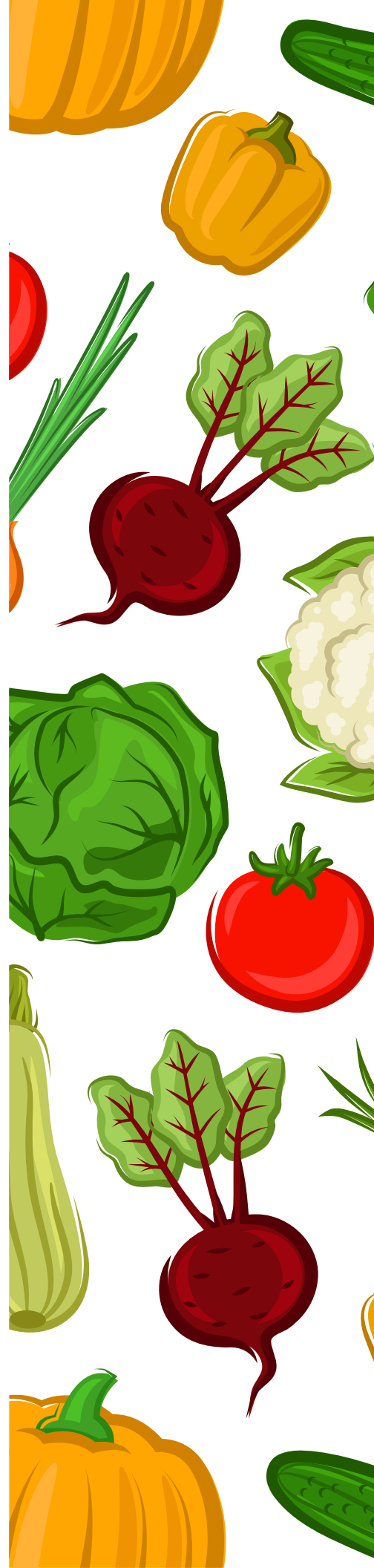
Food Literacy & Tasting

Supplies

1. Chalk
2. Rock (something safe to toss that won't bounce)
3. Cut up fruits or veggies of choice

Description

1. Sketch out a hopscotch game with however many squares you have a food items for.
2. Draw the fruits and veggies in the squares with their names. Only put one food item per square.
3. Have the kids take turns tossing the rock onto the hopscotch layout, hopping to the square, picking up the rock, and hopping back.
4. When they return have the food item that their rock landed on ready for them to try.
5. Encourage them to take several turns and try a few different items.



SWEET & SAVORY MASHUPS

Food Literacy & Tasting

Supplies - Sampling ideas

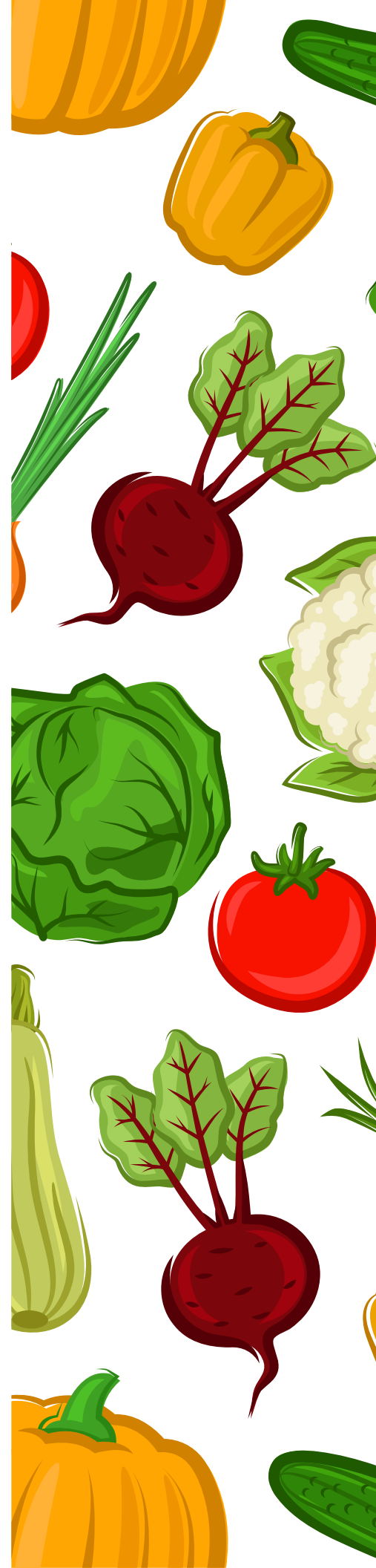
- Cheddar + Apple
- Local Bacon + Pineapple
- Strawberry in Balsamic Dressing
- Melon + Salt
- Melon + Olive Oil
- Roasted Carrots + Honey
- Dried Fruit + Fresh Herbs
- Winter Squash + Maple Syrup

Description

1. Have three separate samples available: one of each ingredient on its own and a third one with sweet + savory combined.
2. Have kids (and adults!) try each one, reserving the combination for last.
3. Ask them to give a thumbs up or a thumbs down!

Tip: Make sure at least one of the ingredients is available to purchase at market that day.

Some of these combos need advanced preparation.



IDENTIFY THE PRODUCE

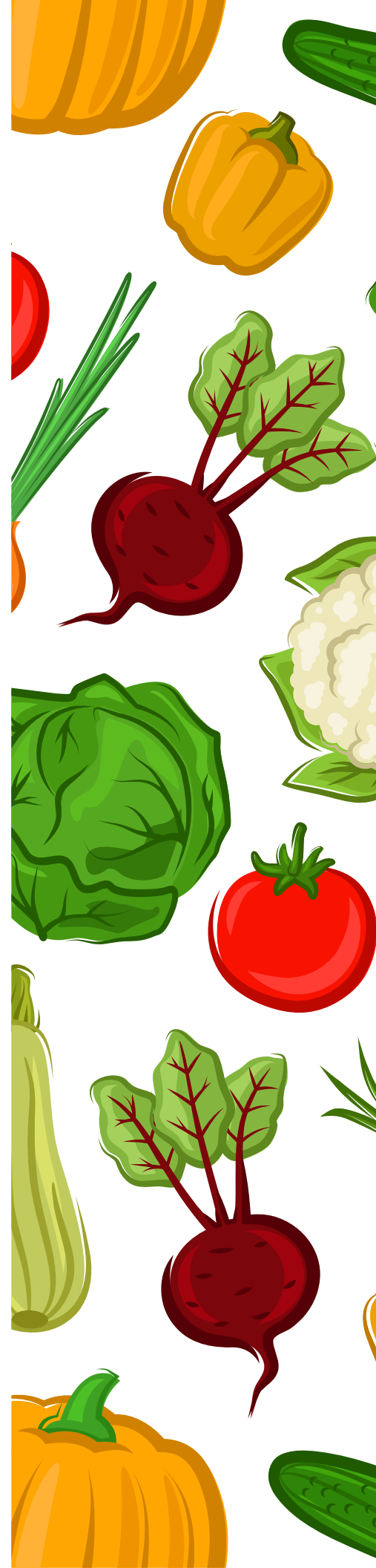
Food Literacy & Tasting

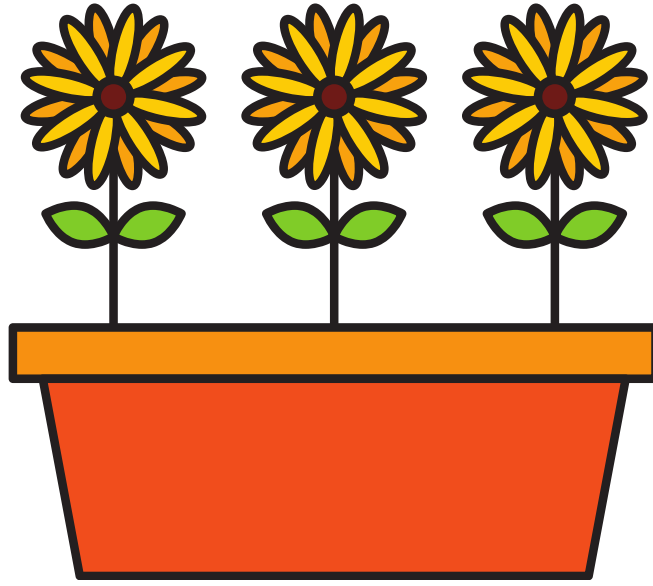
Supplies

1. List of common food items that can be found at the farmer's market
2. Writing utensils

Description

1. Have the kids work in pairs and walk through the farmer's market in search of all of the items on the list.
2. Add a bit of a challenge by using less common food items or by asking them to look for something they've never tried before.





PLANT A GARDEN



STARTING FROM SEED

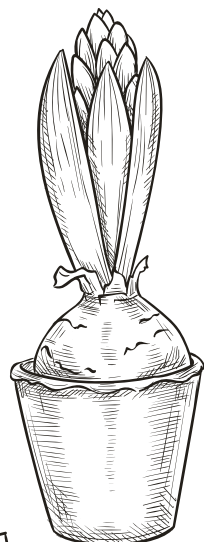
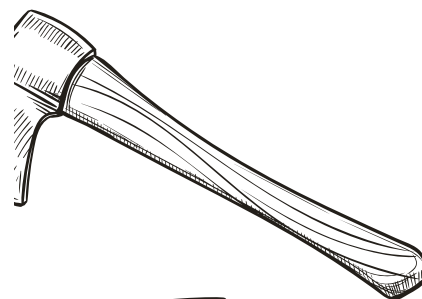
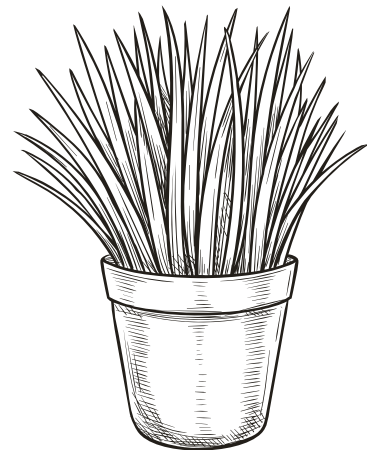
Planting a Garden

It's important to know when the seeds your planting will be "in season". You can find this information on your seed packets. You should also watch for which zones your plants like to grow in. Your local greenhouse would be a great place to ask questions and get seeds from!

1. When you start your seed it's nice to put them in individual containers and keep a close eye on them.
2. Make sure they have enough water to grow and fertilize if necessary. (check the seed packet for this information)
3. When you're ready to plant them in the ground make sure you give them enough space to grow. Ex. tomatoes grow tall and vine out so they will need lots of space and something to climb. A fence or tomato cage works well.

Tips:

1. Use old egg cartons to start your seeds.
2. Keep the seeds in a sunny window if you start them in the spring, this way they won't get too cold over night.
3. Always be sure to label your seeds because once they're in the dirt you won't be able to tell what they are until they sprout!
4. Fill out a growing calendar to remind yourself when you need to water, fertilize, and when you can expect to start harvesting! (see growing calendar page)



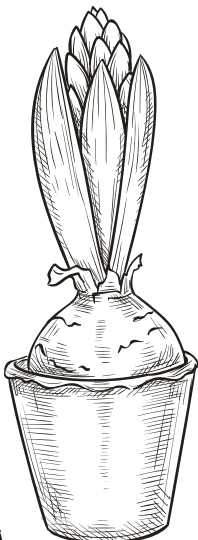
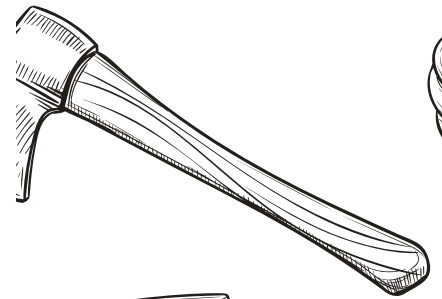
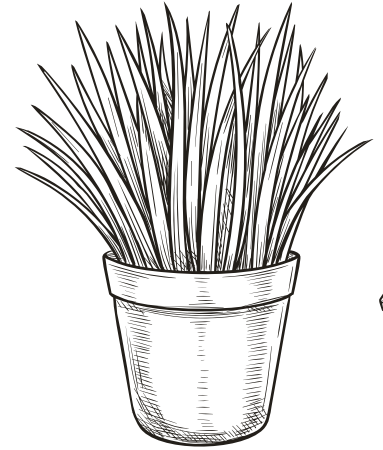
DIY WINDOW PLANTERS

Planting a Garden

It's nice to have plants inside too! In your window you can grow house plants, herbs, succulents, etc.! Add some flare by making the window planter yourself!

1. You can use old flower pots and paint them fun colors.
2. You can reuse burlap sacks to line your planter box or whatever container you chose to hold moisture and keep the dirt in.
3. Old coffee cans, egg cartons, milk containers all make great options for window planters. Make sure you poke holes in the bottom and set them on a plate. Drainage holes help to make sure the plant isn't over watered!

Tip: If you are planning to do herbs in your window planters it's better to use separate containers. This is because sometimes the herbs will grow together and they will fight for nutrients from the soil making it hard for them to grow.



