

# January



## Learn It Ingredients to Grow

Take the children around the room and outdoors. Talk about how they need certain elements to stay alive like the air to breathe, water to drink, and food to eat to help them grow. Plants need nutrients too to help them grow such as water, soil, air, and sunlight. Where can children find these four elements (i.e. water from the indoor faucet or outdoor garden hose)? Discuss and plan if plants should be in containers or planted in garden boxes when deciding where to garden.



## Eat It Glazed Carrots and Parsnips

Carrots, peeled and sliced ½" thick

Parsnips, peeled and sliced ½" thick

Butter

Vegetable oil

Brown sugar

Ground cinnamon



In a large skillet over high heat, add carrots and parsnips and cover halfway with water. Once water begins to boil, reduce to a simmer. Cook carrots and parsnips until tender. Drain the water and add butter, oil, sugar and a pinch of cinnamon. Cook and stir frequently for about 5 minutes on low-medium heat, until sauce has thickened. Salt and pepper to taste.



## Create It Garden Wind Chimes

Wind chimes can be as creative as you want them to be and almost anything the children in your care can dream up. For a simple option, start with a sturdy dessert size plate. Poke readymade holes for the children to use. The children will tie bells or string beads for their chimes. Help them tie a knot at the end so they do not lose their materials. Then they will poke the string through the hole and tape on top of the plate, so the string does not slide back through. Attach string for a hanger.



## Play It Garden Work Charades

Using picture cards from [cacfp.org](http://cacfp.org) or words, children will take turns acting out garden work activities. These can include, but are not limited to raking, shoveling, planting seeds, watering the garden, harvesting, pushing a wheelbarrow and pulling weeds.



## Read It

*Como plantar un arco iris / Planting a Rainbow*  
(Spanish Edition) by Lois Ehlert

*My Garden* by Kevin Henkes

*Planting a Rainbow* by Lois Ehlert



## Fun Fact

There are different types of root vegetables: taproots (carrot), tubers (potato), bulbs (onion) and rhizomes (ginger).



## Grow It

Root vegetables thrive in well-drained, loose soil rich in organic matter.

## Laugh About It

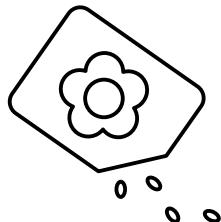
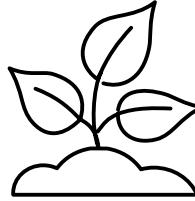
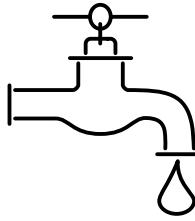
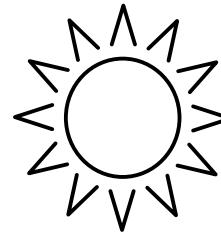
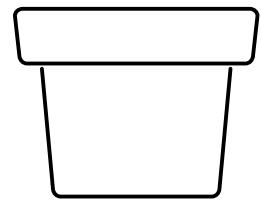
Why was the potato late?  
It was a hesi-tater!



Name \_\_\_\_\_

# What Does a Garden Need?

Trace the dotted letter in each word.

	SEEDS
	SOIL
	WATER
	SUN
	BOOTS
	POT

# February

## Learn It Measure Your Garden

Just like children have their own designated space or seat in the classroom, plants need their own space to grow! Prior to the activity, use painters' tape and make rectangular and square shapes on the floor to create garden beds. Pair children together and give each group a ruler or measuring tape. Instruct children to measure these garden beds, then report back with their numbers. Already have garden beds built outside? Have children measure those and report back. Knowing the dimensions of a garden bed can help children determine how many plants can be planted at the same time.

## Eat It Toasty Green Eggs

Eggs

Fresh baby spinach leaves

Milk

Whole wheat bread slices, toasted



In a blender, add eggs, spinach and milk. Salt and pepper to taste. Blend until spinach is fully pureed. Brush oil onto a non-stick skillet and heat over medium-low heat. Add egg mixture and cook until egg is cooked through, then scramble. Cut toasted whole wheat bread in half. Serve  $\frac{1}{4}$  cup eggs along with a halved toast.

## Fun Fact



A darker color in vegetables and fruits indicates a higher concentration of nutrients.

## Read It

*La semillita (The Tiny Seed) (The World of Eric Carle) (Spanish Edition)* by Eric Carle

*The Carrot Seed* by Ruth Krauss

*The Tiny Seed* by Eric Carle



## Laugh About It

Why was the wheelbarrow sad?  
It was tired of being pushed around!



## Create It Felt Salad



Children will appreciate creating their own colorful felt salad! Set out an assortment of bright felts, or provide precut shapes, and a paper plate for each child. They can start their salad by cutting and gluing the green into strips for the lettuce base. Then add circles of red for tomatoes, orange strips for carrot sticks, and even white for bits of onion. For an extension during lunch, ask them to recreate their salad with the real ingredients.

## Play It Garden Bunny Matching



Make picture sets of garden vegetables. For a group of 6 children, make 6 copies of each vegetable. Spread the pictures out over a designated safe area. When you call out a vegetable, the children must bunny hop over to that vegetable. Each child can take a turn calling out vegetables and can also practice different movements to go to the next vegetable.

