

Growing Goodness

Growing Goodness

Audience: Children

Preparation Time

Activity 1: 10 min
Activity 2: 20 min
Activity 3: 15 min

Duration of Lesson

Introduction: 10 min
Activity 1: 15 min
Activity 2: 25 min
Activity 3: 20 min
Closing: 5 min

Take Home Handouts

Parent Pages
Fruits and Veggies Color
Wheel
Quick and Tasty Veggie
Soup recipe

Goal

To increase knowledge and awareness of how and where fruits and vegetables grow.

Participant Objectives

Children will:

1. Explain that farmers grow fruits and vegetables.
2. Name two fruits.
3. Name two vegetables.

Points to Cover

1. Explain that plants grow from seeds.
2. Explain that farmers plant seeds and grow many of the vegetables we eat.
3. Explain how fruits and vegetables get from the farm where they are grown to the stores or farmers markets where we buy them.
4. Review that eating a variety of colorful fruits and vegetables helps children's bodies grow and be healthy.

Activities

Activity 1: Start with a Seed

Activity 2: Growing Vegetable Soup

Activity 3: The Farmers Market

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handouts.

References

[A Visit to the Farmers' Market](#)

[Growing Vegetable Soup](#)

[Tickle Your Appetite](#)

www.fruitsandveggiesmorematters.org



Growing Goodness

Audience: Children

Activity 1: Start with a Seed

Preparation Time: 10 min

Activity Time: 15 min

Ingredients

select one or two locally-grown vegetables with seeds, such as:

- tomatoes
- green beans
- peas
- cucumbers
- peppers
- squash

select one or two locally-grown fruits with seeds, such as:

- apples
- berries
- cherries
- peaches
- pears
- grapes

dried lima beans.

Supplies

two cutting sheets
knife
large plates
covered containers
small plates
napkins
serving spoons
forks.

Preparation Prior to Class

1. Arrange the vegetables on one cutting sheet and the fruits on another cutting sheet.
2. Wash and prepare small servings of a fruit and vegetable that the children may not be familiar with to offer them at the end of this activity.

Implementation

1. Ask the children to wash their hands.
2. Ask the children to name some foods with seeds.
3. Explain to the children that all plants grow from seeds and that fruits and vegetables grow on trees/plants.
4. Ask the children to name each of the vegetables on the cutting sheet. Teach them the names of vegetables they are not familiar with.
5. Explain that farmers area grow these vegetables.
6. Cut each vegetable open. Show the children the seeds.
7. Place a portion of each opened vegetable with seeds on a plate and pass it around for each of the children to touch and examine.

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Activity 1: Start with a Seed

Preparation Time: 10 min

Activity Time: 15 min

8. Ask the children to name each of the fruits on the cutting sheet. Teach them the names of fruits they are not familiar with.
9. Explain that farmers grow these fruits.
10. Cut each fruit open. Show the children the seeds. Note: if you choose a peach, have an opened pit to show the children the seed inside.
11. Place each opened fruit on a plate and pass it around for each of the children to touch and examine.
12. Show the children the fresh fruit and vegetable that you prepared for them to sample if they wish.
13. Give them a small plate and invite them to spoon a sample of the fruit and/or vegetable on their plate if they would like to taste it.
14. Distribute napkins.

Additional Discussion During the Activity

Discuss highlights of the lesson plan:

- They need to eat a variety of colorful fruits and vegetables each day to help their bodies grow and be healthy.
- How to politely refuse the sample fruit/vegetable if they choose not to try it.

Adapted from [More Than Mud Pies](#).

Growing Goodness

Audience: Children

Activity 2: Growing Vegetable Soup

Preparation Time: 20 min

Activity Time: 25 min

Ingredients

low-sodium chicken broth
canned, diced tomatoes
dried basil
onion powder
dry macaroni
frozen mixed vegetables
salt
pepper.

Supplies

recipes
hotplate if no stove
large pan
measuring cups and spoons
can opener
large spoon
crock pot
ladle
small bowls
spoons
napkins

Growing Vegetable Soup by Louis Ehlert.

Preparation Prior to Class

1. Familiarize yourself with the book.
2. Practice reading Growing Vegetable Soup while holding the book in such a manner that the children will be able to view the pictures while you read.
3. Prepare Quick and Tasty Veggie Soup either at your home prior to going to the center or at the center before you teach this class. Keep the soup warm in a crock pot until it is time to serve it to the children.

Implementation

1. Read Growing Vegetable Soup to the children.
2. Talk about the steps involved in growing and harvesting vegetables.
3. Explain that farmers grow many of the vegetables that we see at the store.
4. Discuss the vegetables and fruits that are grown in this area.
5. Explain that you have prepared some vegetable soup that they may taste if they wish.
6. Distribute a small bowl of soup, spoon and napkin to each child.
7. Sit with the children and enjoy some vegetable soup.
8. Reinforce good table manners and answer any questions they may have about the soup or the lesson.
9. Provide each child with a copy of the recipe.