MAP YOUR GARDEN

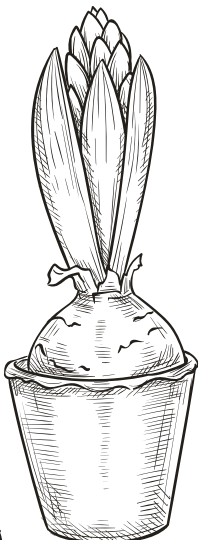
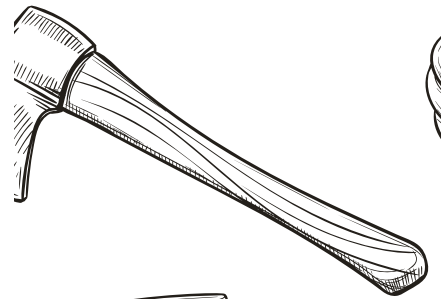
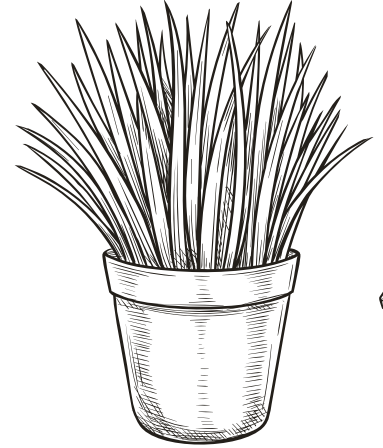
Planting a Garden

Before you start planting make a layout of where you plan to plant all of your seeds or plants. This way you can make sure you have a spot for everything and you will remember what plants are where!

1. Draw out on a sheet of paper a square or rectangle or whatever shape your garden is.
2. Make sections in your garden for where you want to place your veggies.
3. Make sure all of your plants have enough room to grow. They start out small but some can grow a few feet in each direction!

Tips:

1. Make note of what kinds of plants you're planting. Does it require something to hang onto? Like a tomato plant or snap peas? If so, make sure you plant those in an area of your garden where you can put a tomato cage, a fence, or a trellis of some kind.



GROWING CALENDAR

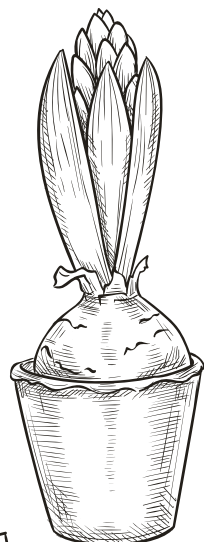
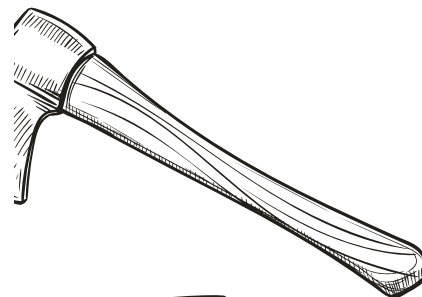
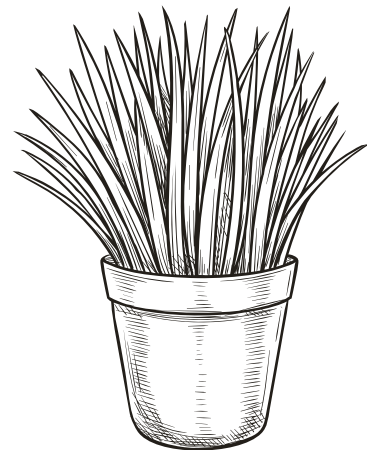
Planting a Garden

Provide a growing calendar as early in the season as possible (i.e. very first farmers market). Provide a packet of seeds if available. Contact your local extension office, FFA/4-H kids to see if they want to lead this activity!

Seed Savers also sometimes donates seeds. Ask around!

The best plants for kids to easily grow include:

- beans
- radishes
- microgreens
- zucchini
- peas
- sunflowers



Start Seedlings Indoors Plant/Transplant Outdoors Harvest

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
			Kale					Kale			
				Lettuce			Lettuce				
					Lettuce		Lettuce				
				Onions							
					Brussels Sprouts						
		Cabbage									
					Cabbage						
						Cauliflower					
						Celery					
				Spinach							
					Spinach			Spinach			
				Broccoli				Broccoli			
					Sweet Potato						
				Peas							
					Tomato						
					Eggplant						
					Pepper						
					Winter Squash						
					Summer Squash						
				Beets				Beets			
				Carrots				Carrots			
					Carrots						
					Potato						
					Cucumber						
					Melons						
					Corn						
					Beans						

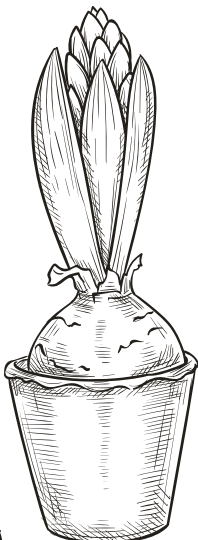
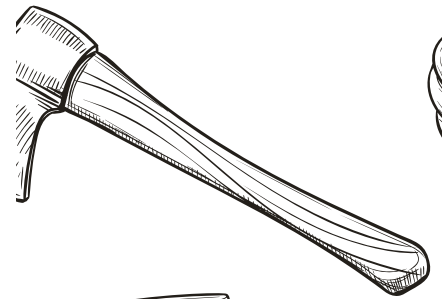
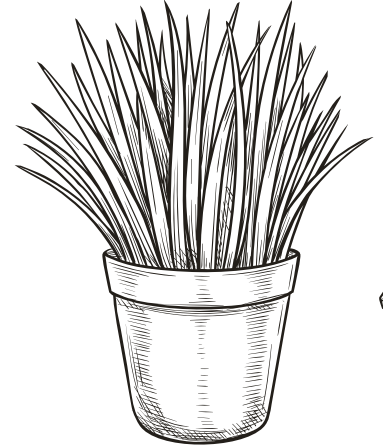
Frost Free Zone

DIY GARDEN LABELS

Planting a Garden

After you plant your seeds it's important to know where you planted them and what they are in your garden. By adding labels at the end of your rows you will be able to remember what is going to be popping up in that spot!

1. Make a list of all of the seeds you plan to plant in your garden. Be specific if you plant varieties of the same thing. EX. Cherry Tomatoes, Heirloom Tomatoes.
2. Using the large popsicle sticks, paint each one front and back. Let them dry completely. (use waterproof paint in case of rain)
3. Use a sharpie or paint the names of the plants on the popsicle sticks. Make sure to leave a few inches on the bottom where it will stick in the ground. Write on both sides if desired. Let dry.
4. Stick them at the end of your rows when you plant your seeds.



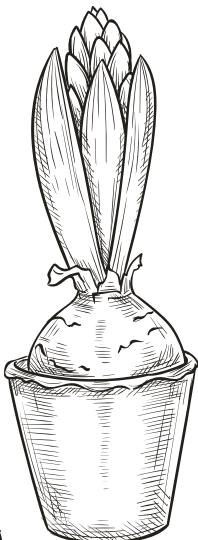
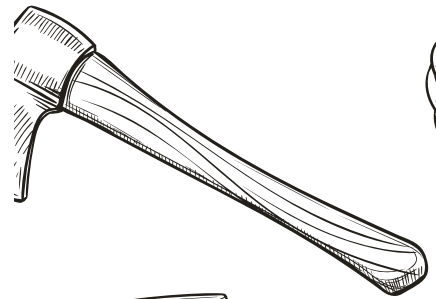
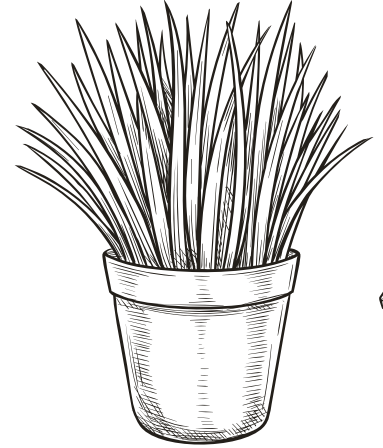
BUG PLANTERS

Planting a Garden

If you start your plants from seed before it's warm enough to plant them in the ground many times it's helpful to keep them inside or in a controlled environment.

1. Using paper cups or old plastic plant container, decorate with googly eyes, paint, markers, pipe cleaners, etc. to make into bugs.
2. Make sure to add drainage holes if needed.
3. Once decorated, fill with soil and stick in your seed.
4. Water as needed until the seed starts to sprout.
5. Keep them in a cluster in order to create a "family" of bugs.

Tip: Be sure to label what seeds are in which planter.



RECYCLED MATERIAL FLOWER POTS

Planting a Garden

Teach kids how to use recycled materials that can be found around the home to make planters.

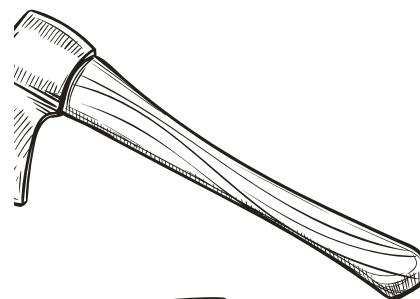
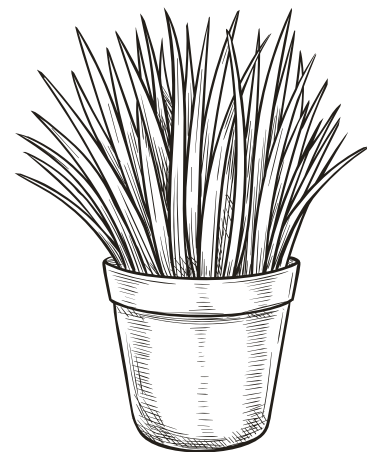
Supplies

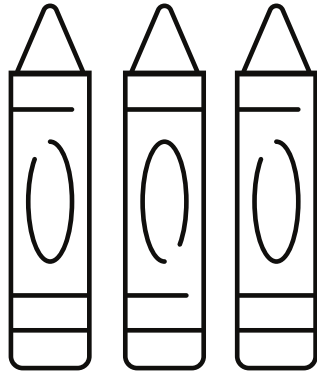
1. Soil
2. Seeds
3. Spoons for soil
4. Material Ideas
 - a. Newspaper
 - b. Toilet paper rolls
 - c. Cardboard cartons
 - d. Plastic cartons & Bottles
 - e. Egg shells and/or egg cartons
 - f. Fruit peels
 - g. Old boots or shoes

Tip: Make sure to have samples made up prior to market open. Find step-by-step tutorials here:
<https://www.sunhatsandwellieboots.com/2020/03/10-simple-recycled-plant-pots-for-kids.html>



Ages: 4 and up





NON-FOOD ACTIVITIES



FARMERS MARKET SCAVENGER HUNT

Non-Food Activities

A super fun activity for kids to complete while the grown-ups do their shopping.

1. Hand out these sheets to kids as they enter the market and supply a pencil.
2. Decide how many they need to find to win a prize!
3. Ask the kids to show their worksheets before they leave to get their reward (stickers, bubbles, farmers market bucks, coloring page, seed packet, fruits/veggies!



NATURAL PAINTBRUSHES

Non-Food Activities

Supplies

- Fresh cut flowers
- Hardy herbs
- Various Vegetables, chopped
- Unique Market Finds
- Washable Paint
- Paper (see instructions)

Instructions

1. Depending on what space you have available, either lay large rolls of paper on ground or have table set up with letter-sized paper. Get creative here - cardboard? Newspaper?
2. Set up large wells of paint - large enough opening for things like sunflowers to dip!
3. Have kids test out different items as paintbrushes and make unique marks on paper!



STORYTIME AT MARKET

Non-Food Activities

Ask your local library if they would like to come set up at the market! Provide their tent space, a nice chair, and a carpet or bean bags for kids to sit on! If you cannot get a librarian to come, below are some book recommendations for anyone to read aloud! Many of these books will pair well with other activities or worksheets in this binder.

1. Farming by Gail Gibbons (or anything, really, by this author!)
2. Before We Eat by Pat Brisson & Mary Azarian
3. Meet Me at the Farmers Market by Lisa Pelto
4. How Did That Get in My Lunchbox?: The Story of Food by Chris Butterworth
5. The Apple Orchard Riddle by Margaret McNamara
6. The Beeman by Krebs, Laurie, and Valeria Cis
7. Right This Very Minute, by Lisl H. Detlefsen
8. Too Many Tomatoes by Eric Ode
9. The Apple Pie Tree by Zoe Hall
10. Bee-bim Bop! by Linda Sue Park
11. Everybody Bakes Bread by Norah Dooley
12. Green is a Chili Pepper by John Parra

Printable bookmarks for kids to color included in this binder!