## Grow It

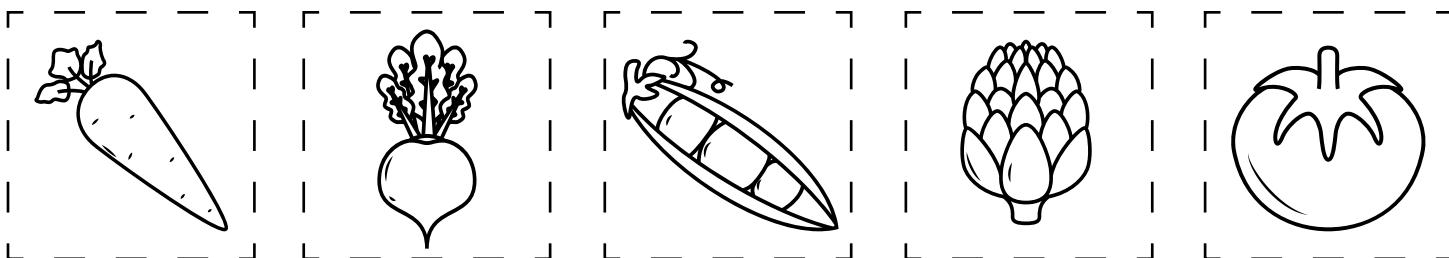
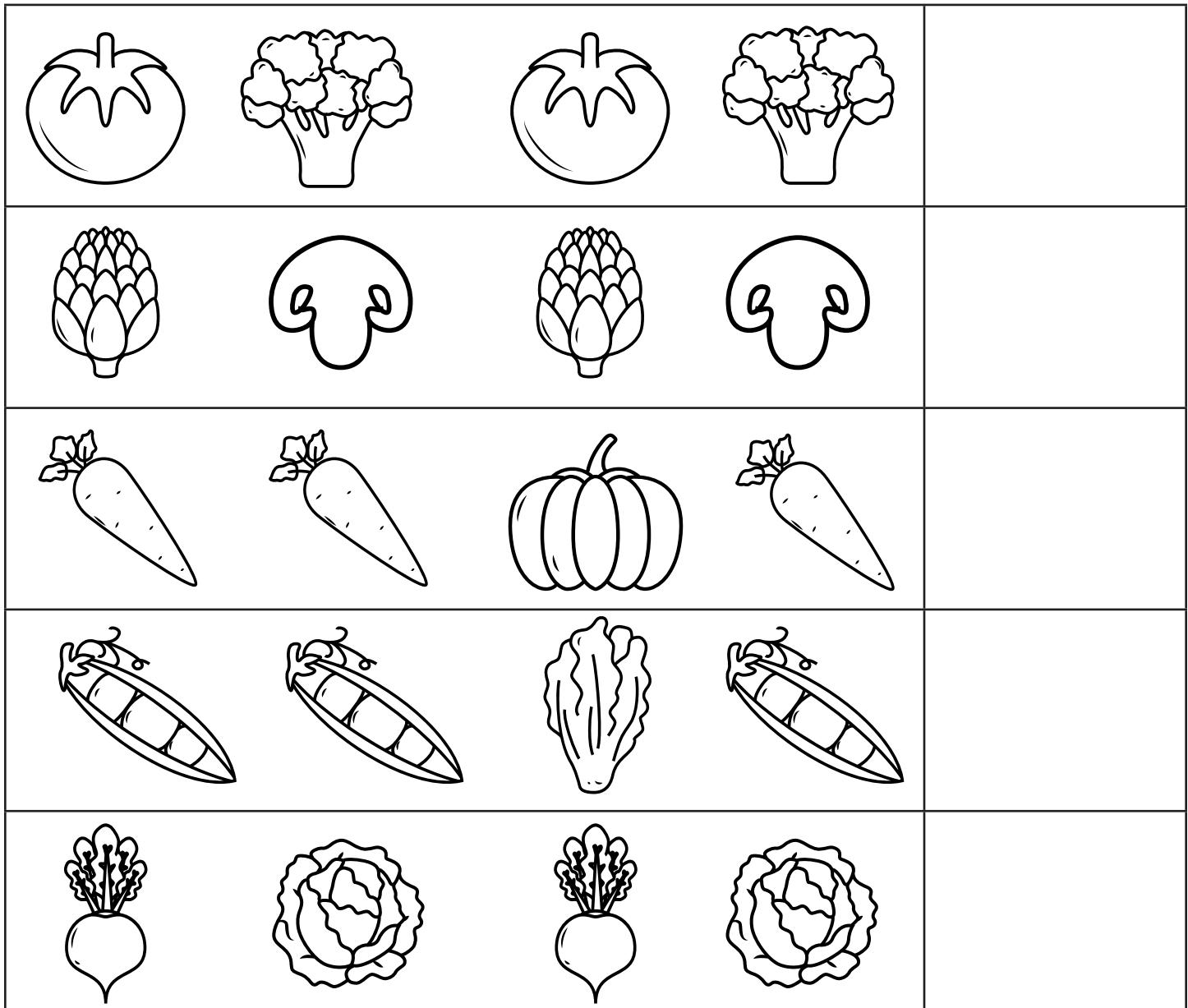


Quick growing vegetables from seed are spinach, green onions, lettuce, arugula, radishes, and peas.

Name \_\_\_\_\_

# Veggie Patterns

Cut out the vegetables in the dotted squares below and paste them where they fit in the patterns.



# March

## Learn It Prepare the Soil

In a learning circle, discuss the difference between dirt and soil. Dirt is made of sand, clay, and silt which does not have the nutrients needed for plants to grow. Plants need nutrients like we do when we eat food. Soil is dirt and in addition contains minerals and organic matter (living and decomposing organisms). Plants grow well in soil. As an experiment to show the difference between dirt and soil, plant a few pea seeds in containers, one with dirt and one with soil. Observe which one will grow the better plant. Remind children that the nutrient-rich foods we eat help us grow just like plants!

## Eat It

### Sour Cream and Onion Yogurt Dip

1 tbsp oil  
1 cups shallots, finely diced  
¼ cup garlic chives, finely diced  
2 cups plain Greek yogurt  
½ tsp Worcestershire sauce  
Vegetable sticks (i.e. carrots, cucumbers, celery, jicama)

Over medium-low heat, warm oil in a large skillet. Add shallots and stir frequently until caramelized or golden brown, about 10-15 minutes. Allow to cool and then add to a large bowl along with chives, yogurt and Worcestershire sauce. Mix until well combined. Salt and pepper to taste. Refrigerate for at least 30 minutes for flavors to marinate together. Serve  $\frac{1}{3}$  cup yogurt with a  $\frac{1}{2}$  cup of vegetable sticks.

## Grow It



Test the pH level and nutrient content of your soil with a home testing kit or send a sample to your local extension service to help you determine what needs to be added to your soil for plant health.

## Read It

*A Seed Is Sleepy* by Diane Aston

*The Surprise Garden* by Zoe Hall

*Una semilla dueme* (Spanish Edition) by Diane Aston



## Create It Edible Art



During snack time, give the children an assortment of cut vegetables as age-appropriate for serving amounts according to CACFP guidelines. Bell pepper slices, celery sticks and crescent moons. Carrots, for example, cut into both circle slices and sticks. The children can create their own edible masterpiece on their plate before enjoying healthy veggies as part of a creditable CACFP snack with Sour Cream and Onion Yogurt Dip.



## Play It Garden Wheelbarrows

Teach children how to wheelbarrow with each other. One child will bend forward balancing on their hands while the other partner holds their feet. See how far they can walk forward or maybe even go backward. This is great gross motor strength practice for the core and coordination.

## Fun Fact

Why do onions make us cry? When sliced, onions undergo a series of reactions and create a compound called lachrymatory factor that is an eye irritating gas.



## Laugh About It

HA HA!

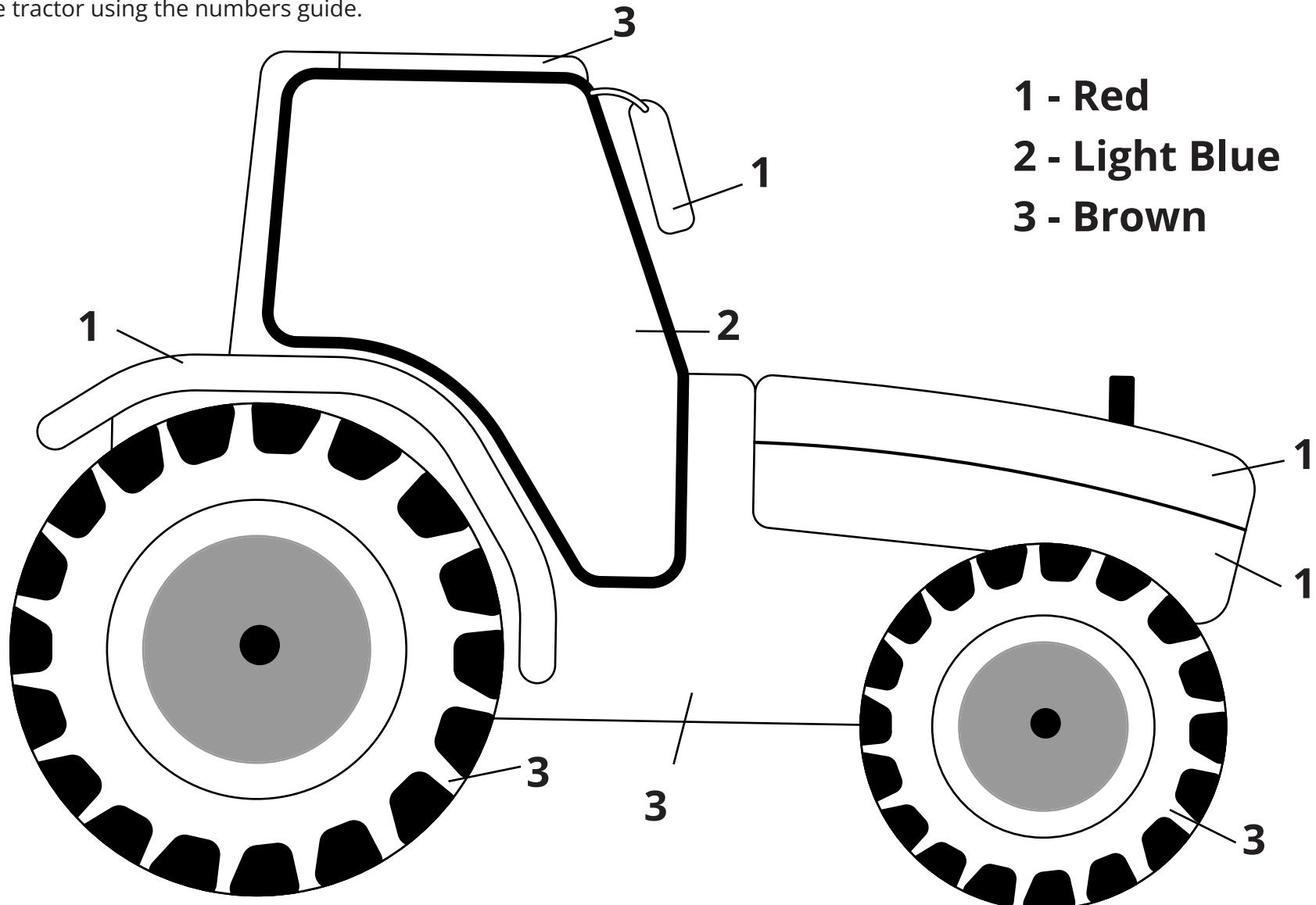
What vegetable did the plumber fix?  
The Leek!



