

# 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.**

Adapted and used with permission from [Storybook Stew: Cooking with Books Kids Love](#), by Suzanne I. Barchers and Peter J. Rau. Copyright 1996, Fulcrum Publishing, Inc., Golden, Co. All rights reserved. [www.fulcrumbooks.com](http://www.fulcrumbooks.com).

# 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](#).