Additional Discussion During the Activity

Discuss highlights of the lesson plan: Eating a colorful variety of fruit and vegetables each day will help their bodies grow and be healthy.

Quick and Tasty Veggie Soup

Yield: 8 cups

Serves: 8 adults

Ingredients

7 cups low-sodium chicken broth
1 14-ounce can diced tomatoes
1 teaspoon dried basil
1/2 teaspoon onion powder
3/4 cup dry macaroni
3 cups frozen mixed vegetables
1/2 teaspoon salt
1/8 teaspoon pepper.

Steps

1. **Combine chicken broth, diced tomatoes, basil, onion powder, salt and pepper in a large pan.**
2. Bring to a simmer and add macaroni and frozen vegetables.
3. Cook for 8 minutes and then remove from heat.
4. Let soup sit for 5 minutes and then serve.
5. **Enjoy!**

Have your child help you do the bold steps.

This adapted recipe appears courtesy of Produce for Better Health Foundation and can be found at www.fruitsandveggiesmorematters.org.

Growing Goodness

Audience: Children

Activity 3: The Farmers Market

Preparation Time: 15 min

Activity Time: 20 min

Supplies

A Visit to the Farmers' Market by Peggy Sissel-Phelan

Fruits and Veggies Color Wheel handout

markers (red, yellow, orange, green, purple)

pictures of locally-grown fruits and vegetables (2 of each color)

glue stick

clear contact paper.

Preparation Prior to Class

1. Print colorful pictures of locally-grown fruits and vegetables.
2. Familiarize yourself with the book.
3. Practice reading A Visit to the Farmers' Market while holding the book in such a manner that the children will be able to view the pictures while you read.

Implementation

1. Ask the children if they know what a farmers market is. Explain this to them if they do not know.
2. Read A Visit to the Farmers' Market to the children.
3. Talk about the steps involved in growing and harvesting fruits and vegetables.
4. Explain that local farmers grow many of the fruits and vegetables that we enjoy.
5. Discuss some of the fruits and vegetables that are grown in this area.
6. Explain that you are going to make a fruit and veggie color wheel for their classroom.
7. Show the children the first marker and ask them to identify its color.
8. Color in one section of the color wheel with this color. As you color, discuss fruits and vegetables that are this color.
9. Repeat Steps 7 and 8 for each of the remaining four markers.
10. Ask the children to identify the color of the section of the color wheel that was not filled in. Discuss white fruits and vegetables.
11. If there are not more than 12 children in the class, distribute one fruit or vegetable picture to each child. Name each of the six colors, one by one, asking the child or children with a fruit or vegetable of that color to hand it to you and tell you what it is. If there are more than 12 children in the class, or you have pictures leftover after distributing one to each child in the class, hold each picture up, one at a time, asking the children to name the color and the item.
12. Glue the pictures on the appropriate color wedges of the *Fruits and Veggies Color*

Growing Goodness

Audience: Children

Activity 3: The Farmers Market

Preparation Time: 15 min

Activity Time: 20 min

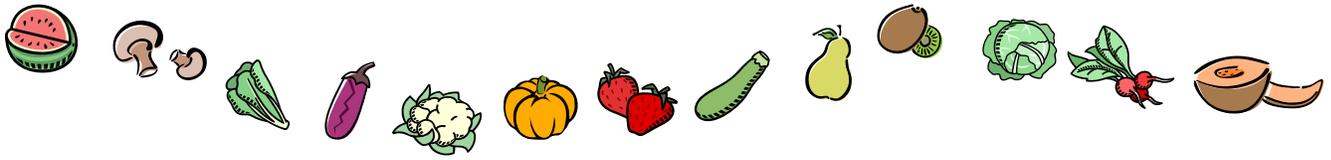
Wheel handout.