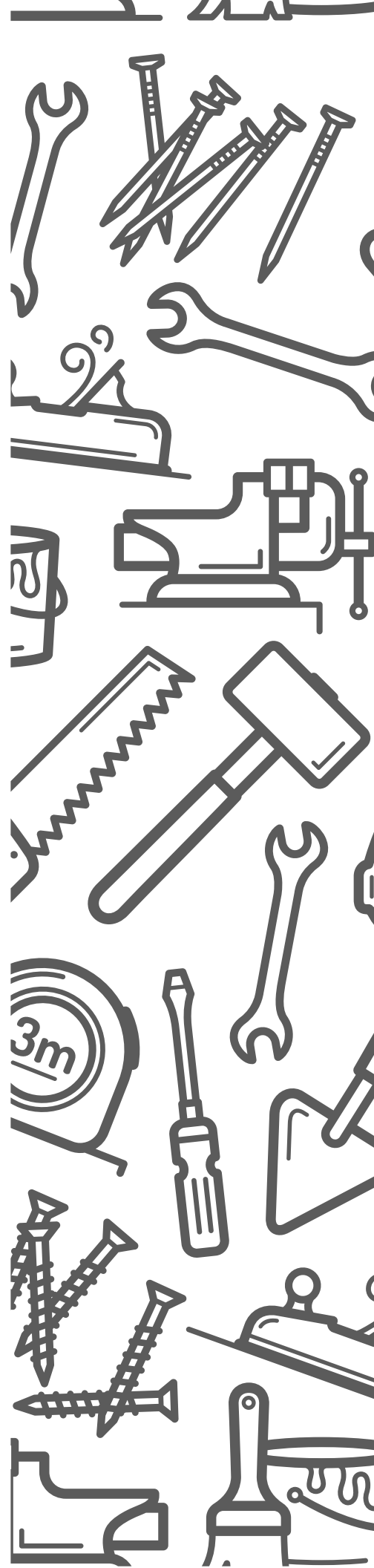


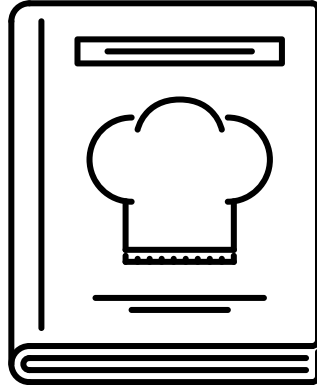
MAKER SPACE

Non-Food Activities

Inspired by Clear Lake markets past, this activity requires advanced set-up, but is a more hands-off style - a space for kids to create while the grown-ups shop.

1. Community Volunteer(s)
2. Tent
3. Tables
4. Craft Materials
 - a. Simple birdhouses, boxes, pumpkins, gourds, etc
 - b. Paint
 - c. Popsicle Sticks
 - d. Yarn
 - e. Scrap Wood
 - f. Play-dough
 - g. Pipe Cleaners
 - h. Pom-Poms
 - i. Markers
 - j. Stickers
 - k. Paper, Cardboard, etc.
 - l. Glue, Tape, etc.
5. Sensory Bin fun
 - a. play-dough
 - b. snap some asparagus
 - c. play with squash guts
 - d. smooch some tomatoes for sauce





KITCHEN SKILLS & RECIPES





SMILEY FACE PANCAKES

RECIPES: BREAKFAST
SERVES 6

INGREDIENTS

- 2 cups flour
- 2 tablespoons sugar
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 1 3/4 cups milk, as needed
- 2 eggs
- 2 tablespoons melted butter
- Fruit or choice or chocolate chips for smiley face

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
 2. Whisk milk, eggs and melted butter.
 3. Combine dry ingredients in a bowl and whisk.
 4. Create a well in the middle and add wet ingredients. Stir just until combined, batter should look slightly lumpy. It should be slightly thick but should still be able to pour fairly smoothly. You may need to add a bit more milk.
 5. Preheat a griddle or frying pan over medium heat (or to 350°F). Lightly grease with butter or olive oil. Pour ¼ cup batter for each pancake and cook on one side until bubbles form and begin to pop, about 2 minutes. Flip and cook on the other side about 1-2 minutes.
 6. Decorate your smiley face with fruit or chocolate chips to serve!
- Adapted from: <https://www.spendwithpennies.com/fluffy-pancakes/>

**SKILLS PRACTICED: SAFETY, WHISKING, CHEMISTRY,
MEASURING**



FRESH FRUIT PARFAIT

RECIPES: BREAKFAST
1 SERVING

INGREDIENTS

- 1/2 to 1 cup vanilla yogurt
- 1/2 cup granola (or other dry cereal)
- 1/2 large bananas, sliced
- 1/8 cup berries
- 1 strawberry, quartered

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Each child will get their own clear plastic cup.
3. Layer half of the yogurt, half of the granola, the banana, and berries. Repeat and then top with strawberries (or other seasonal fruits)

SKILLS PRACTICED: KNIFE SKILLS, MEASURING



OMELET IN A BAG

RECIPES: BREAKFAST

INGREDIENTS

- 2 eggs per bag
- onions
- peppers
- ham
- cheese
- spinach
- mushrooms
- salt and pepper

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Crack eggs into a quart size freezer bag.
3. Add 2 spoonfuls of each desired ingredient and a dash of salt and pepper.
4. Shake the bag to mix ingredients together.
5. In a large pot bring water to a gentle boil and add bag.
6. Cook for 12-13 minutes or until omelet begins to take shape.

Adapted from: Rachel's Kitchen

SKILLS PRACTICED: CHEMISTRY



MIXED BERRY OVERNIGHT OATS

RECIPES: BREAKFAST
1 SERVING

INGREDIENTS

- 1/2 cup plain greek yogurt
- 1/2 cup almond or dairy milk
- 1/2 cup rolled oats
- 1/2 cup seasonal berries, chopped
- 1/4 of a banana, sliced
- optional: 1 tsp local honey

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. In small reusable glass jars or plastic containers, have the yogurt pre-portioned for each child. Lids can be pre-written with reminder: "refrigerate overnight and eat for breakfast, hot or cold."
3. Have the kids measure and pour remainder of ingredients into their container and mix well. Put on lids and send home with them.

Adapted from: <http://www.pipercooks.com/cinnamon-bun-overnight-oats/>

SKILLS PRACTICED: MEASURING



FRUIT DIP

RECIPES: SNACKS

SERVES 12

INGREDIENTS

- 1/2 cup vanilla yogurt
- 1 tbsp honey
- fruit of choice
- optional: a pinch of fresh ginger

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. In small reusable glass jars or plastic containers, have the yogurt pre-portioned for each child.
3. Have the kids measure and pour remainder of ingredients into their container and mix well.
4. Kids can choose which fruits they want to take with them - use what is seasonal - strawberries, blueberries, apples, etc.

SKILLS PRACTICED: MEASURING



TZATZIKI (CUCUMBER DIP)

RECIPES: SNACKS
1 SERVING

INGREDIENTS

- 1 cucumber, divided
- 2 sprigs fresh mint or dill
- 1 clove garlic, crushed
- 1 tsp lemon juice
- 1/4 cup greek yogurt
- pepper to taste
- seasonal veggie sticks for serving

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. In small reusable glass jars or plastic containers, have the yogurt pre-portioned for each child.
3. Slice the cucumber in half. Grate one half of the cucumber and set aside other half for serving. Squeeze out as much water as possible from the grated cucumbers and place into your container. Snip herbs with scissors or use your fingers.
4. Use a mortar and pestle to grind garlic into a paste or mince it. Add garlic, herb(s) of choice, lemon juice, and some black pepper into the container.
5. Cut remainder of cucumber into sticks for serving. Also great with chips, carrots, peppers, etc.

SKILLS PRACTICED: MEASURING, KNIFE SKILLS



VEGGIE KABOBS

RECIPES: SNACKS

INGREDIENTS

- hard cheese of choice
- cherry tomatoes
- cucumber
- broccoli
- bell pepper of choice
- whole olives
- carrots

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Wash all veggies and let dry.
3. Cut veggies and cheese into bite sized pieces (make sure they are big enough to go on a skewer)
4. Place veggies and cheese on a skewer in a pattern of your choice (a rainbow pattern is fun and adds a challenge)
5. Eat the veggies raw, with ranch dressing, or dip of choice!

Adapted from: Rachel's Kitchen

SKILLS PRACTICED: SAFETY, FINE MOTOR SKILLS, KNIFE SKILLS



FRUIT PIZZA

RECIPES: SNACKS

INGREDIENTS

- 3/4 cup butter, softened
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 8 ounces cream cheese
- 1/3 cup sugar
- 1 teaspoon vanilla
- sliced fruit of choice

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Preheat oven to 400 degrees.
3. In a large mixing bowl cream butter and sugar. Add eggs and vanilla.
4. Gradually add flour, baking powder and salt.
5. Press into greased tart dish or pizza pan and bake 10-12 minutes.
6. Combine cream cheese, sugar and vanilla. Gently smooth onto warm crust.
7. Top with fruit.

Adapted from: <https://julieblanner.com/easy-fruit-pizza-recipe/>

SKILLS PRACTICED: SAFETY, MEASURING, KNIFE SKILLS



HOMEMADE ICE CREAM

RECIPES: SNACKS
SERVES 2

INGREDIENTS

- 1 cup half n half
- 1 1/2 teaspoons vanilla
- 1 tablespoon sugar
- ice
- 1/4 cup salt
- ziploc bags, 1 large, 1 small

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Pour 1 cup of half and half into a small ziploc bag.
3. Add 1.5 teaspoons of vanilla extract and 1 tablespoon of sugar.
4. Seal the bag firmly and get any excess air out.
5. In the larger ziploc bag, fill it about 1/2 way with ice. Add 1/4 cup of salt.
6. Then add your small bag and fill with extra ice on top. Seal the large bag.
7. Get gloves for shaking and shake for 6 minutes. *Gloves are needed since the salt makes the ice extra cold.
8. Take the small bag out of the large bag and rinse the outside of the small bag with cold water. Make sure to rinse out the top part of the bag also (above the seal).
9. Once done rinsing, carefully open the small bag to not get any remaining salt from the outside of the bag inside the bag.
10. The ice cream will be a little icy looking to start. Use a spoon to mix it around and soften it up a bit. Scoop out and enjoy!

Adapted from: <https://www.thebestideasforkids.com/ice-cream-in-a-bag/>

SKILLS PRACTICED: MEASURING



KIDS SUSHI

RECIPES: LUNCH
SERVES 4

INGREDIENTS

- 4 tortilla shells
- 4 tablespoons cream cheese
- 8 slices of turkey
- 2/3 cup shredded carrots
- 1/2 cup shredded cheese
- 1 avocado, sliced
- Dipping sauce of choice

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Lay out 1 tortilla shell and cut the edges to make more of a square shape. Spread 1 tablespoon of cream cheese in a nice thin layer. Sprinkle your shredded cheese over the cream cheese in a nice even layer.
3. Toward the bottom of the shell lay out your meat, carrots, and avocado in a nice line, doesn't have to be perfect.
4. Fold the bottom of the tortilla shell over your line of filling and press firmly while continuing to roll up the shell so it stays tight.
5. Slice the roll into equal size pieces and serve with your sauce of choice.

Adapted from: Rachel's Kitchen

SKILLS PRACTICED: MEASURING



FARMERS MARKET PIZZAS

RECIPES: LUNCH

INGREDIENTS

- Mini pizza crusts (prebaked)
 - naan
 - flatbread
- Pizza Sauce or Pesto
- Mozzarella
- Seasonal Toppings
 - Spring: spinach, chives, meats
 - Summer: Tomato + Basil, Pepperoni + Green Pepper
 - Fall : Roasted squash + Bacon, Apple

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Make an assembly line and assemble pizzas.
3. Package to take home or bake at 375 for about 4-5 minutes.

Adapted from Dinner-Mom

SKILLS PRACTICED: FINE MOTOR



SLIDERS

RECIPES: LUNCH

INGREDIENTS

- 1 egg
- 1 lb ground turkey or beef
- 1/2 panko bread crumbs
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 2 teaspoons parsley
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Top with market vegetables
 - tomatoes
 - greens
 - pickles
 - fried egg
 - microgreens
 - onion

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so, having kids take turns preparing.
2. In a small bowl, beat egg with a fork until yolk is broken and scrambled.
3. In a large bowl, combine ground turkey, egg, spices and panko. Mix until combined.
4. Oil hands to keep the meat juicy. Form patties into eight small round balls, then flatten into patties as flat as you can.
5. Either on the grill or in a frying pan, the adult should cook on medium heat for three minutes on each side. Check inside, burgers should be cooked and not pink.
6. Top with cheese and veggies and slide them on to your favorite slider sized buns or rolls!

Adapted from: <https://onmykidsplate.com/turkey-burger-sliders-recipe/>

SKILLS PRACTICED: MEASURING, SAFETY



TOMATO SALSA

RECIPES: LUNCH
MAKES PARTY-SIZED BOWL

INGREDIENTS

- 6 tomatoes
- 2 tbsp fresh cilantro
- 1/2 red onion
- juice of one lime
- 1/2 tsp salt
- tortilla chips

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Cut the half onion into small pieces.
3. Quarter the tomatoes and chop them into small pieces.
4. Put them in a bowl with the onion and lime juice. Chop cilantro leaves and mix in.
5. Get creative - what else can you add? Sweet Corn? Bell Peppers?
6. Stir all and portion into sample cups for kids to eat with tortilla chips!

SKILLS PRACTICED: KNIFE SKILLS

BASE RECIPE: SMOOTHIES

RECIPES: BLENDER
SERVES 2



INGREDIENTS

- 1/2 cup greek yogurt
- 1/2 cup liquid
 - milk (dairy, almond, coconut, etc)
 - juice or;
 - water
- 1 banana (optional)
- 1/2 cup fruit (fresh or frozen)
- 1/2 cup greens
 - spinach
 - kale
- 1 tbsp sweetener
 - honey
 - maple syrup
 - peanut butter
- 1/2 cup ice (optional)

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Prep fruit and greens by removing skins or seeds that are not edible, such as husk of strawberry.
3. Mix all ingredients together in a blender.
4. Be creative with ingredients that you can find at market that day.
5. Serve immediately & enjoy.

Note: Add the ice cubes if you'd like a thicker or colder drink;

Combination Ideas: Strawberry Banana, Greens Smoothie, Maple Smoothie, Berry Smoothie, etc.