Name \_\_\_\_\_

## Color By Numbers

Color in the tractor using the numbers guide.



# April

## Learn It

### Choosing the Right Seed

 Local foods grown and served in a CACFP meal is based on the United States hardiness zone map. These zones are what help gardeners determine which plants grow best during certain times of the year and what may not grow well depending on where you live. Let children know which state they are in and where it is on the map. Have them tell you what hardiness zone they live in. Talk about what fruits and vegetables are local to their area and what's on the menu. Next, show seed packets of plants that would grow well in their garden. Have them decide which seeds will be planted.

## Eat It

### Strawberries and Cream Bagel

1 cup Greek plain yogurt  
1 ¼ cup self-rising flour  
1 egg  
6 oz cream cheese  
6 cups strawberries, chopped



Preheat oven to 375° F. In a bowl, mix yogurt and flour. Knead for 5 minutes or until dough is smooth, not tacky to the touch. If dough feels wet add 1 tbsp of flour at a time until dough is no longer tacky. Let it rest for 5 minutes. Divide dough evenly into 12 pieces. Roll each dough into balls and with your finger, poke a hole in the middle of each ball. Place on lined baking sheet. In a small bowl, scramble the egg and brush egg on top of each bagel. Bake bagels for 18-20 until golden brown on top. Allow them to cool and then cut each bagel in half. Spread 1 tablespoon of cream cheese on top and serve ½ cup strawberries on the side. Encourage children to add strawberries on top of their bagel slices.



## Laugh About It

Where do kids learn to grow?  
Kinder-garden.

## Create It

### Seed Clusters



Cut various colors of construction paper into 1" squares. Place into separate color containers or mix all together. Cover the squares with water for 20 minutes. Drain the water and mix in a food processor to make pulp. Mix seeds into the pulp to make your seed "batter". Little hands will have fun forming the batter into clusters or balls. Let these dry overnight and plant in a pot.



## Play It

### My Garden Imaginative Play

Set up an imaginary garden in a designated area. Complete the garden with plastic rakes, shovels, vegetables, watering cans, and plastic flowers. Allow the children free time to create and work together to design and plant a class garden.



## Read It

*Just Ask!: Be Different, Be Brave, Be You* by Sonia Sotomayor

*Inch by Inch: The Garden Song* by David Mallett

*¡Solo pregunta!: Sé Diferente, Sé Valiente, Sé Tú* by Sonia Sotomayor



## Grow It

Check the seed packet to know how deep to plant the seed and how far apart to plant them from each other.



## Fun Fact

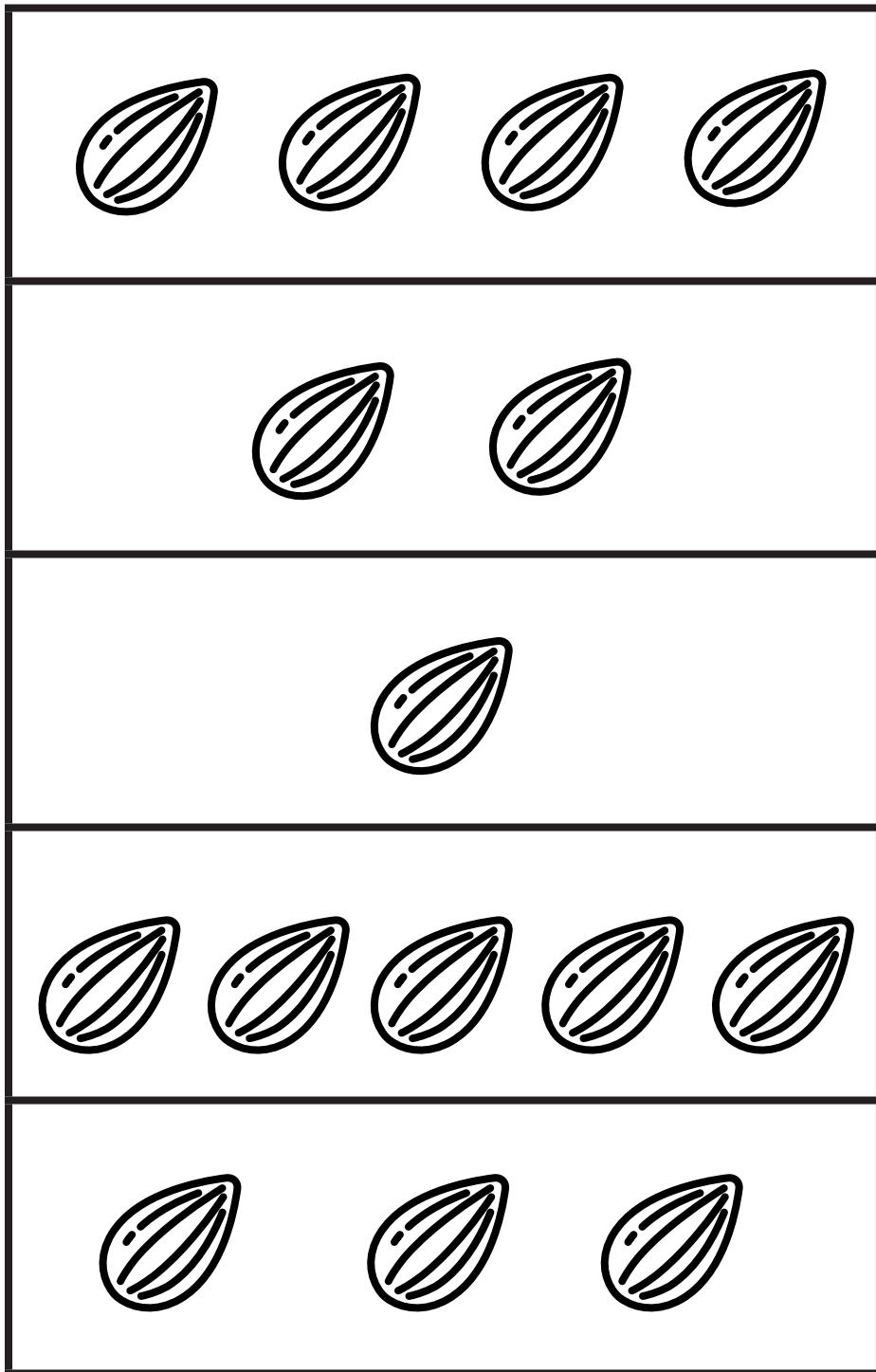
All seeds need moisture, oxygen and the correct temperature to germinate.