13. Cover the Color Wheel with contact paper or laminate and give this teaching tool to the teacher for classroom use.

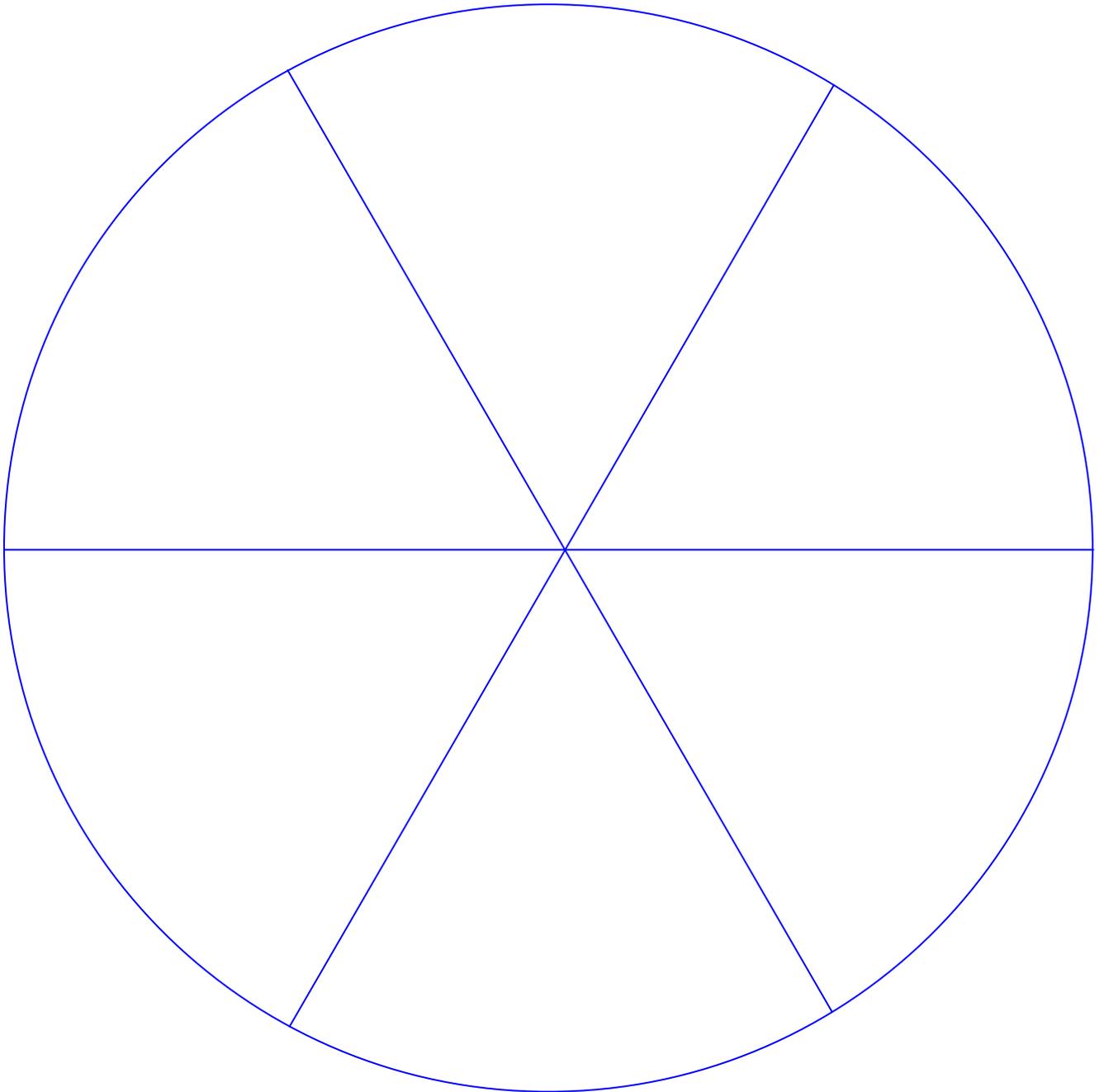
Additional Discussion During the Activity

Discuss highlights of the lesson plan: Eating a colorful variety of fruits and vegetables each day will help their bodies grow and be healthy.

Adapted from: [Tickle Your Appetite](#).



Fruits and Veggies Color Wheel



PARENT PAGES

Growing Goodness



Ways to Learn about Fruits & Vegetables

1. Children learn about fruit and vegetables they help grow and harvest.
2. Grow your own vegetables in a garden or in pots.
3. Work together. Join a neighborhood garden.
4. Visit an apple orchard or a pumpkin patch. Let them pick their own.
5. Offer colorful fruit and vegetables to your child. Talk about the colors, shapes, taste and feel.
6. Make half your plate fruits and vegetables.

Today at child care your child learned about how fruits and vegetables grow. Your child also learned that eating fruits and vegetables helps their bodies grow. Help your child learn about fruits and vegetables. Visit a Farmer's Market or produce section of the store. Let your child be a "produce picker." Help them pick fruits and vegetables at the store.

Baked Zucchini Squash

Yield: 4 cups

Serves: 4 adults

Ingredients

2 medium zucchini squash
1/2 cup low-fat sour cream
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder
3 tablespoons grated Parmesan cheese
1/4 cup dried bread crumbs.



Steps

1. Preheat oven to 375 degrees.
2. **Wash the squash and drain in a colander.**
3. **Place each squash on the cutting board.** Cut off the ends and **discard.**
4. Slice each squash into 1/2-inch circles. **Place cut squash in a 1-quart mixing bowl.**
5. **Add sour cream, salt, pepper, and garlic powder to the squash. Mix well.**
6. Pour the squash mixture into a 1-quart casserole dish. **Smooth out to fill the bottom of the dish.**
7. **Sprinkle the Parmesan cheese over the squash evenly. Then top with bread crumbs.**
8. Bake for 30 minutes.
9. **Enjoy!**

Have your child help you do the bold steps.