SKILLS PRACTICED: MEASURING



WATERMELON LEMONADE

RECIPES: BLENDER
SERVES 8

INGREDIENTS

- 1.5 lbs watermelon, cubed and seeded
- 1 cup fresh-squeezed lemon juice
- 1/2 cup local honey
- 6 cups water
- herbs of choice (mint, basil, thyme, etc)

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Add the watermelon, lemon juice, honey, and 2 cups of water. Blend until smooth.
3. Pour into large pitcher and add remaining water. Add more honey to taste and herbs if desired.
4. This could be a fun way to do a taste test: mint versus basil flavor, etc.

SKILLS PRACTICED: MEASURING



BASIC HUMMUS RECIPE

WITH VARIATIONS
RECIPES: BLENDER

INGREDIENTS

- 2 cans chickpeas
- 1 tbsp tahini
- 1 tbsp olive oil
- 1 clove garlic
- juice of one lemon
- 1 tsp salt

- Variations

- Springtime: Roasted Beet Hummus
- Summer: Green Goddess (herbs)
- Fall: Sweet Potato Hummus

Find more details on variations at
healthyharvestni.com/basic-hummus-recipe

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. For a basic hummus recipe, add all ingredients to a blender or food processor and blend until smooth. If omitting tahini, or if it seems too dry, add more oil.
3. See variations above (pre-roast beets or potatoes, etc prior to market - cold is great. Add these in at same time as other ingredients.
4. Portion into sample cups for each child to eat with veggie sticks, crackers, bread, etc.

SKILLS PRACTICED: MEASURING, SAFETY



SUMMER SLUSHIES

RECIPES: BLENDER
SERVES 4 SAMPLES

INGREDIENTS

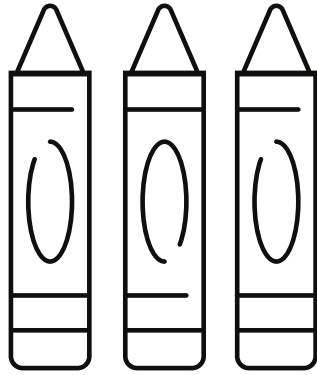
- 1/4 cup lemon juice
- 1 cup water
- 1 cup seasonal berries or melons
- 1/4 cup sugar or to taste
- 12 ice cubes

INSTRUCTIONS

1. Work in groups of 3 - 5 children, or start the activity every 30 minutes or so.
2. Have kids squeeze the lemons and choose their berry flavor.
3. Place all ingredients in a blender. Cover with the lid. Blend until smooth.
4. Serve immediately!

Adapted from: <https://www.lovebakesgoodcakes.com/lemon-berry-fruit-slush/>

SKILLS PRACTICED: MEASURING

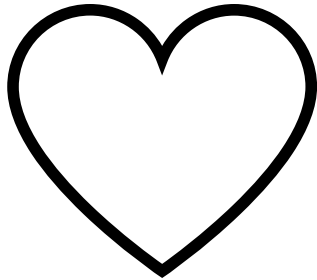


ADDITIONAL PRINTABLES



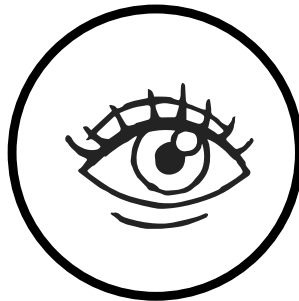
EAT THE RAINBOW!

Color in each shape and name some foods of that color!

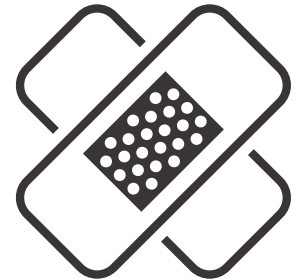


Red foods =
heart health

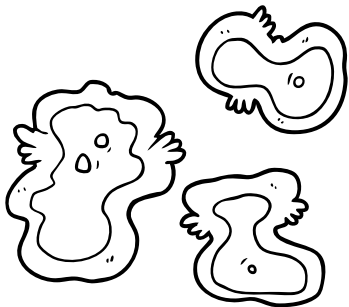
cherry



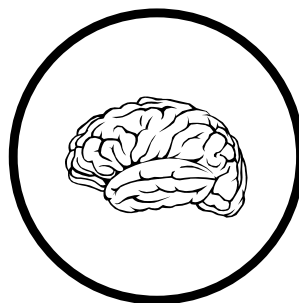
Orange foods =
healthy eyes



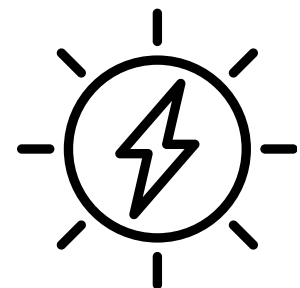
Yellow foods =
heal our bodies



Green foods =
fight germs

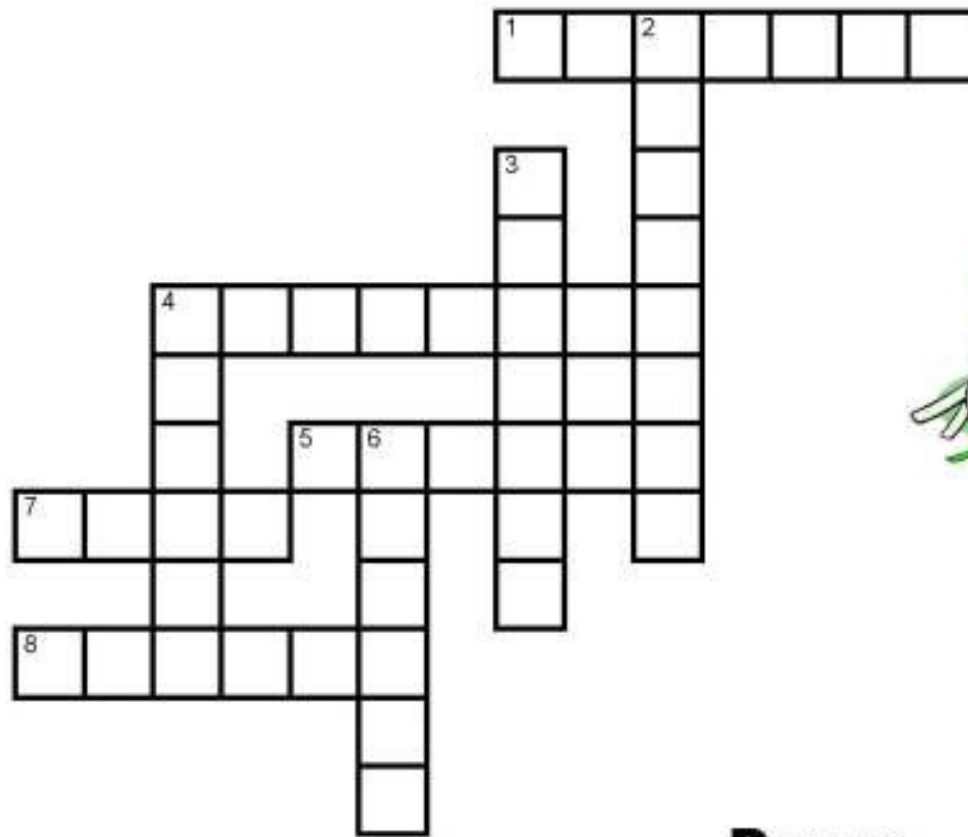


Blue + Purple foods =
super brain power!