Name \_\_\_\_\_

## Sow Much Fun

Count the number of seeds in each box. Draw a line to match it with the correct number.



# May

## Learn It Thirsty Plants

 All living things including children and plants need water to live and grow. Providing water to plants helps seeds sprout, move nutrients throughout, stand tall and when paired with sunlight makes its own food through photosynthesis. Show children how plants take up water. Add food dye to a jar filled with water and place a fresh cut white flower in the jar. Have children observe what happens overtime.

## Eat It Sugar Snap Pea Stir Fry

Sugar snap peas, remove stem and string

Vegetable oil

Soy sauce

Garlic cloves, sliced



Over medium-high heat, warm vegetable oil in a large skillet. Add the sugar snap peas and cook for 3-5 minutes stirring frequently. Halfway through cooking add garlic and soy sauce. Remove from heat once sugar snap peas are bright green and slightly tender.

## Laugh About It

Where does the gardener sleep?

In the flower bed.

 HA HA!



## Create It Peas in a Pod

 Cut out the three peas and pod from the template at [cacfp.org](http://cacfp.org). Instruct children to color or paint all their pieces. Glue the pod onto construction paper for a background. Then the children will glue in their three peas. Add eyes and faces with craft supplies for a little fun.



## Play It Water Can Relay

Divide the group into two lines. At the start of each line, place a bucket full of water and several plastic water glasses. At the finish line you have determined, place an empty watering can. When you say go, the children will take turns using their plastic cups and running to fill up the watering

## Read It



*From Seed to Plant* by Gail Gibbons

*Growing Vegetable Soup* by Lois Ehlert

*Growing Vegetable Soup/Sembrar sopa de verduras Board Book: Bilingual English-Spanish* by Lois Ehlert

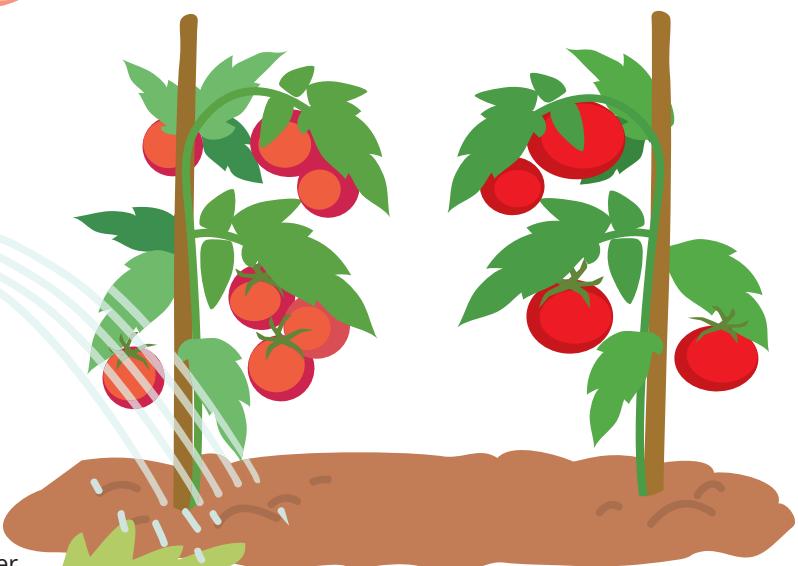


## Grow It

Adding mulch to the garden bed or container helps the soil retain water.

## Fun Fact

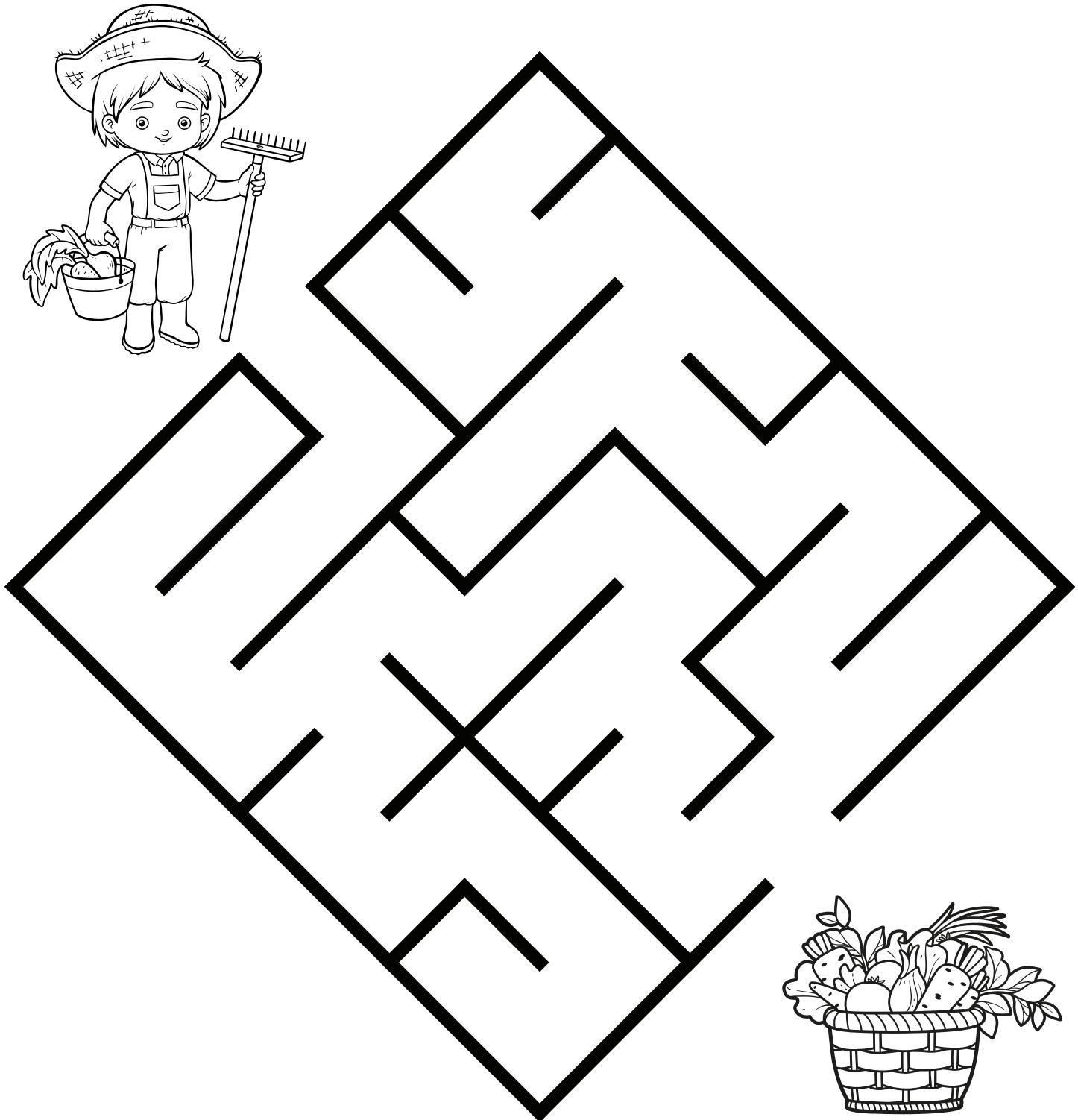
Plants need water to combine with carbon dioxide to complete photosynthesis.