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Growing a Container Garden

What You Need:

- Empty milk carton
- Cup to water with
- Old spoon to dig with
- Seeds
- Dirt
- Fertilizer

Easy Foods for Children to Grow from Seeds:

- Collard greens
- Green beans
- Lettuce
- Radishes
- Spinach



Steps to Grow a Container Garden:

1. Cut one side off the milk carton.
2. Make a small hole in the bottom of each carton to allow water to drain.
3. Cover this hole with a flat stone to keep the dirt in.
4. Fill the carton with dirt almost to the top.
5. Dig holes for the seeds.
6. Place a seed in each hole, and gently pat the soil over each seed.
7. Water lightly to keep the dirt damp.
8. Place the container in a sunny location.
9. Once they sprout, pull out plants that are too close together. This will give the remaining plants more room to grow.
10. Remove any weeds that grow.
11. Follow the directions on the package to fertilize the dirt.

Adapted from [Nibbles for Health](#).

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Growing Goodness

Audience: Adults

Preparation Time

Activity 1: 30 min*
Activity 2: 10 min
Activity 3: *

Duration of Lesson

Introduction: 10 min
Activity 1: 45 min
Activity 2: 35 min
Activity 3: 25 min
Closing: 5 min

Take Home Handouts

Roasted Herb Potatoes
recipe
Hot Pot Cabbage and
Meatballs recipe
Broccoli Stir-Fry recipe
Broccoli and Black Bean
Quesadilla recipe
Mediterranean Squash
Stew recipe
Baked Squash recipe

*depends on recipe



Goal

To increase knowledge and awareness of locally grown produce and the benefits of using it.

Participant Objectives

Participating adults will:

1. Name four locally grown fruits and vegetables.
2. Identify the location of one local Farmers Market.
3. Describe one benefit of consuming locally grown produce.
4. Demonstrate how to handle local produce safely.

Points to Cover

1. Discuss the growing seasons and what produce is available in the Northeast region each season.
2. Discuss the locations of nearby Farmers Markets and which ones accept food stamp EBT cards.
3. Review the benefits of consuming locally grown produce in season.
4. Review basic food sanitation practices that apply to the preparation, service and storage of fresh produce.
5. Inform parents that every little step they take in consuming more fruits and vegetables really does help their families be at their best today and in the future.

Activities

Activity 1: Get Fresh with Vegetables
Activity 2: Baked Squash
Activity 3: Farmer Visit

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

References

[Tickle Your Appetite](#)
[Get Fresh At Your Farmers Market DVD](#)
www.fruitsandveggiesmorematters.org
www.agmkt.state.ny.us/AP/CommunityFarmersMarkets.asp

Growing Goodness

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 30 min

Activity Time: 45 min

Ingredients

Refer to recipes for ingredients.

Equipment

television with DVD player.

Supplies

Get Fresh At Your Farmers Market DVD

Refer to recipes for supplies

recipes

large plates

utensils

napkins

serving bowls

serving spoons.

Preparation Prior to Class

1. Confirm availability of DVD player and TV at center. If not available, plan to demonstrate a recipe.
2. Review vegetable preparation portions of the DVDs that will be viewed in class.
3. Place ingredients needed by each team in one container and supplies needed by each team in another container.
4. Place the ingredient containers in the refrigerator before class if they contain perishable items.
5. If you wish, you may prepare some of the vegetable dishes before class to share with the participants.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask the participants to wash their hands.
3. Tell participants that they will be viewing the demonstration of a recipe or recipes that they will then prepare themselves in class.
4. Play the DVD.
5. Divide the participants into groups, and tell each group what they will prepare. Each group may prepare a different vegetable recipe.
6. Give each team their two containers and recipe. Explain that their children may help with the bold steps when they prepare this at home.
7. Ask each team to begin preparing their food items. Circulate to answer questions and assist as needed. Discuss the additional information outlined as they cook.
8. When everyone has finished, advise participants that they may sample any of the vegetable dishes that they would like.

Growing Goodness

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 30 min

Activity Time: 45 min

9. Ask them if they like the vegetables they prepared and if they will use any of these recipes at home.
10. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Use only pasteurized cider.
 - Any other issues that apply to the recipes they are using.
2. Discuss wise buying suggestions:
 - Buy local fresh produce in season for best price and quality.
 - Where the Food Stamp EBT cards may be used at Farmers Markets in the vicinity.
 - Shop early at the Farmers Market for the best selection. Compare prices, selection and quality before purchasing.
 - Community Supported Agriculture (CSA) farms in the areas that have reasonably priced shares or work shares.
 - Buy only the amount of produce that you will use while it is still fresh.
 - Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another one.
 - Any other advice that pertains to the ingredients in the recipes selected.
3. Discuss Get Fresh Tips:
 - Storage:
 - Broccoli – in the refrigerator for several days.
 - Cabbage – in the refrigerator for a few weeks.
 - Potatoes – in a cool, dark, dry place for several weeks.
 - Winter Squash – in a cool, dry place for several weeks.
 - Additional Ways to Prepare:
 - Broccoli – add cooked, chopped broccoli to cornbread batter; top pizza with it; or add to chili.