White foods =
quick energy


Vegetables Crossword




Across

1. p _ _ pk _ n 

4. c _ c _ m _ e _ 


5. t _ m _ t _ 

7. c _ r _ 

8. p _ t _ t _ 

Down

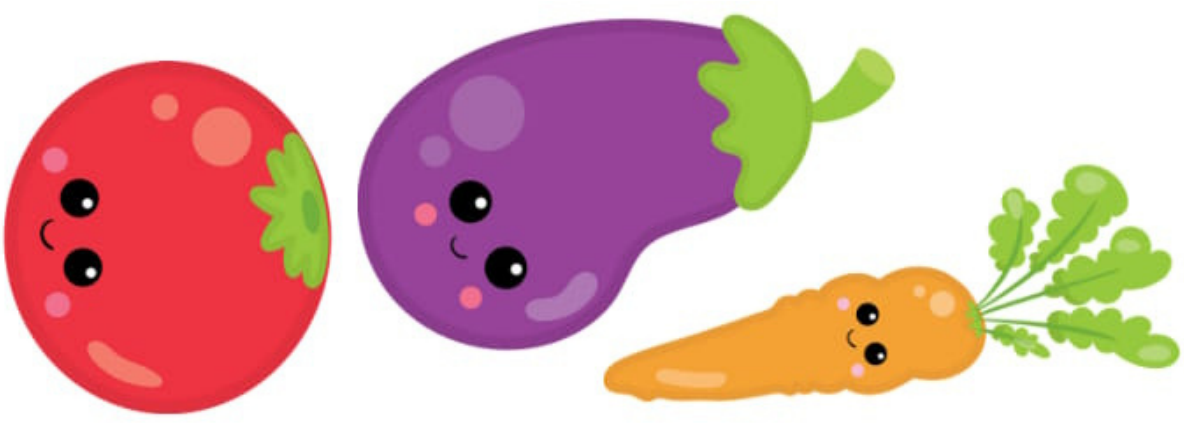
2. m _ sh _ _ _ m 

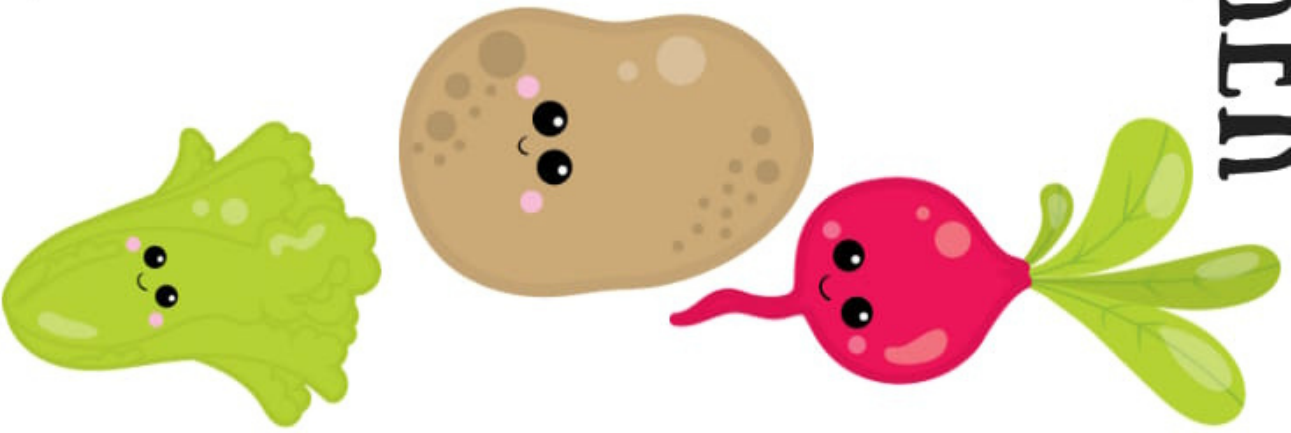
3. c _ b _ _ g _ 

4. c _ rr _ t _ 

6. o _ _ _ ns 

PLANT GROWTH TRACKER



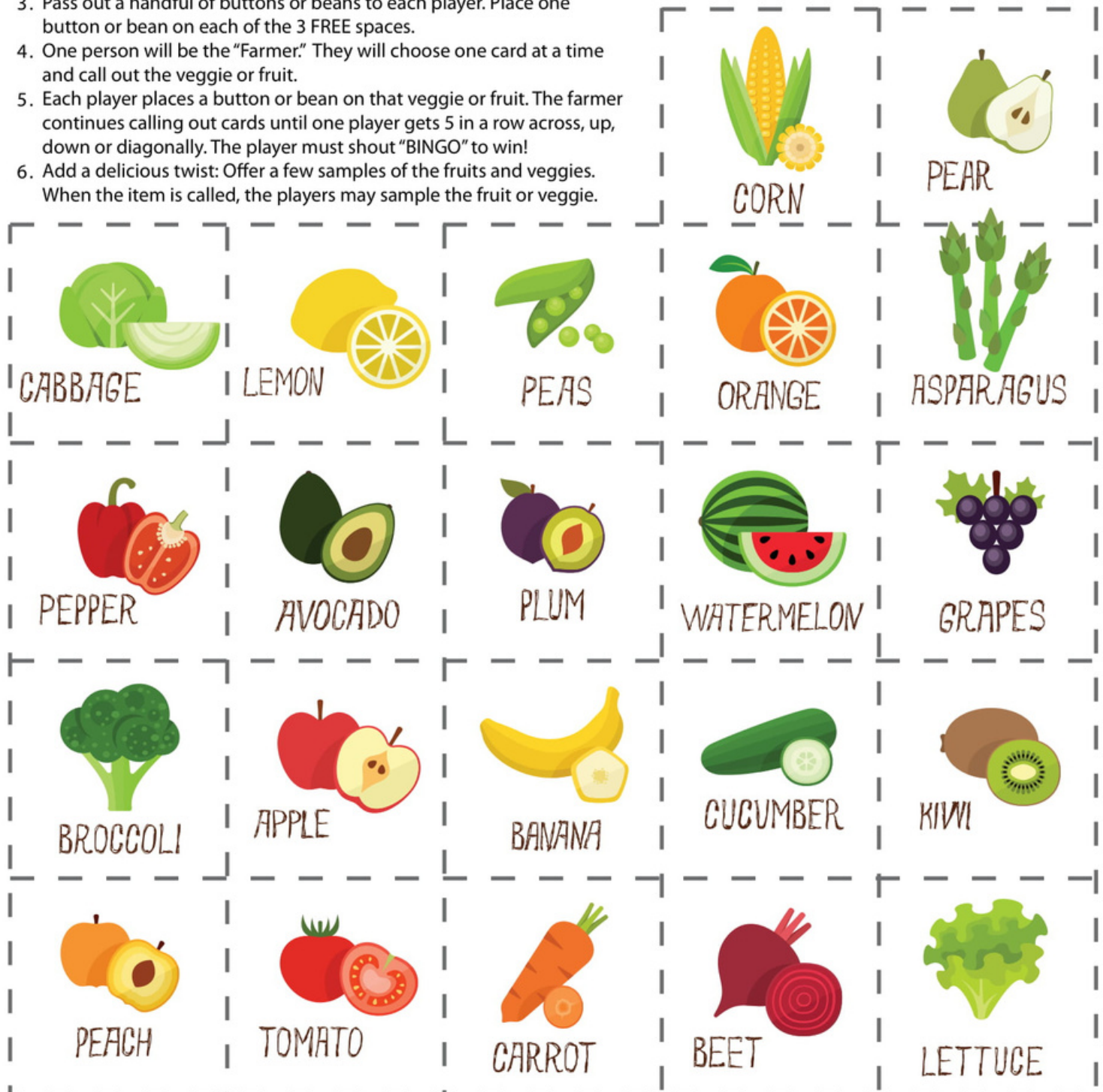


THE LIVE SIMPLY FRUIT AND VEGGIE BINGO GAME

FOR PLAYERS 3-5

1. Cut out the fruit and veggie cards on this page and put them face-down in a pile.
2. Cut out the 4 BINGO boards on pages 2 and 3.
3. Pass out a handful of buttons or beans to each player. Place one button or bean on each of the 3 FREE spaces.
4. One person will be the "Farmer." They will choose one card at a time and call out the veggie or fruit.
5. Each player places a button or bean on that veggie or fruit. The farmer continues calling out cards until one player gets 5 in a row across, up, down or diagonally. The player must shout "BINGO" to win!
6. Add a delicious twist: Offer a few samples of the fruits and veggies. When the item is called, the players may sample the fruit or veggie.

What
you'll
need



THE LIVE SIMPLY FRUIT AND VEGGIE BINGO GAME



CUT OUT
BINGO
BOARDS
WITH
SCISSORS.
PAGE 2

B	FREE	BANANA	CORN	PEAS	PEPPER
I	KIWIFRUIT	ASPARAGUS	APPLE	ORANGE	LETTUCE
N	CARROT	WATERMELON	FREE	BROCCOLI	PEACH
G	PLUM	CABBAGE	CUCUMBER	LEMON	FREE
O	PEAR	BEET	GRAPES	TOMATO	AVOCADO


























B	CARROT	CABBAGE	PEPPER	BROCCOLI	PEACH
I	BEET	LEMON	AVOCADO	APPLE	FREE
N	LETTUCE	PEAS	FREE	BANANA	TOMATO
G	CORN	ORANGE	WATERMELON	CUCUMBER	PLUM
O	PEAR	FREE	GRAPES	KIWIFRUIT	ASPARAGUS

THE LIVE SIMPLY FRUIT AND VEGGIE BINGO GAME




























CUT OUT
BINGO
BOARDS
WITH
SCISSORS
PAGE 3

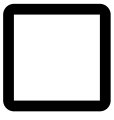
B I N G O

 APPLE	 GRAPES	 PLUM	 FREE	 PEACH
 BANANA	 LEMON	 WATERMELON	 FREE	 CUCUMBER
 AVOCADO	 ORANGE	 BROCCOLI	 CABBAGE	 PEPPER
 CORN	 LETTUCE	 ASPARAGUS	 KIWI	 BEET
 FREE	 TOMATO	 CARROT	 PEARS	 PEAR

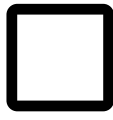
B I N G O

 CABBAGE	 LEMON	 PEARS	 APPLE	 TOMATO
 FREE	 BROCCOLI	 WATERMELON	 PEPPER	 PEAR
 GRAPES	 CARROT	 FREE	 LETTUCE	 PEACH
 CORN	 ASPARAGUS	 PLUM	 CUCUMBER	 KIWI
 ORANGE	 FREE	 BANANA	 AVOCADO	 BEET

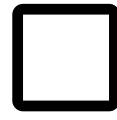
SPRING SCAVENGER HUNT



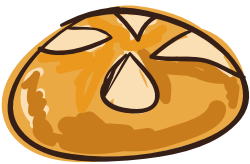
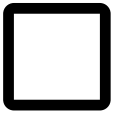
Flowers



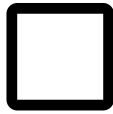
Asparagus



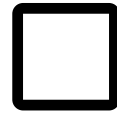
Rhubarb



Bread

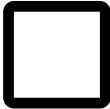


Radishes

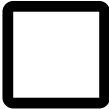


A farmer

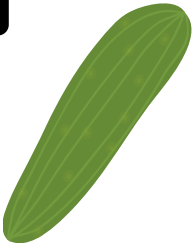
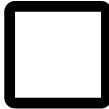
SUMMER SCAVENGER HUNT



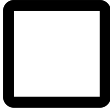
Flowers



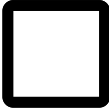
Tomatoes



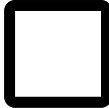
Cucumber



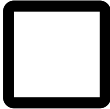
Bread



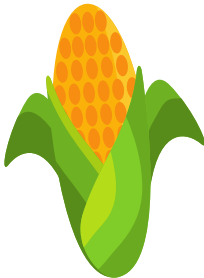
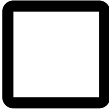
Summer Squash



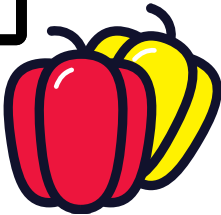
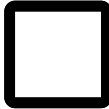
A farmer



Radishes

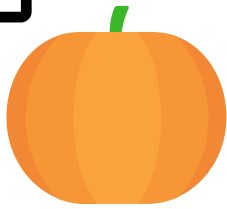
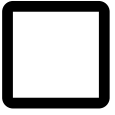


Sweet Corn

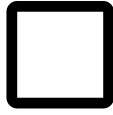


Bell Peppers

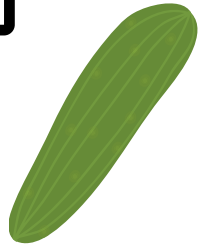
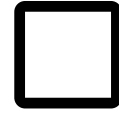
FALL SCAVENGER HUNT



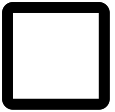
Pumpkin



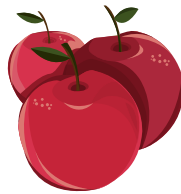
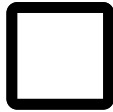
Tomatoes



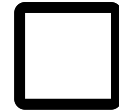
Cucumber



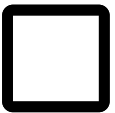
Bread



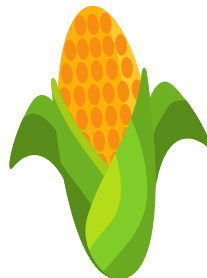
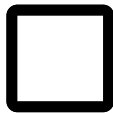
Apples



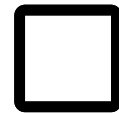
A farmer



Watermelon



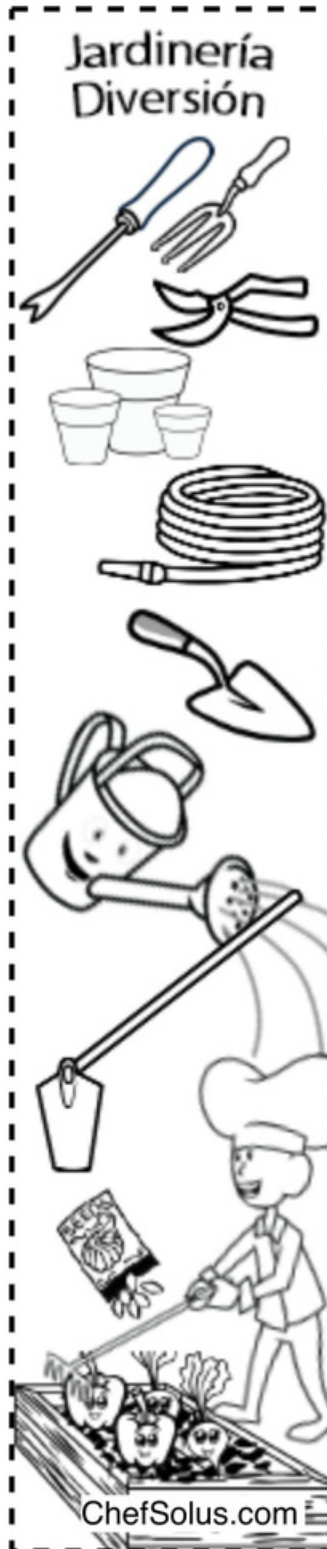
Sweet Corn



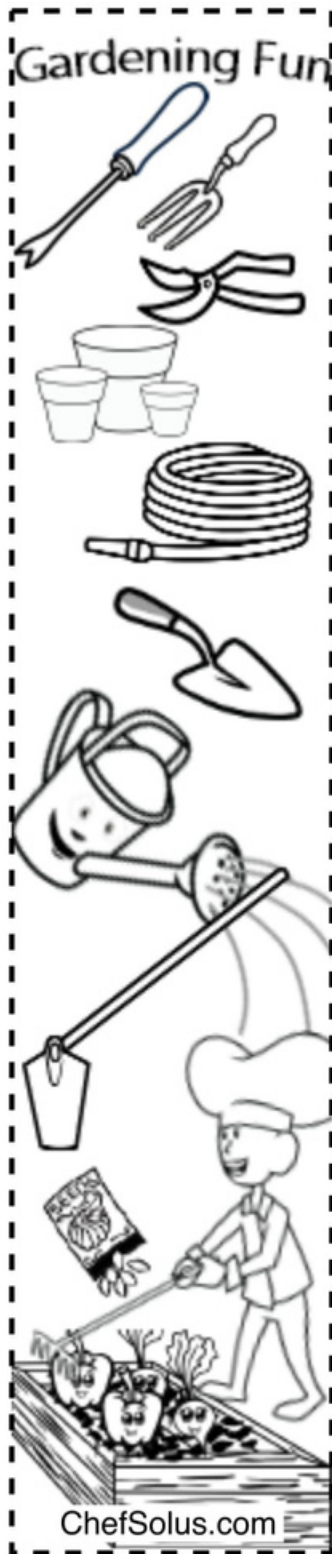
Bell Peppers

Los Marcadores de Libros del Chef Solus

El Jardín es Divertida



Chef Solus' Garden Bookmarks To Color



MILEAGE CALCULATOR

At your next meal, find out where your food was grown. You can use Google Maps to figure out how many miles your food traveled to get to your plate. Add all of the main elements' miles. See top row for example!



Beef



Avocado



Tortilla



Onion



Tomato



3045
miles

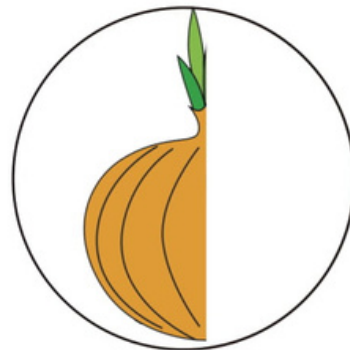
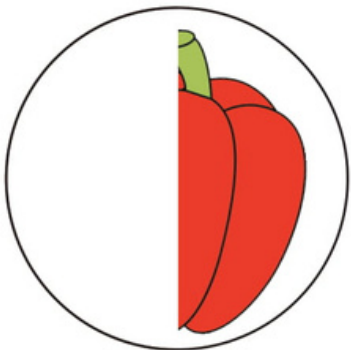
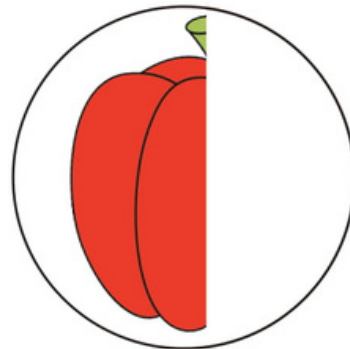
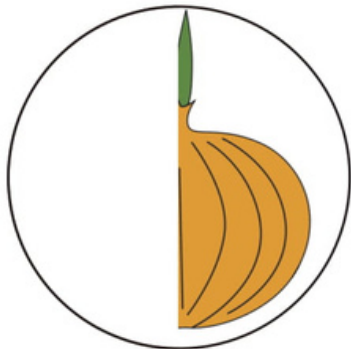


miles



miles

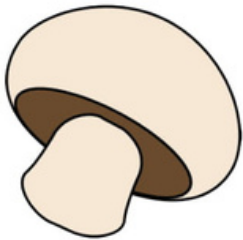
Find the pairs.
Connect them with a line.