Name \_\_\_\_\_

# Harvest Time

Draw a path through the maze to help the farmer reach their vegetables.

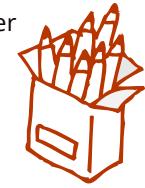


# June



## Learn It Flower Power

In a learning circle, discuss two types of flowers that can be found in a garden, beneficial flowers and edible flowers. Beneficial flowers deter bugs and invite bees and butterflies to help pollinate the plants in the garden. Print out pictures of beneficial flowers, found at [cacfp.org](http://cacfp.org), such as butter daisies, lavender, dianthus, coneflowers, marigolds, sunflowers and zinnias. Edible flowers that are considered vegetables are broccoli and cauliflower. Ask children if they have tried one of these vegetables before. Also, have children planted some of these already? Go to the garden to explore or plant beneficial or edible flowers in the garden.



## Create It Sunflower Suncatcher

Assist as needed for the children to cut out sunflower petals from thin yellow paper or tissue paper. If preferred, use the template from [cacfp.org](http://cacfp.org) to trace petals. Place one sheet of clear contact paper sticky side up. The children can arrange their flower petals. Then, they can place black paper dots in the center. Cover the sticky side and flower with another sheet of clear contact paper to match the sticky sides together. Create a cardstock frame for each suncatcher and hang in window to catch the sunlight.



## Play It Flowers of the Rainbow

Using the template at [cacfp.org](http://cacfp.org), allow the children to color in the color spot. Then go for a nature walk. The goal is to find a flower or plant for all the colors in the rainbow. Simply put a check in the spot when you find it and leave nature for others to enjoy.



## Read It

*Flower Garden* by Eve Bunting

*The Little Gardener* by Jan Gerardi

*El pequeño jardinero* by Emily Hughes (Author), Susana Rodríguez Álvarez (Translator)



## Laugh About It

What did the big flower say to the little one?  
"What's up, bud?"



## Grow It

Removing the head of dead flowers encourages the plant to redirect its energy into budding more flowers, which can help extend the blooming period.

## Fun Fact

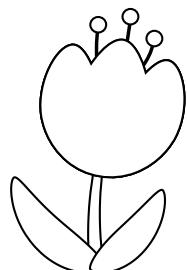
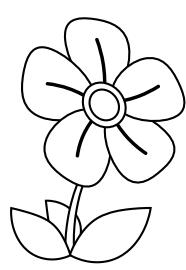
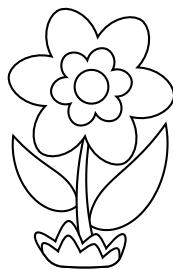
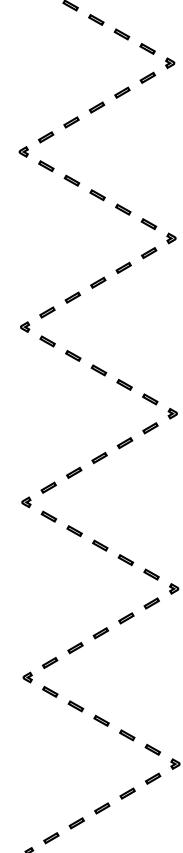
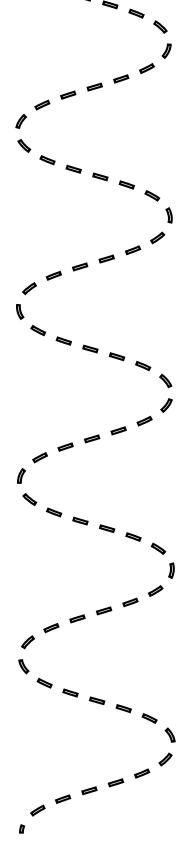
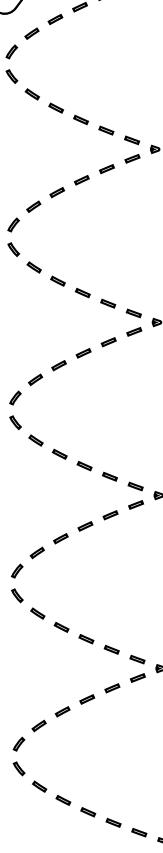
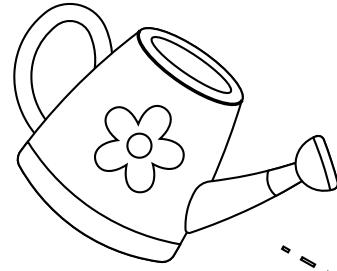
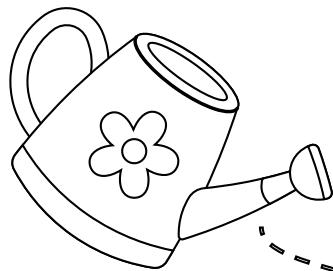
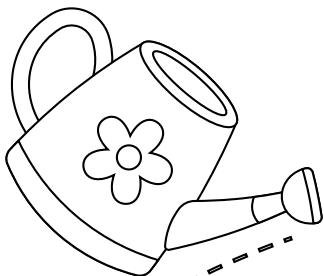
Because zucchini comes from a flower and has seeds, it is botanically classified as fruit. However, for culinary purposes it is considered a vegetable.



Name \_\_\_\_\_

## Go with the Flow

Trace the lines to provide water to the flowers.



# July

## Learn It

### The Hunt for Garden Bugs

You might find many bugs in your garden. Some are good garden bugs that protect your plants from bad bugs. Create a scavenger hunt using pictures of good bugs and bad bugs. Have children use magnifying lenses or toilet paper rolls to help them search for these bugs. Here are some examples of good bugs: bees, ladybugs, earthworms, green lacewings, soldier beetles, dragon fly, butterflies. And here are several examples of bad bugs: tomato hornworms, aphids, Japanese beetles, stinkbug, Colorado potato beetle. See [cacfp.org](http://cacfp.org) for pictures of these bugs.

## Eat It

### Honeydew Chili Salad

Honeydew melon, cubed  
Lime juice  
Ancho chili powder  
Cotija cheese, crumbled



In a small bowl, whisk together lime juice and ancho chili powder. Salt to taste. Next, add honeydew melon in a large bowl along with the lime dressing. Toss until well combined. Serve  $\frac{1}{2}$  cup melon and top it with 2 tbsp cheese.



## Read It

*Lola Plants a Garden* by Anna McQuinn

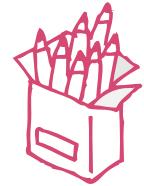
*Lola planta un jardín / Lola Plants a Garden* by Anna McQuinn

*Sunflower House* by Eve Bunting



## Create It

### Water Balloon Painting



Place paper in the bottom of a plastic tub. Ask the children to pick an assortment of colors to squirt onto the paper, into the tub. Then place the water balloon on top of the paper. The children roll the water balloon around the tub creating a colorful masterpiece. If water balloons are not age-appropriate for your crew, use any kind of rubber ball.



## Play It

### Don't Get Caught in the Garden!

We know there are some bad bugs we don't want in the garden because they eat our crops. Choose one person to be the gardener. When they yell "don't get caught!", the bugs try to make it from one side of the play area to the other without getting caught. The gardener tries to catch at least one so they can take the next turn.



## Grow It

A simple solution of soap and water can be sprayed on plants to control soft-bodied bugs like aphids.



## Laugh About It

Why did the ladybug lose at hide and seek?  
It got spotted!