Growing Goodness

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 30 min

Activity Time: 45 min

- Cabbage – stir fry with other favorite vegetables; add to vegetable soup; or grate and add to tossed salad.
 - Potatoes – bake and serve plain or with toppings; mash alone or with carrots or squash; add to vegetable soup.
 - Squash – mash cooked squash with a dash of cinnamon, stuff squash with rice and bake; or roast cubes of squash and potatoes together.
4. Discuss highlights from the lesson plan:
- The importance of eating vegetables and the recommended amounts for adults and children.
 - Nutrients provided by colorful vegetables – the importance of eating a variety of colors.
 - Preparing vegetables in creative ways that will encourage children to eat them.
 - Having their children help them prepare vegetable dishes (**bold steps**) to increase their interest in tasting them.
5. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Roasted Herb Potatoes

Yield: 3 cups

Serves: 4 adults

Ingredients

vegetable cooking spray
1 pound cubed potatoes (3 cups)
2 teaspoons vegetable oil
1/2 teaspoon rosemary
1/2 teaspoon salt.

Steps

1. Preheat oven to 450 degrees. Coat baking sheet with vegetable cooking spray.
2. **Wash potatoes.** Cut into 1/2-inch cubes and **place in large bowl.**
3. **Combine oil, rosemary and salt in a small bowl. Pour this mixture over potatoes, stirring to coat evenly.**
4. **Spread potatoes onto baking sheet.**
5. Bake 25 to 30 minutes or until lightly browned.
6. **Enjoy!**

Have your child help you do the bold steps.

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Hot Pot Cabbage and Meatballs

Yield: 6 cups

Serves: 6 adults

Ingredients

Meatballs

1/4 medium chopped onion (1/4 cup)
1/2 pound lean ground beef or turkey
1/2 cup dry breadcrumbs
1 egg
1/4 cup low-fat (1% or less) milk
1/2 teaspoon salt
dash of pepper.

Hot Pot Cabbage

1 large chopped cabbage (4 cups) 1 teaspoon dry mustard
2 cloves minced garlic 1/2 teaspoon salt
1/2 medium chopped onion (1/2 cup) 1/2 teaspoon pepper
2 teaspoons vegetable oil 1/4 teaspoon hot sauce (optional).
1/2 cup water
1/2 cup vinegar
1/4 cup sugar
1 15-ounce can diced tomatoes (1 3/4 cups)

Steps for Making Meatballs

1. Preheat oven to 400 degrees.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Place all ingredients in a large bowl (**children may add onion, breadcrumbs, low-fat milk, salt and pepper**).
4. Mix thoroughly.
5. Form 8 to 10 meatballs and place on baking sheet.
6. Bake 20 minutes, until well done.

Steps for Making Hot Pot Cabbage

1. **Wash** and chop cabbage. Mince garlic.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Heat oil in large pot over medium heat. Add garlic and onion, and cook 3 to 5 minutes.
4. Add remaining ingredients, except cabbage. Increase heat and bring mixture to boil.
5. Stir in cabbage and cook 5 minutes.
6. To serve, add cooked meatballs to cabbage mixture.
7. **Enjoy!**

Have your child help you do the bold steps.

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Broccoli Stir-Fry

Yield: 3/4 cup stir-fry over 1/2 cup rice

Serves: 4 adults

Ingredients

1 cup water	2 teaspoons duck sauce
1 bouillon cube	2 teaspoons soy sauce
3 cups chopped broccoli	1/2 teaspoon garlic powder
1 large chopped onion (1 cup)	1 tablespoon vegetable oil
2 teaspoons cornstarch	2 cups cooked rice.
2 teaspoons hot mustard	

Steps

1. Boil water and add bouillon cube. Stir to dissolve and set aside to cool.
2. **Wash** and chop broccoli.
3. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
4. To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch water back into bouillon water. Stir in hot mustard, duck sauce, soy sauce and garlic powder.
5. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes or until broccoli is tender.
6. Add sauce. Stir until mixture boils and thickens.
7. Serve broccoli over rice.
8. **Enjoy!**

Have your child help you do the bold steps.

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Broccoli and Black Bean Quesadilla

Yield: 4 8-inch tortillas

Serves: 8 adults

Ingredients

- 1 cup cooked black beans
- 1/4 cup salsa
- 4 ounces shredded low-fat cheddar cheese (1 cup)
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- 4 8-inch tortillas.