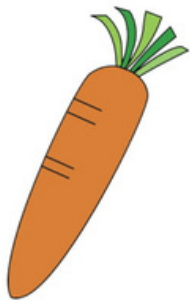
Circle the beginning letter of each vegetable



A	C	R	K
---	---	---	---



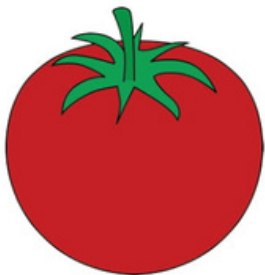
B	U	M	Y
---	---	---	---



C	T	H	V
---	---	---	---

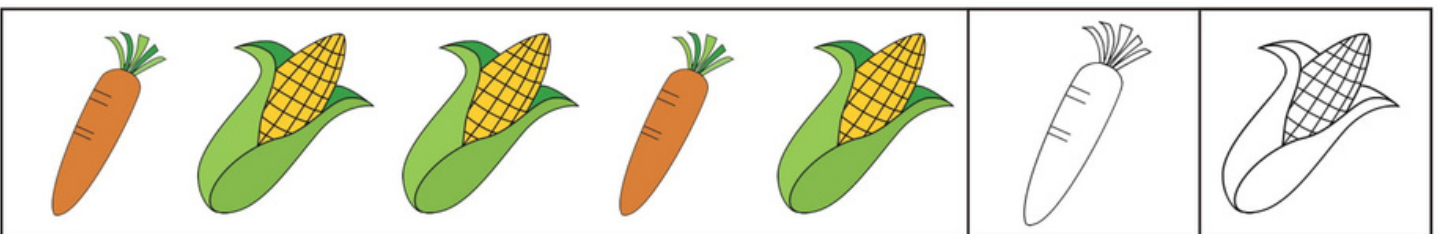
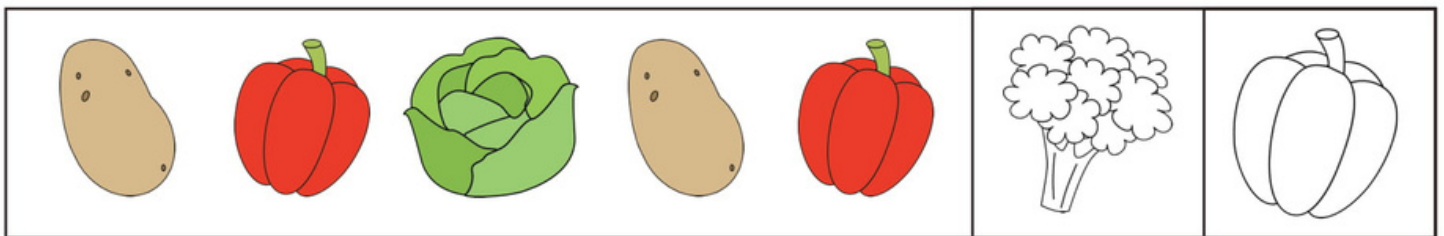
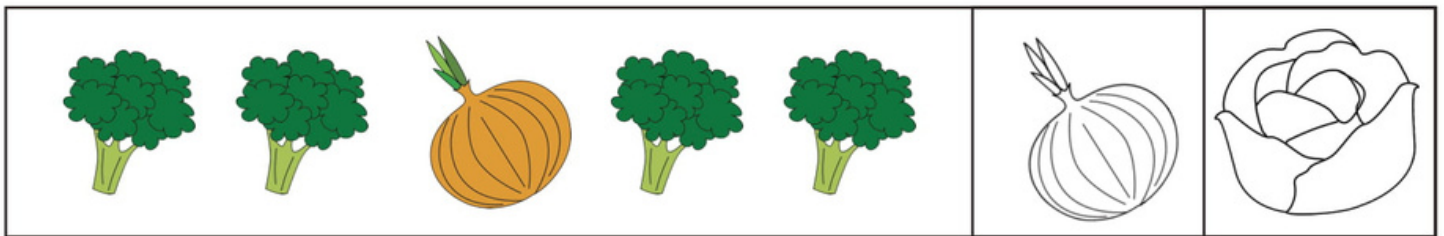
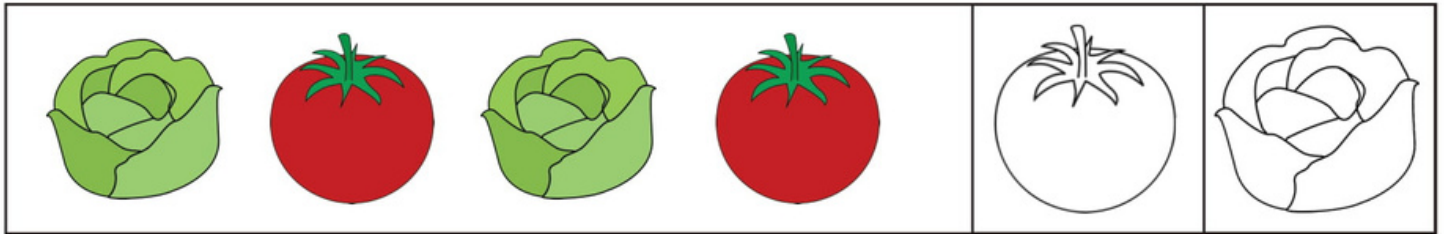


C	O	B	Z
---	---	---	---

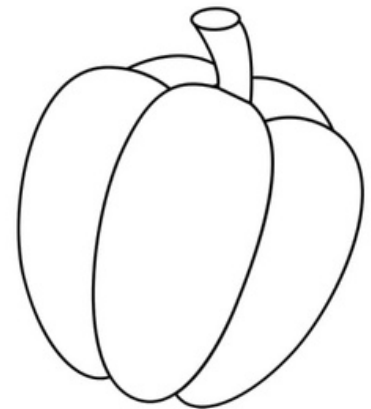
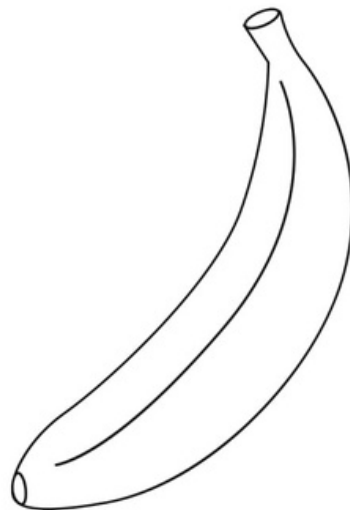
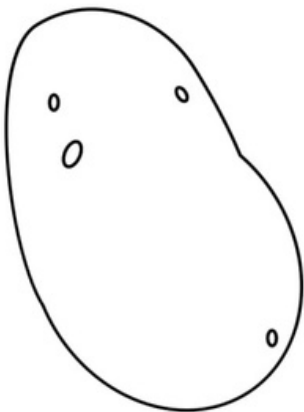
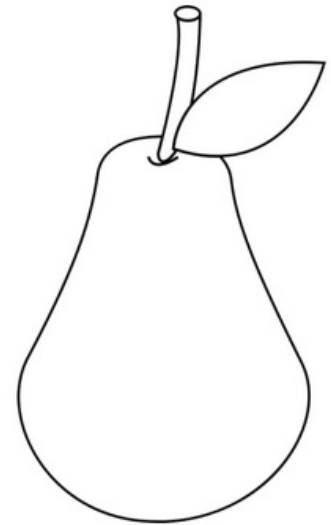
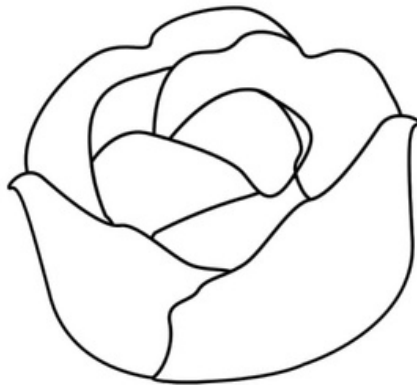
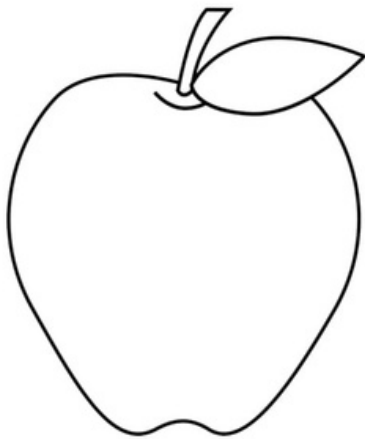
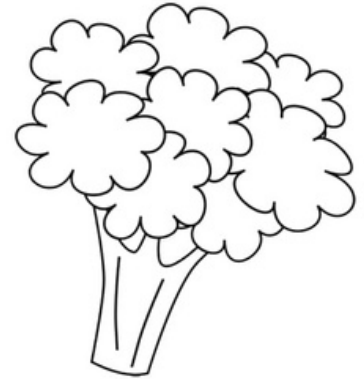
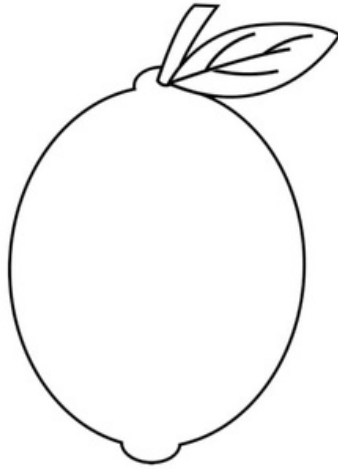
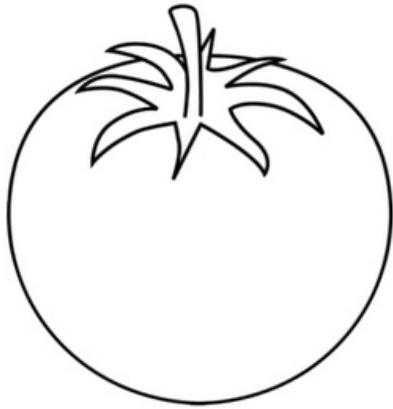


O	G	W	T
---	---	---	---

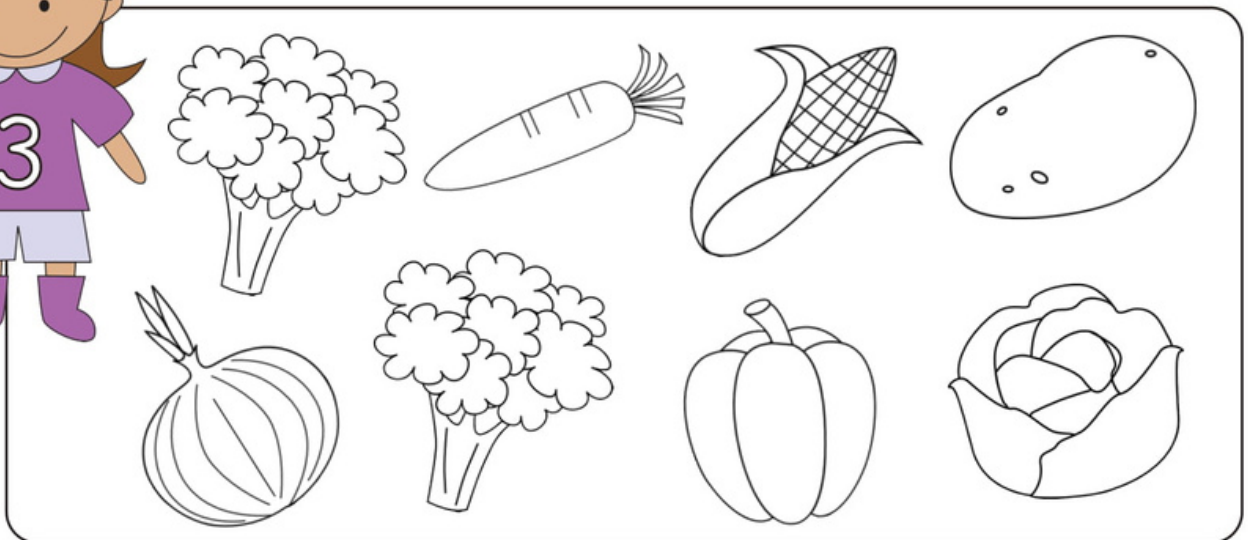
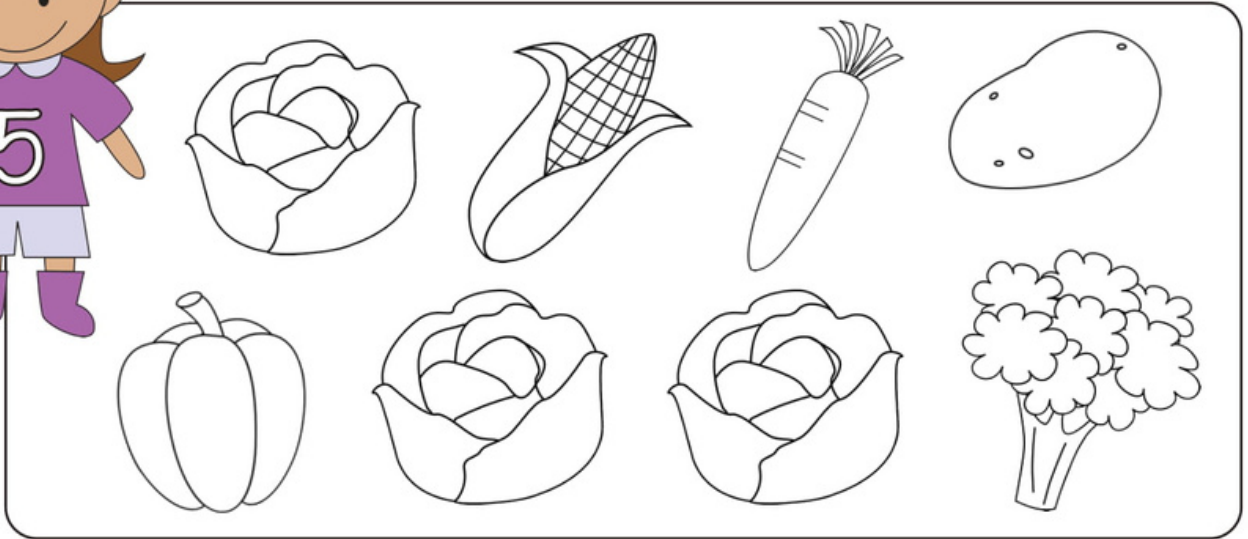
Color the vegetable that comes next in the pattern



Color only the vegetables



Each girl has a number.
Color the same number of vegetables.