## Fun Fact

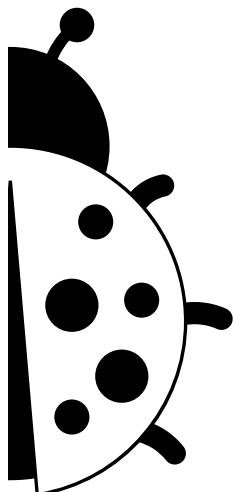
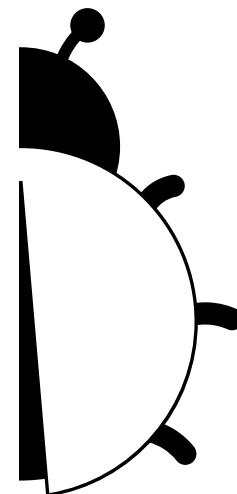
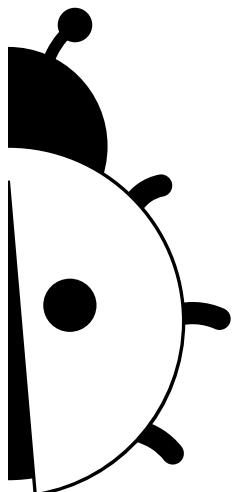
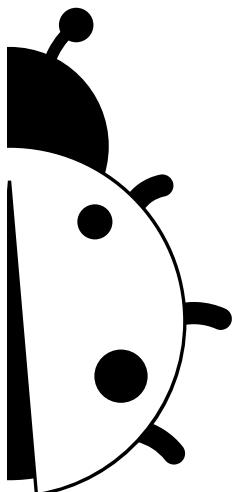
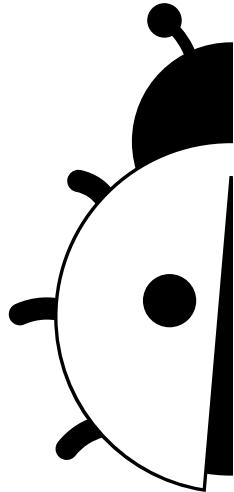
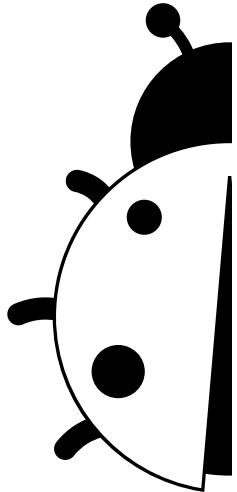
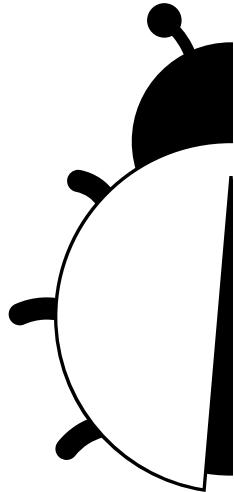
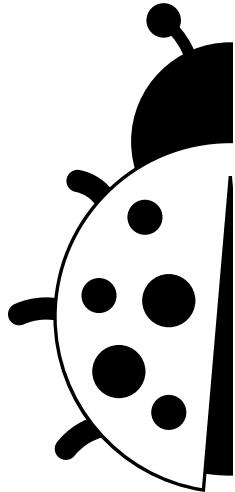
Female ladybugs will lay around 1000 eggs from spring to summer.



Name \_\_\_\_\_

## Spot the Right Match

Draw a line to the matching ladybug that has the same number of spots on its wing.



# August



## Learn It Harvest Time

Once fruits and vegetable are ripe, it means it's time to harvest! Encourage children to pick the produce in the garden and let them help you make a salad, smoothie, or try as is. Not ready to harvest? Discuss how farmers harvest seeds from the plants they grow. Show a few fruits and vegetables where children can explore and identify the seeds that will be dried and stored to plant later.

## Eat It Fruity Bruschetta

French baguette

Cottage cheese

Stone fruit, diced (i.e. peach, plums, apricots, cherries)



Cut baguette into  $\frac{1}{4}$ " slices and toast. Serve 2 bread slices,  $\frac{1}{8}$  cup cottage cheese and  $\frac{1}{2}$  cup fruit on each plate. Instruct children to create their fruity bruschetta by spreading cottage cheese onto each bread slice and then add the fruit on top.



## Laugh About It

How did the cabbage win the race?

It got a head!

## Grow It

Choose to plant and harvest produce like cherry tomatoes, peas, strawberries and carrots, these are easy for small hands to pick or pull.



## Create It Seed Art

Give each child a seed of any kind. Ask them to glue onto construction paper. Then with craft supplies, paint or colors, they will finish their plant. Draw roots coming from the seed, the stem coming from the ground. The kids can determine what kind of plant it will become- maybe a flower, vegetable, or something from their own imagination!



## Play It Harvesting Obstacle Course

Using pool noodles, hula hoops, cones and various other equipment you have on hand, set up an obstacle course in a safe area. For an extra challenge, place play vegetables around the course. As they work through or finish the obstacle, they will gather the vegetables and put them in a basket, then run to the next obstacle.

## Fun Fact

Blackberries, mulberries and raspberries are included in the stone fruit botanical family.