Steps

1. In a large mixing bowl, mash beans.
2. Drain salsa and **add to beans.**
3. Shred cheese onto waxed paper and **add to beans.**
4. **Wash** and chop broccoli. **Add chopped broccoli to beans.**
5. Heat oil in frying pan on medium.
6. **Lay tortilla flat on plate.** Fill half of tortilla with 1/4 of bean mixture.
7. **Fold other half of tortilla over mixture.**
8. Placed folded tortilla in pan and cook 3-4 minutes or until lightly browned.
9. Flip and cook second side in the same manner.
10. Remove from pan and cut in half.
11. Repeat with remaining tortillas.
12. **Enjoy!**

Have your child help you do the bold steps.

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Mediterranean Squash Stew

Yield: 8 cups

Serves: 5 adults

Ingredients

1/2 cubed butternut squash (3 cups)	1 teaspoon mustard
2 cups chopped spinach	1 teaspoon oregano
1/2 medium chopped onion (1/2 cup)	1 teaspoon salt
2 cloves garlic	2 teaspoons vegetable oil
1-3/4 cups diced tomatoes	2 cups cooked rice.
1 tablespoon lemon juice	
1 tablespoon brown sugar	

Steps

1. **Wash the squash.**
2. Cut the squash in half lengthwise on the cutting board.
3. **Scoop out the seeds and strings.**
4. Peel squash and cut into 1/2-inch cubes.
5. Wash and shop spinach.
6. Cut onion in half. Cut ends and **discard. Peel onion.** Chop half of the onion and mince garlic.
7. To make sauce: **combine** tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl.
8. Heat oil in frying pan on medium. Add onion and garlic. Saute 3 minutes or until garlic is soft.
9. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
10. Add rice and spinach. Cover and cook another 5 minutes.
11. **Enjoy!**

Have your child help you do the bold steps.

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Growing Goodness

Audience: Adults

Activity 2: Baked Squash

Preparation Time: 10 min

Activity Time: 35 min

Ingredients

vegetable cooking spray
butternut or acorn squashes
salt
margarine
brown sugar
cinnamon
ginger.

Supplies

easel pad
markers
recipes
aluminum foil
baking sheet
cutting sheets
knives
spoons
small sauce pans
measuring spoons
small plates
forks
napkins.

Preparation Prior to Class

1. Obtain the prices of butternut squash:
 - fresh from a local farmer.
 - fresh from a local store.
 - peeled and cubed from a local store.
 - frozen, mashed from a local store.
2. Write this pricing information obtained on an easel pad.
3. Wash the butternut squash if the participants won't have access to a kitchen sink.
4. Place ingredients needed by each team in one container and supplies needed by each team in a second container.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipe, and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Explain that mashed squash may be prepared by peeling and cutting the squash into small pieces for boiling and mashing but that baking is a quicker and easier way to prepare this fresh vegetable.

Growing Goodness

Audience: Adults

Activity 2: Baked Squash

Preparation Time: 10 min

Activity Time: 35 min

6. Circulate among the participants to assist or answer questions as needed.
7. Discuss additional information as participants are cooking.
8. While the squash is baking, show the pricing information to the participants.
9. Ask them if they can tell which squash purchase is the most economical.
10. Show them using the marker on the easel board how to determine which would be the best buy:
 - How much squash of each type is needed to produce the same yield of mashed squash.
 - What is the cost of the amount of each type of squash needed to produce the same yield.
11. Explain that buying a product that has been partially prepared (the peeled, cubed squash) or fully prepared (the frozen squash) usually costs more money than buying the unprocessed vegetable.
12. Explain that buying a product that is in-season from a local farmer is usually more cost effective than purchasing a product that is not in season and was transported to the store from a distant supplier.
13. Review the other benefits of purchasing in-season local produce.
14. Remove the squash from the oven. Explain that it can be served in the shell, or it can be removed from the shell and mashed.
15. Provide plates, utensil and napkin to participants who wish to sample the squash.
16. Advise them that they may season their squash if and as desired.
17. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Use only pasteurized cider.

Growing Goodness

Audience: Adults

Activity 2: Baked Squash

Preparation Time: 10 min

Activity Time: 35 min

2. Discuss wise buying suggestions:
 - Buy local fresh produce in season for the best price and quality.
 - Where the Food Stamp EBT cards may be used at Farmers Markets in the vicinity.
 - Shop early at the Farmers Market for the best selection. Compare prices, selection and quality before purchasing.
 - Community Supported Agriculture (CSA) farms in the area that have reasonably priced shares or work shares.
 - Buy only the amount of produce that you will use while it is still fresh.
 - Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another one.
 - Buy store brand or generic black pepper and spices instead of more costly name brand varieties.
3. Discuss highlights from the lesson plan: Locally grown vegetables and fruits for each season.
4. Discuss the Food Stamp Program:
 - Benefit of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Baked Squash

Yield: 4 servings

Serves: 4 adults

Ingredients

vegetable cooking spray
1 butternut or acorn squash
pinch of salt
2 tablespoons margarine
2 tablespoons brown sugar
1 teaspoon cinnamon
1/4 teaspoon ginger.