FOOD WASTE TRACKER

Color By Letter

WHAT IS FOOD WASTE?

Food waste is defined by throwing away food that is still usable. In the United States we waste about ONE THIRD of all of the food that we make. This is a problem because, wasting food also wastes all of the resources that go into producing that food, like land, water, effort, and energy.

INSTRUCTIONS

Become a food waste hero by using the coloring sheet to track your food waste. Each day, color in a letter each time you practice reducing your waste. Below are 3 common ways to put this into practice...

1. SHARE WITH A FRIEND

If you have a packaged food that comes with two, share with a friend instead of throwing away what you won't eat.
Example: Share a poptart pack with a sibling or friend.

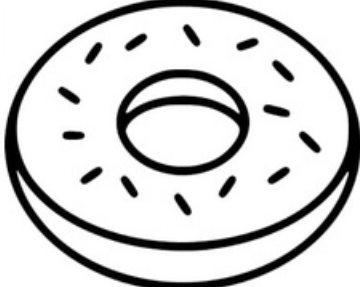
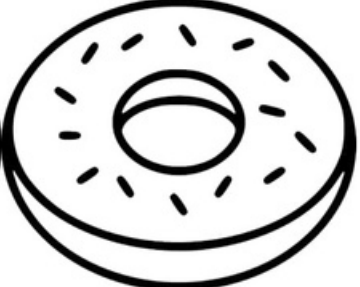
2. CREATE A NEW RECIPE

Use your leftovers! Challenge family members to come up with the yummiest meals using leftover ingredients.
Example: Use leftover apple slices from your lunch to make an apple + peanut butter snack.


3. COMPOST/RECYCLE

Encourage your family to try composting or recycling your leftovers. You can put your food waste to good use by making soil for new plants. Assign a compost bin and add things like fruit peels, vegetable scraps, egg shells and other kitchen scraps to create a compost for your indoor plants or garden bed.

L  LOVE

F   D

S T O P

W  S T E

Nature Soup

NAME OF CHEF

WRITE YOUR OWN RECIPE

Find a large bowl or basket, a pencil, and some paper and head outside! Fill your bowl with whatever you can find - grass, rocks, dandelions, leaves, etc. Get Creative! When your bowl is full, find a shady place and write your recipe for your newly created Nature Soup (e.g. 3 dandelions, 1/2 bowl of rocks, 1 handful mulch) and some fun directions!

INGREDIENTS

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DIRECTIONS

<hr/>
<hr/>
<hr/>

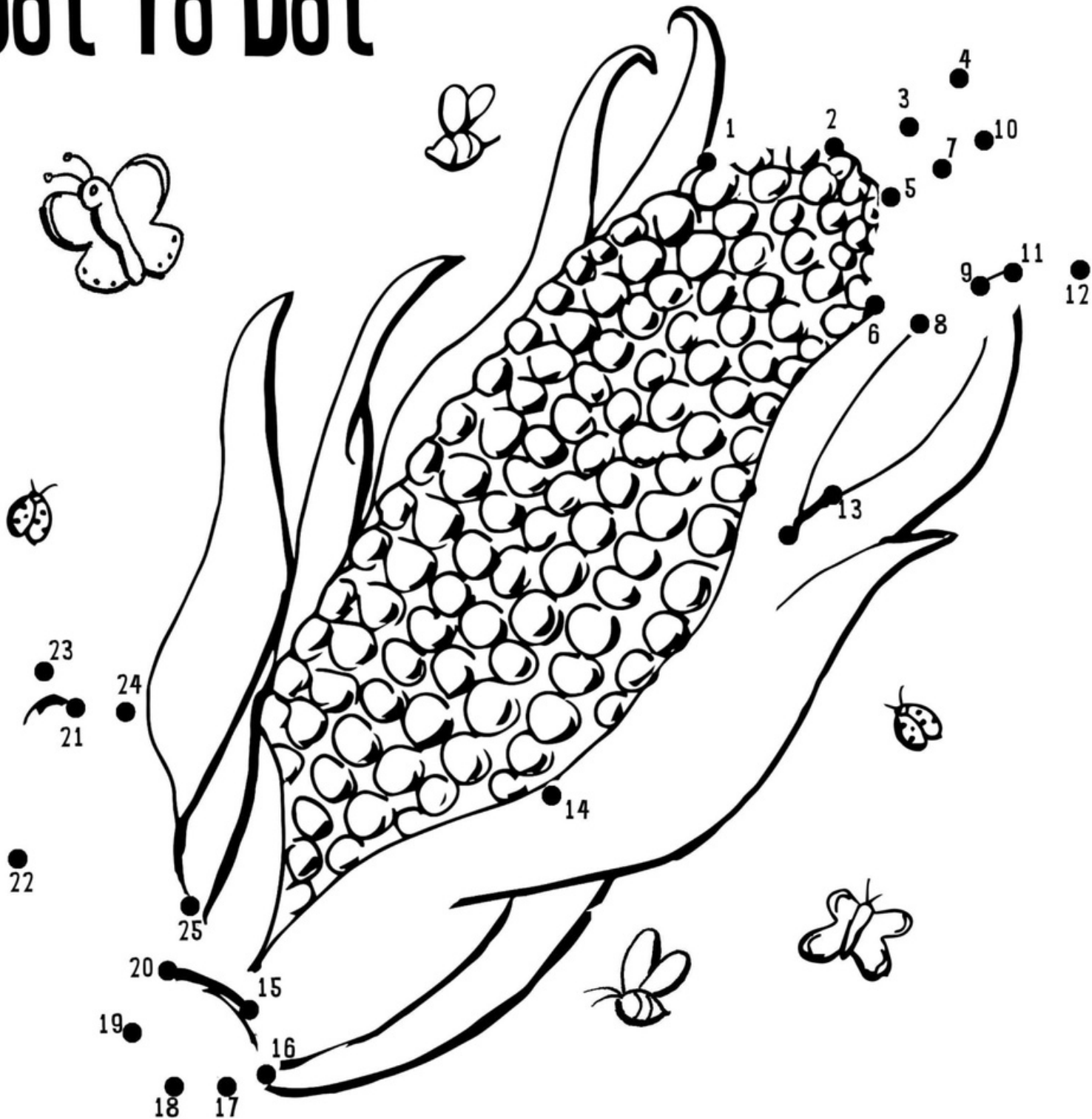


Dot To Dot



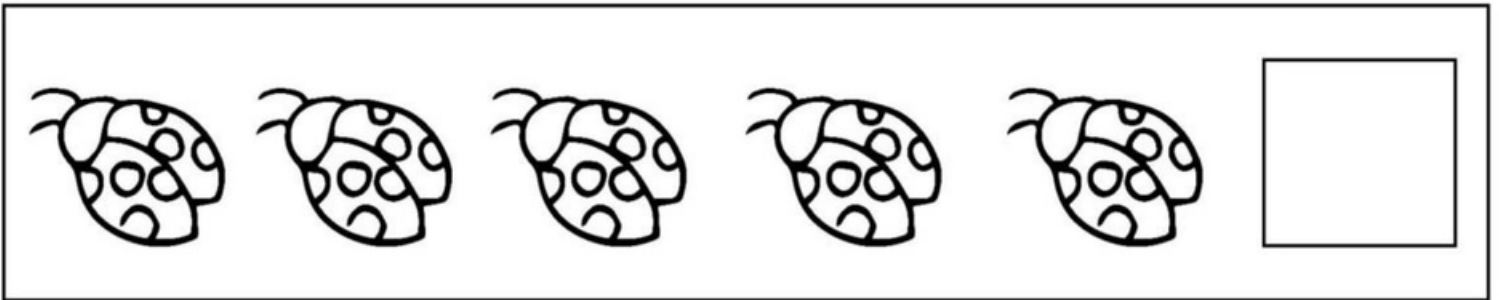
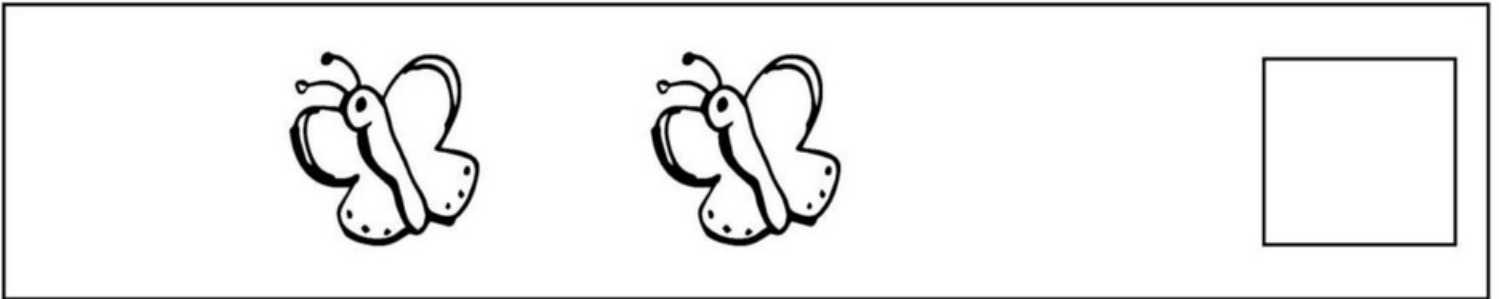
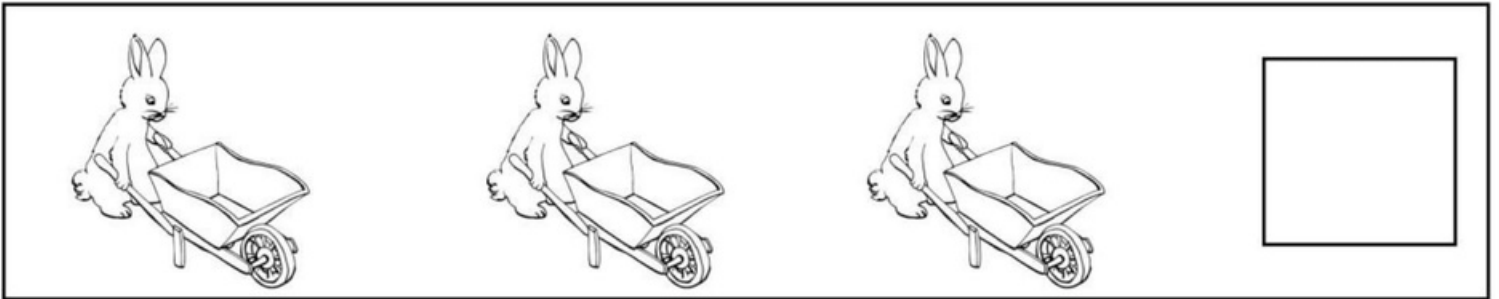
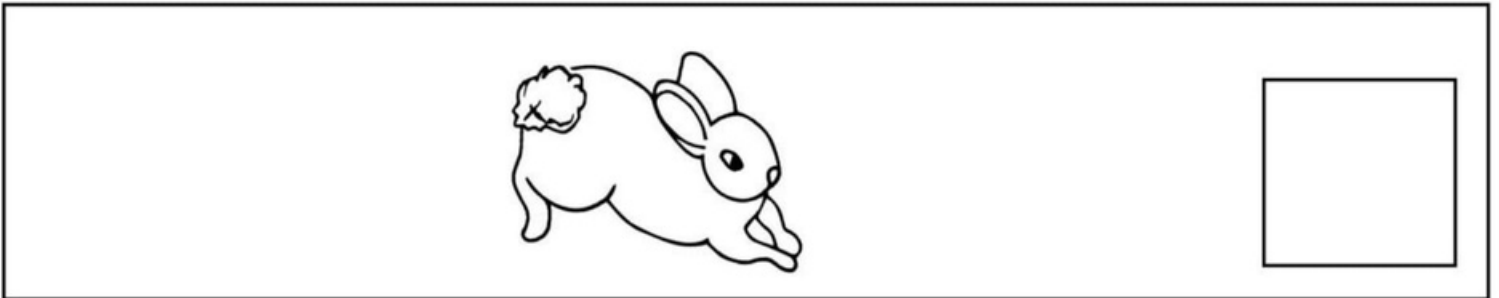
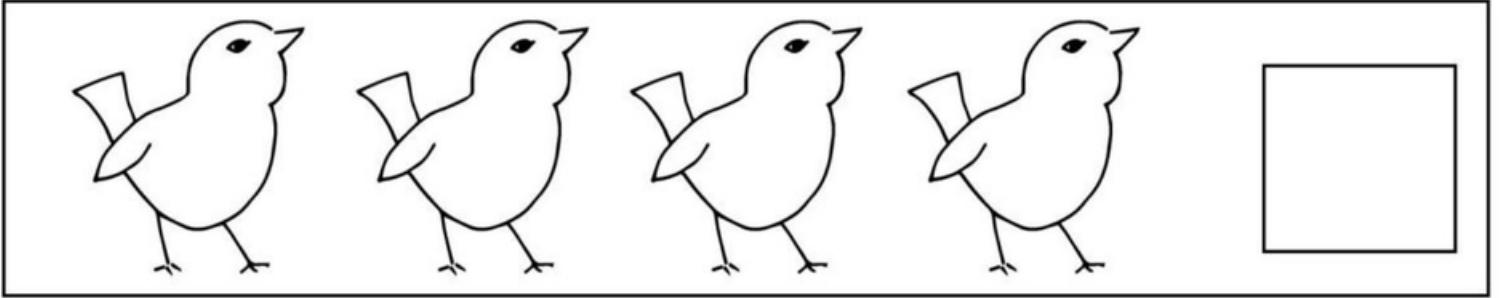
For all your gardening solutions.....
www.vegetable-gardening-online.com