## Read It

*Butterflies in the Garden* by Carol Lerner

*We Are the Gardeners* by Joanna Gaines

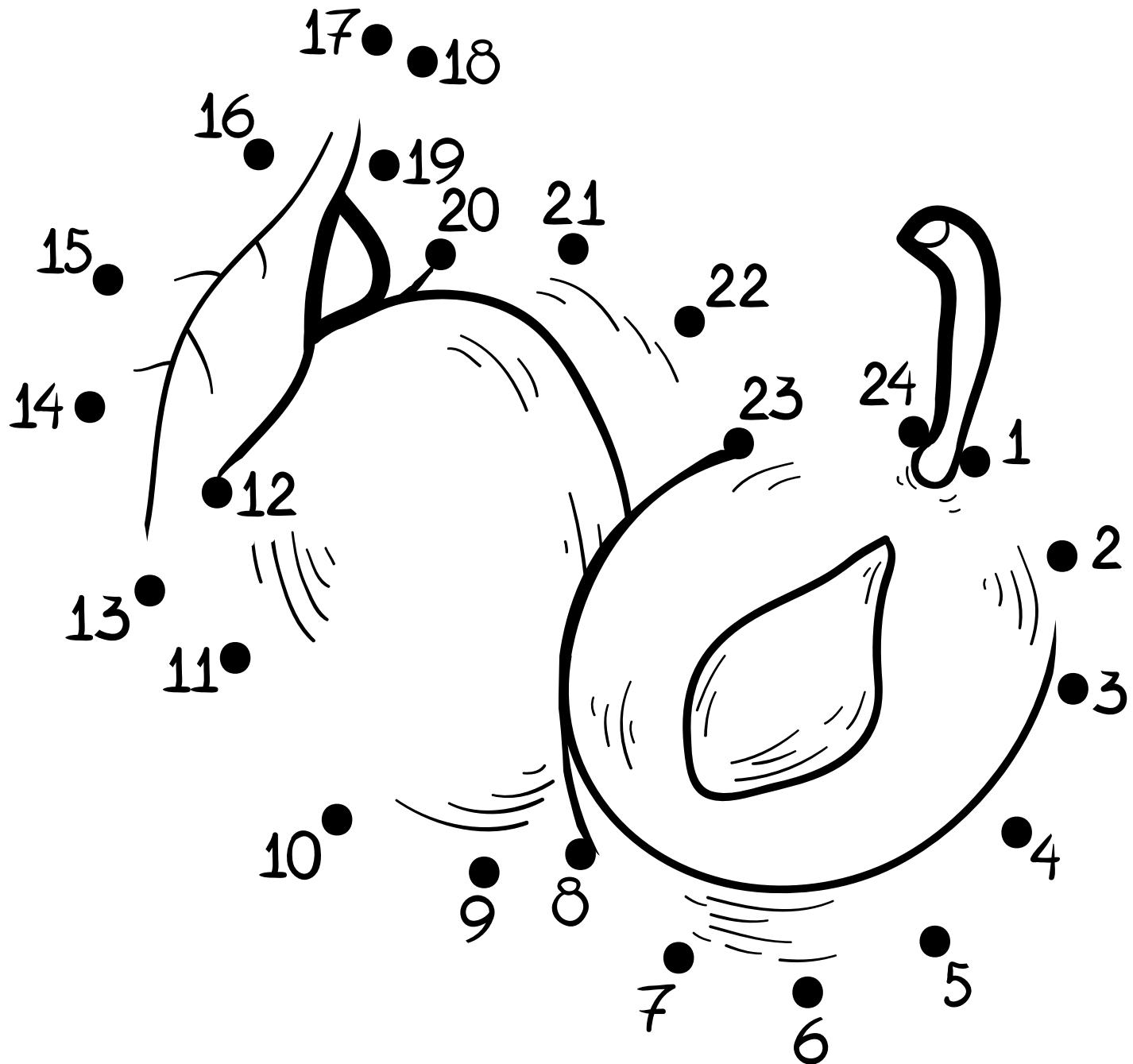
*¡Tenemos un huerto!* by Joanna Gaines



Name \_\_\_\_\_

## Plum Perfect

Connect the dots to complete the fruit.



# September

## Learn It

### Sprouting Seeds Yoga

Have children stand in a circle with space in-between. Explain that every seed grows when the air, water and temperature of the soil is just right. Invite children to become seeds, instruct them to sit on their knees and curl themselves into a ball. Discuss what happens if it is too cold, the seed stays dormant. Now that the seed is being warmed up in the soil and water has been added to the soil, have children slowly get on their feet and their hands touching the floor. The plant begins to grow into a tall plant. Have children slowly raise their hands and upper body until their hands are reaching up to the sky. Then spread their arms out wide as they begin to flower and make their first fruit or vegetable. Go around the room and ask what type of fruit or vegetable they are.

## Eat It

### Apple Breakfast Salad

2 cups apples, diced  
1 cup dried cranberries  
1 cup loose granola  
1 tbsp lemon juice  
 $\frac{1}{4}$  tsp ground cinnamon



In a medium bowl, add apples, cranberries, lemon juice and cinnamon. Toss until cinnamon coats the fruits. Serve  $\frac{3}{8}$  cup of fruit mixture in a bowl or cup and sprinkle 2 tablespoons of granola on top.

## Laugh About It



Where do apples vacation?  
The Apple-achian Mountains.



## Create It

### Apple Filters

Ask the children to color a coffee filter using apple-colored markers: red, green, yellow. Once they have completed their filter, show them how to lightly spray the filter with a spray bottle of water to make the colors run together. Set aside to dry. Cut out a circle from the filter to create the apple body. Add a leaf with green construction paper and glue to finish your Apple Filter.



## Play It

### Apple Pickers

Using the apple template from [cacfp.org](http://cacfp.org) or plastic apples, tie each apple to a string and hang them with tape to a wall at the tip of children's reach, some a bit higher. The children will have to stretch and jump to grab the apples. See if they can reach a certain number of apples and then encourage teamwork to help those that have not yet met the goal.

## Fun Fact

A pomologist focuses on developing apple varieties and cultivation techniques.



## Read It



*Let's Get Gardening* by DK

*Ten Red Apples* by Pat Hutchins

*¡A recoger manzanas! (Apple Picking Day! Spanish Edition)*  
*(LEYENDO A PASOS (Step into Reading)* by Candice Ransom

## Grow It

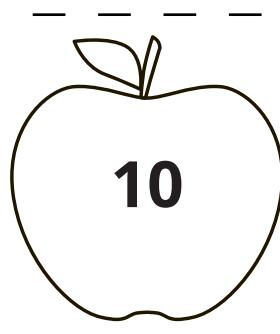
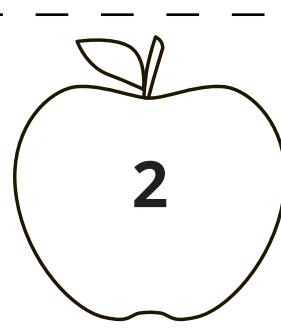
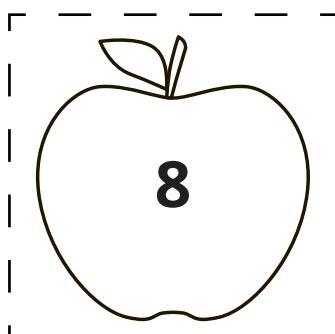
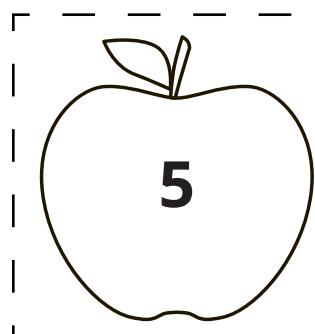
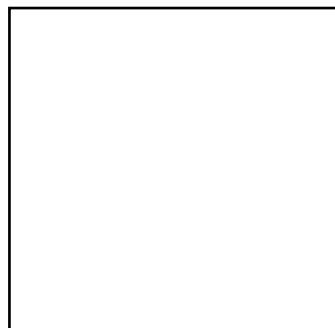
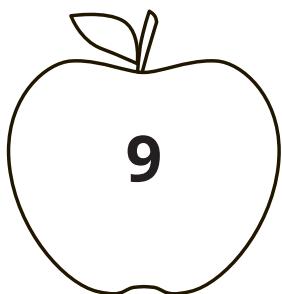
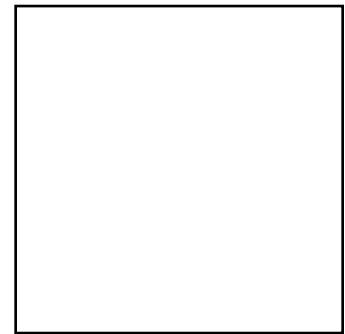
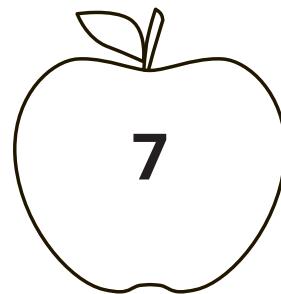
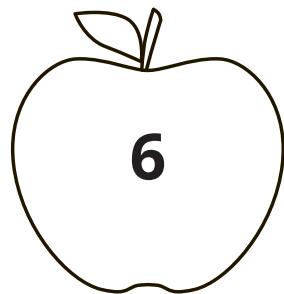
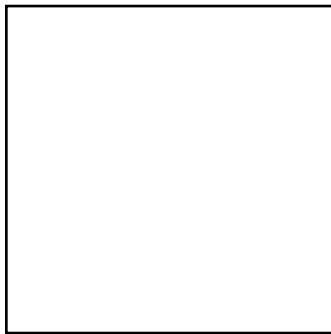
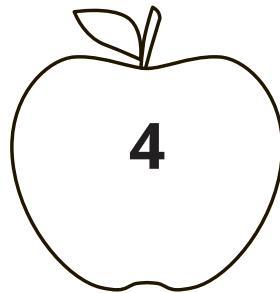
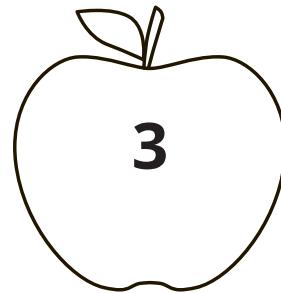
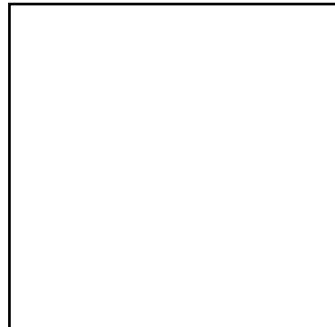
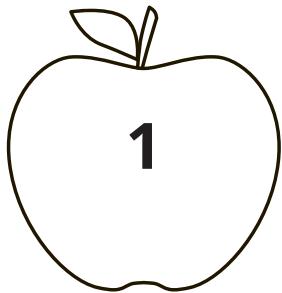


Planting seeds indoors allows you to have more control of the elements like light, warmth, and moisture resulting in higher rates of germination.