Steps

1. Preheat the oven to 400 degrees.
2. Cover baking sheet with foil and coat foil with vegetable cooking spray.
3. **Wash the squash.**
4. Cut the squash in half lengthwise on the cutting board.
5. **Scoop out the seeds and strings.** Cut in 1/2-inch slices.
6. **Place the squash on the baking sheet.**
7. Sprinkle with salt.
8. Melt margarine. Add brown sugar, cinnamon and ginger.
9. Spread margarine mixture on squash.
10. Bake 20 to 25 minutes or until tender.
11. **Enjoy!**

Have your child help you do the bold steps.

Adapted from Get Fresh At Your Farmers Market produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

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Growing Goodness

Audience: Adults

Activity 3: Farmer Visit

Preparation Time: Depends on Recipe

Activity Time: 25 min

Ingredients

vegetable or fruits that the guest speaker is currently harvesting
other ingredients needed to prepare the recipe you have chosen.

Supplies

recipes
any supplies needed to prepare the recipe you have chosen
small plates
utensils
napkins.

NOTE: Purchase the quantity needed to prepare a recipe for the class to sample.

How to Arrange This Program

1. Meet with some local farmers. Perhaps the parent of a child in the child care center knows a farmer who might enjoy speaking with the adults?
2. Explain that you are teaching parents to incorporate more locally grown seasonal fruits and vegetables in their family's diets. Explain your desire to have a local farmer come to the center to explain how to select, use and store fresh produce.
3. If a farmer is willing to speak with the parents, arrange the logistics: select a date and time, ask the farmer which fruit or vegetable is currently being harvested and make arrangements to purchase this from the farmer. Purchase enough to prepare a recipe that the parents may sample.

Preparation Prior to Class

NOTE: Depending upon the recipe chosen, it may be more time effective to prepare the food the day before rather than the day of class.

1. Prepare a sample dish using the vegetable or fruit that you have purchased from the farmer.
2. Prepare copies of the recipe for the sample dish (one for each participant).

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Introduce the farmer. Explain where his or her farm is located and how to purchase vegetables grown on this farm.
3. Explain that the farmer came today to explain how to select, use, and store fresh produce.

Growing Goodness

Audience: Adults

Activity 3: Farmer Visit

Preparation Time: Depends on Recipe

Activity Time: 25 min

4. Ask the farmer to do the presentation.
5. The following questions may be used to assist the discussion if needed:
 - Which vegetables and fruits are in season now?
 - How can you tell if a food is ripe?
 - What is the best way to store certain types of produce (give specific examples)?
 - Are there certain types of produce that should not be stored together?
 - How would you advise parents to prepare certain types of produce (give specific examples)?
6. Ask the parents for questions they have for the farmer.
7. Thank the farmer for coming and invite him or her to stay to sample the recipe that was prepared.
8. Invite the parents to take a plate, utensil and napkin and sample the food that has been prepared if they desire to do so.
9. Distribute the recipe and explain that their children may help with the bold steps when they prepare this at home.
10. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled, or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Use only pasteurized apple cider.
 - Any other issues pertaining to the recipe that was prepared.
2. Discuss wise buying suggestions:
 - Buy local fresh produce in season for the best price and quality.
 - Where the Food Stamp EBT card may be used at Farmers Markets in the vicinity.
 - Shop early at the Farmers Market for the best selection. Compare prices, selection and quality before purchasing.
 - Community Support Agriculture (CSA) farms in the area that have reasonably

Growing Goodness

Audience: Adults

Activity 3: Farmer Visit

Preparation Time: Depends on Recipe

Activity Time: 25 min

priced shares or work shares.

- Buy only the amount of produce that you will use while it is still fresh.
- Use recipes for seasonal fresh vegetables.
- Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another one.
- Any other advice that pertains to the ingredients in the recipe(s) selected.

3. Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Adapted from [Tickle Your Appetite](#).

Staff Pages

This Week's Topic: *Growing Goodness*
This Week's Lesson: *Growing
a Seedling in a Bag*

Today in your classroom children learned how fruits and vegetables grow and that eating fruits and vegetables helps their bodies grow.