Dot To Dot



For all your gardening solutions...
www.vegetable-gardening-online.com

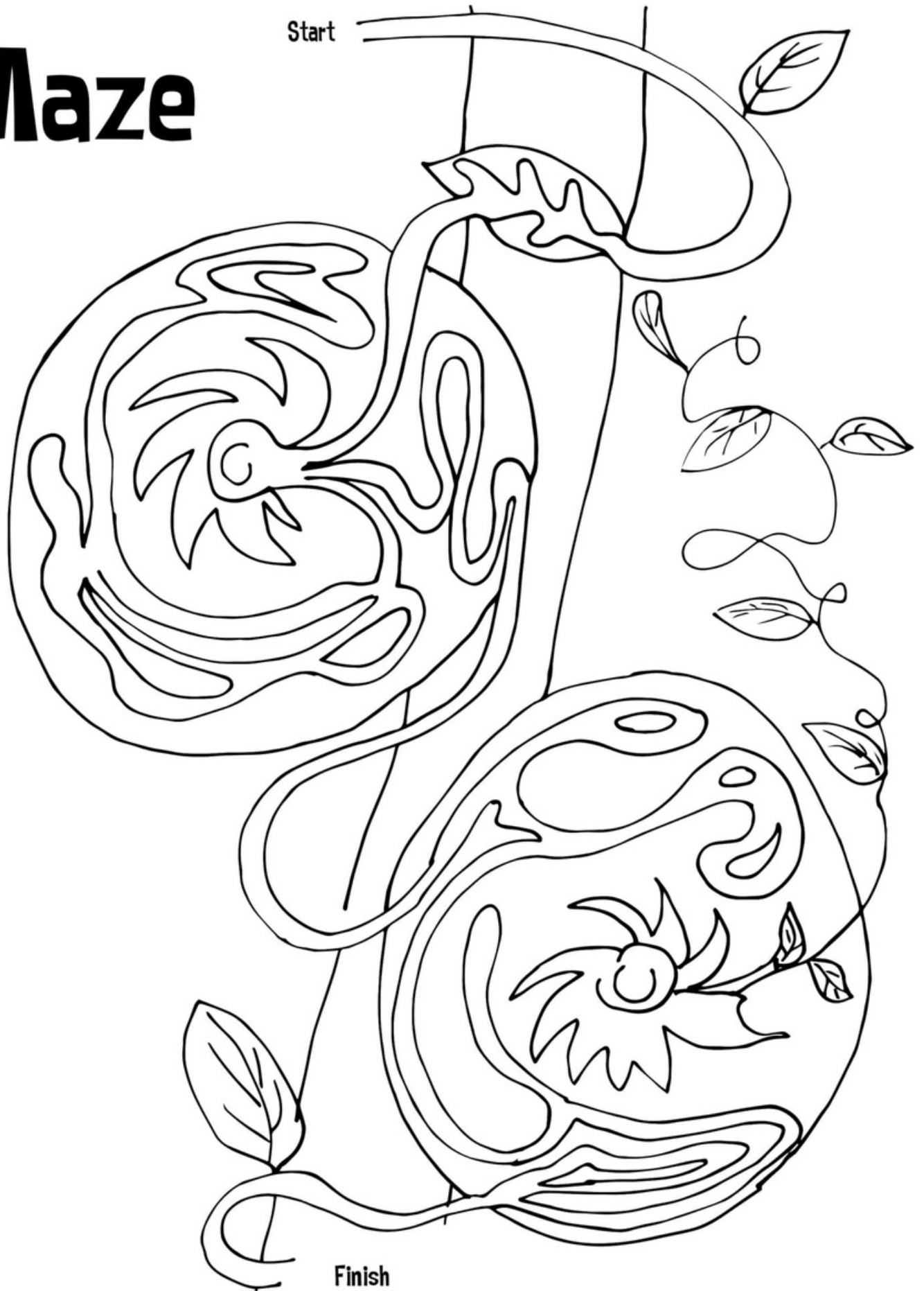
Garden Counting



Maze



Maze



For all of your gardening solutions.....
www.vegetable-gardening-online.com

Practice writing words



Corn



Peas



Carrots



Pumpkin



Word Search



Peas

Tomato

Corn

Lettuce

Radish

Spinach

Carrots

Pumpkin

Peppers



Name _____

Date _____

REDUCE, REUSE, RECYCLE and COMPOST

Find, cut, and paste picture from a magazine (or draw) of things you can reduce, reuse, recycle and compost.



Images taken from recycling.com/downloads

I pledge to do my part to take care of the earth. I promise to (write or draw a picture of something you can do to help our planet):



ADDITIONAL RESOURCES

Find more online resources with these organizations.

Farm to ECE: Farm to early care & education is a collection of strategies for connecting young children to healthy food and opportunities for physical activity. This is an extension of the farm to school movement, focusing on the specific learning styles, needs, and environments that young children learn and grow in.

Farm to School: The National Farm to School Network is an information, advocacy and networking hub for communities working to bring local food sourcing, school gardens and food and agriculture education into schools and early care and education settings.

Power of Produce (POP Club): The Power of Produce (POP) Club provides a fun opportunity for children to engage in the local food system through conversations directly with farmers, educational games and demonstrations, and exposure to new fruits and vegetables. In addition to participating in educational activities, POP Club kids receive vouchers to spend at the market, allowing them to make their own shopping decisions at the market.

Harvest for Healthy Kids: Harvest for Healthy Kids helps children develop healthy eating habits. The program connects young children with fresh food grown close to home through activity kits that teach science, math and literacy. Each kit is developed and tested by teachers and childcare providers, and includes hands-on activities with different fruits and vegetables, colorful picture cards, newsletters for families and background information for adults. **FREE ACTIVITY KITS from Beets to Winter Squash.**

More recipes for kids at
healthyharvestni.com/gettoknowyourfood/kidscooking/



+ Taste Testing With Kids



Encourage Healthy Eating Through Positive Taste Tests

For More Information:

Aubree Roth
Farm to School Coordinator
406-994-5996
aubree.roth@montana.edu

Why?

Research shows that children need many opportunities to try new foods before they will claim to "like" them. Following the Healthy, Hunger Free Kids Act of 2010, schools are following a new meal pattern which increases fruits and vegetables. Taste tests can help reduce food waste during school meals, by providing opportunities for students to learn and taste foods before seeing them in the lunch line.

There are many ways to offer taste tests to kids, this fact sheet provides three examples provided by Erin Jackson, FoodCorps Service Member at Hyalite Elementary in Bozeman, Montana.

Cheers!

Get kids excited by involving them in creating a "cheers" to the food they are about to taste. Explain to children that they are celebrating trying a new food. When people share a meal, they often do a toast to celebrate the moment and the food. Ask the children for ideas to choose something to say for their cheers. An example for carrots would be "Cheers to crazy carrots!" Decide on one phrase. Have children hold up their taste item, say the cheer, and then take a bite!

Don't Yuck My Yum, Please

Nothing ruins a tasty meal, or a new food, like the person next to you saying "ewww, gross" as you are taking a bite. Set the expectation for kids in the beginning of taste tests that they should allow everyone the opportunity to enjoy a new food or one they already like. Provide kids with polite options to decline foods such as "no, thank you" or "I prefer carrots instead of broccoli."

Tried it, Liked It, Loved It

Children love giving their vote and having a say in decisions. Create a voting system by writing "Tried it," "Liked it," and "Loved it" on three cups. See photo above for an example. Use dried beans, toy pieces, or other items for the kids to vote. A child receives a voting piece if they tried the new food. Once they have tried the sample, they can put their voting piece in one of the three cups. Notice there is not a cup for "I don't like it", which follows the *Don't Yuck My Yum* method above. The voting options are intended to stay positive and commend the children for trying the new food.

Updated October 2014

+ Montana Team Nutrition Program

More information available at www.opi.mt.gov/MTeamNutrition
Montana Team Nutrition Program is housed at Montana State University and works in cooperation with the Montana Office of Public Instruction. The USDA is an equal opportunity provider and employer.



Basic Hummus Recipe

Ingredients:

2 cans chickpeas
1 tbsp tahini
1+ tbsp olive oil
1 clove garlic*

juice of one lemon
1 tsp salt
herbs or veggies of your choice

Local variations:
Add roasted sweet potato,
roasted carrots, roasted
beets and/ or fresh herbs!

Instructions:

1. For a basic hummus recipe, add all ingredients to a blender or food processor and blend until smooth.
2. Optional: add your roasted vegetables or herbs before blending.
3. Drizzle high quality olive oil on top, maybe some paprika, and chill and serve.

Note: to omit tahini, add a bit more oil in its place.

Yield: 8 servings



Tomato Salsa for Kids

Ingredients:

6 tomatoes
1/2 red onion
2 tbsp fresh cilantro
juice of one lime
1/2 tsp salt

Instructions:

1. Cut the half onion into very small pieces.
2. Quarter the tomatoes and then chop them into very small pieces.
3. Put them in a bowl with the onion and lime juice.
4. Chop the cilantro leaves and mix them in.

Get creative - what else can you add? Sweet corn? Bell peppers?

Yield: Party bowl of salsa

Little Locavores: Strawberry Banana Smoothie

Ingredients:

1+ pint strawberries (frozen or fresh) 2 cups ice (if using fresh fruits)
1 banana Hemp hearts (optional)
2+ cups orange juice Chia seeds (optional)
1/2 cup yogurt
1 or 2 cups of baby spinach

Instructions:

1. Wash spinach and strawberries and remove the green tops (cut or pinch off).
2. Peel the banana and cut up a bit (great knife skill practice!)
3. Combine all ingredients in a high-speed blender and blend until smooth.

Skills: washing, cutting, measuring, recipe reading

More at: <https://www.healthyharvestni.com/kidscooking/>

Yield: 2 smoothies

Little Locavores Unit #3: Baby Berry Pancakes

Ingredients:

1 3/4 cup cake flour (also called self-rising) 1 3/4 cup milk vegetable oil for frying
1 tsp baking powder 1 tbsp butter maple syrup* or honey* for serving
2 tsp sugar 3/4 cup of your favorite berries
1 large egg

Instructions:

Sift the flour and baking powder into a large bowl. Add the sugar and stir together. In a measuring cup or small bowl, whisk together the milk and egg. In a large frying pan, melt the butter and heat gently. Pour butter into the measuring cup too. Pour wet ingredients into the dry ingredients. Beat well with whisk or fork and get rid of lumps. Gently stir in your berries. Put a tablespoon of oil in the frying pan and have a grown up heat it for a couple of minutes. For baby pancakes, use 1 tbsp of batter. Try to make sure pancakes do not touch each other. Cook for 3 minutes. You'll see small bubbles on top of the pancakes. Turn and cook for additional 2 or 3 minutes. Top with honey, syrup, bananas, additional berries, etc.

Yield: 20 tiny pancakes

more for kids at: <https://www.healthyharvestni.com/kidscooking>

Butternut Squash & Carmelized Onion Pizza



Ingredients:

1 cup caramelized onions
1 butternut squash (peeled and diced)
olive oil
6 oz baby spinach, arugala, or kale
4 mini pizza crusts (naan, flatbread, etc)

1 cup mozzarella
bacon (optional)

Instructions:

Preheat oven to 375. Heat olive oil in a large saucepan. Add butternut squash and saute for about 5-7 minutes or until squash is just about fork tender. Add spinach leaves and saute for about 3 minutes more or until spinach has wilted. Stir in caramelized onions. Distribute the butternut squash, spinach and onion mixture over each slice chosen crust. Top with bacon, if using. Sprinkle mozzarella cheese over the top of each pizza. Cook for 4-5 minutes or until cheese has melted.

For a crispier crust, you can pre-bake the crust for a few minutes before topping.

From Dinner-Mom

Yield: 4 mini pizzas

Watermelon Lemonade



Ingredients:

1.5 lbs watermelon, cubed
1 cup fresh-squeezed lemon juice
1/2 cup local honey

6 cups water
herb of choice (mint, basil, thyme, etc)

Instructions:

Add the watermelon, lemon juice, honey and 2 cups of water. Blend until smooth. Pour into a large pitcher and add remaining water. Add more honey if needed. Add in a spring of herbs if desired. Serve over ice!

From Whole Food Bellies

Yield: 8