- On the back of this page is your lesson plan for this week's lesson "Growing a Seedling in a Bag." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCSS) lesson provided to your class this week.
- Find more garden themed education resources in [Grow It! Try It! Like It! Preschool Fun with Fruits and Vegetables](#) from USDA's Team Nutrition resource library at <http://teamnnutrition.usda.gov/library.html>.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Grow Goodness in Your Classroom



1. **Take your class on a field trip** to a local community garden or farmer's market. Purchase items for them to try at snack (i.e. sugar snap peas, cherry tomatoes).
2. **Take your class to a "pick your own" farm stand** to pick apples or pumpkins.
3. **Invite a farmer to visit your class** and talk about how fresh fruits and vegetables get from farm to table.
4. Children like to try a vegetable they have helped grow and harvest. **Plan an outdoor garden.** Have the children check the progress of the garden during daily walks. Include produce from the garden in meals and snacks.
5. **Start indoor container gardens.** Children can start the plants for the outdoor garden indoors during the early spring.



For more EWPHCSS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Growing a Seedling in a Bag

Goals & Objectives: To provide children with an opportunity to see a seed grow.

Prep Time: **Day 1 & 2:** 5 minutes for the seed activity **Day 3:** 15 minutes for the food tasting

Activity Time: **Day 1:** 20 minutes **Day 2:** 5 minutes **Day 3:** 30 minutes

Supplies You Will Need

- **Day 1 for Growing a Seedling:** Plastic bag with a zipper style closure, 1-2 sheets of an absorbent paper towel, stapler, masking or strapping tape, dry lima bean or kidney bean seeds (soaked in water overnight)
- **Day 3 for Food Tasting:** Corn tortillas, canned vegetarian refried beans, napkins, serving plate, child-sized tongs, small plates.

Preparation for Activity

- Read through the entire lesson.

Day 1—How to Grow a Seedling in a Bag:

- Soak the lima beans overnight in water to hydrate the beans and speed up the sprouting process.
- Wet the paper towel and place in the plastic bag. Place a row of staples through the bag across the center of the paper towel. (The staples hold the seeds in place, allowing the roots to grow down and sprouts to grow up.)
- Place the soaked beans on top of the row of staples and seal the bag.

Day 3—Prepare Snack: Spread 1 corn tortilla with ¼ cup bean spread. Cut tortillas in quarters.

Activity

Day 1

1. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Plants grow from seeds.
 - Farmers plant seeds and grow many of the fruits and vegetables we eat.
 - Eating a variety of colorful fruits and vegetables helps children's bodies grow and be healthy.
2. **Show children the bean seeds you prepared in the plastic bag.** Explain that the water and sunlight are needed for the seeds to begin to grow.
3. **Tape the bag with the seed side facing the room to a sunny southern or western exposure window.**
4. **Have the children check the bean seeds daily.** A sprout should break the seed coat within 3 days.

Day 3: Start with a joke: Ask them what kind of bean won't grow in a garden? The answer is jelly beans!

1. **Remove a few of the bean seeds from the plastic bag.** Use a toothpick to gently break the bean apart into 2 halves. Examine each seed half carefully for a little baby plant. Pass around the seed halves with the baby plants for the children to see.
2. **Ask the children to wash their hands.** 
3. **Explain that the bean spread in their snack is made from beans.**
4. **Provide each child with a napkin, small plate, and spoon.**
5. **Pass around the serving plate with the quartered bean tortillas.** Allow children to serve themselves, using small tongs.
6. **Encourage children to look at, touch, smell, and then taste the food** (if they choose to do so). Ask the children: What does it taste like? Did you like it?

Adapted from Grow It Try It Like It! Preschool Fun with Fruits and Vegetables

Extension Activity

- Allow children to spread bean spread on the tortillas.
- Plant the unsoaked beans in a pot. Have children continue to observe as the seeds grow into plants.

Options

For a CACFP creditable snack, spread 3 tablespoons of refried beans on ½ corn tortilla. Water must be served with snack if no beverage is provided.

Dear Parent,

Your child is learning how vegetables and fruits grow. Make half your plate fruits and vegetables. Vegetables and fruits are full of nutrients and may help to promote good health.

Home Activity: Purchase fresh green beans or peas. Help your child open one and count the seeds. Let your child taste the washed vegetable raw and cooked. Which do they like best?



Tips



- Try to make half your plate fruits and vegetables.
- Your children learn from watching you. Eat fruits and vegetables and your children will too.
- Offer only one new food at a time. Children don't always take to new foods right away. Keep trying!

Try these tips to teach your child about fruits and vegetables:

-  Explore fruits and vegetables with your child. Talk about the many colors, shapes, and feels of the fruit and vegetables.
-  Cook together. Let your child help prepare fruits and vegetables. Give them small jobs to do such as tear lettuce leaves, snap green beans, break cauliflower or broccoli, and mash bananas.
-  Children enjoy eating foods they help grow and harvest. Plant and tend a garden with your child.



Directions: Take your child to a local farmer's market or the produce section of a nearby store. Help them choose a fruit or vegetable they would like to try.

The fruit or vegetable my child chose to try is _____.