Name \_\_\_\_\_

# Missing Apples

Cut out the apples in the dotted squares and glue them in the correct spot.



# October

## Learn It

### New Homes for Plants

As children get taller, they outgrow their clothes and need new clothes that leave room for more growth. Plants do the same thing! When plants have outgrown their space or are ready to be planted in a garden bed, plants need to be moved or transplanted. Using one large and one small container, fill each with sand, beads, or pom poms to act as soil. Place a small toy or fake plant into the small container. Instruct children to dig a hole with a toy shovel in the large container then scoop the small toy that was placed in the small container into the large container to practice transplanting.

## Eat It

### Butternut Squash Soup

2 tbsp vegetable oil  
1 cup onion, diced  
3 garlic cloves, minced  
3 cups butternut squash, peeled, seeds removed, cubed  
2 cups vegetable broth



In a medium skillet, warm oil over medium heat. Add onions and cook until translucent. Add garlic and cook for an additional minute. Set it aside. Next, place the butternut squash in a microwave safe bowl with 2 tablespoons of water. Microwave for 4-5 minutes until tender. Allow to cool. Place all ingredients into a blender and blend until smooth. Salt and pepper to taste.



## Create It

### Chenille Stick Produce



Time to create! Give the children assorted colors of chenille sticks (pipe cleaners). They can use the sticks to bend and curl into any kind of fruit or vegetable they would like. If they need a little memory help, cut out pictures for them to use as visual guides. Use one stick to make the fruit and then connect another to create the leaf.



## Play It

### Balance Pumpkin Delivery

Set up a long board or something children can walk across. As the children start, they will pick up a pumpkin and then walk across the balance to deliver the pumpkin to you or another chosen friend. Allow each one to take turns. Practice different delivery methods like holding the pumpkin over your head or shuffling sideways across the board.

## Grow It



Reduce transplant shock by planting on a cloudy day or late afternoon and water frequently for the first few days as the plant becomes used to its new home.



## Read It

*Miguel's Community Garden (Where In the Garden?)* by JaNay Brown-Wood

*The Curious Garden* by Peter Brown

*Señorita Mariposa (Bilingual English-Spanish Edition)* by Ben Gundersheimer

## Laugh About It



Why didn't anyone laugh at the gardener's jokes?  
They were too corny!



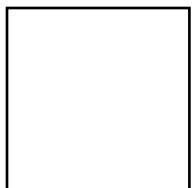
## Fun Fact

There are over 100 varieties of pumpkins. Not all of them are edible.

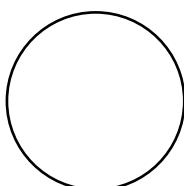
Name \_\_\_\_\_

# Carving Pumpkins

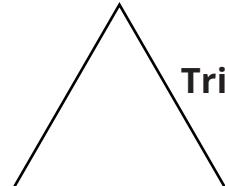
Color the pumpkin according to the shape inside of it.



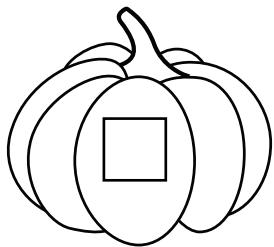
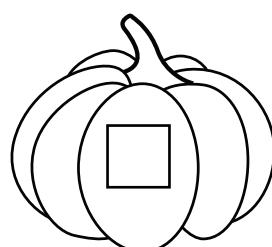
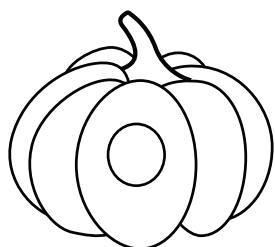
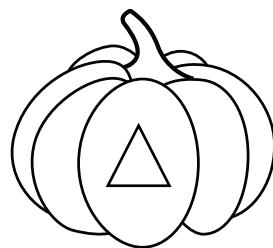
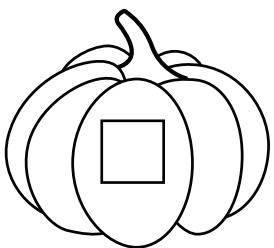
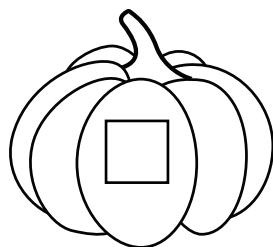
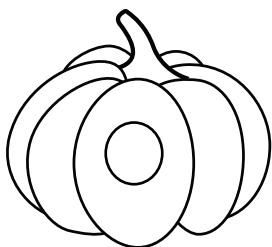
**Square = Orange**



**Circle = Green**



**Triangle = Yellow**



# November

## Learn It Plant Parts

Just like children have different body parts that can do specific tasks, plants do too! Talk about the roots bringing nutrients to the plant, the stem transporting nutrients while standing tall, the flower of the plant where it attracts bees then produces fruits or vegetables and the leaves which create food for itself. Print the parts of the plant resource at [cacfp.org](http://cacfp.org). Place in a plastic pocket sleeve and provide different color play dough for the children to mold on top of the plant picture highlighting the different plant parts.

## Eat It Cauliflower Popcorn

Cauliflower  
Vegetable oil  
Parmesan cheese  
Garlic powder  
Onion powder  
Paprika



Preheat oven to 425°F. Grease or line sheet pan with parchment paper. Chop cauliflower into bite-size pieces and place in a large bowl. Add all ingredients into the same bowl and toss until cauliflower pieces are fully coated. Place on sheet pan and bake for 25 minutes, making sure to move them around halfway through. Once cauliflower is golden brown, remove from oven and serve warm.

## Grow It

When plants grow too close together, they compete for resources. Snip the base of the weaker looking plants with scissors.



## Read It

*Hello, World! Garden Time: A Book of Plants and Gardening for Kids* by Jill McDonald

*La historia del maíz (The Story of Corn): Todo comienza con una semilla (It Starts with a Seed) (Paso a paso (Step by Step)) (Spanish Edition)* by Robin Nelson

*Plants Feed Me* by Lizzy Rockwell

## Create It Bubble Vegetables

Use the template found on [cacfp.org](http://cacfp.org). Cut out vegetables for each child individually or use the whole sheet for each child. Show the children how to dip bubble wrap into paint and stamp onto the vegetables. They will love seeing the pattern come to life on their vegetables!



## Play It Pass the Veggies

Choose plastic vegetables and place them in a basket. Also place an empty basket beside it. This simple game will require a little teamwork, but the kids will love the challenge. Place the kids into a line. On "go", the children will pass the plastic vegetable backwards through their legs. When the last child in line gets it, they will run to the front and place the vegetable in the empty basket. Repeat until the first basket is empty and the second basket is full.

## Fun Fact

Cauliflower does not only come in the white variety. It can also come in purple, green and orange.



## Laugh About It



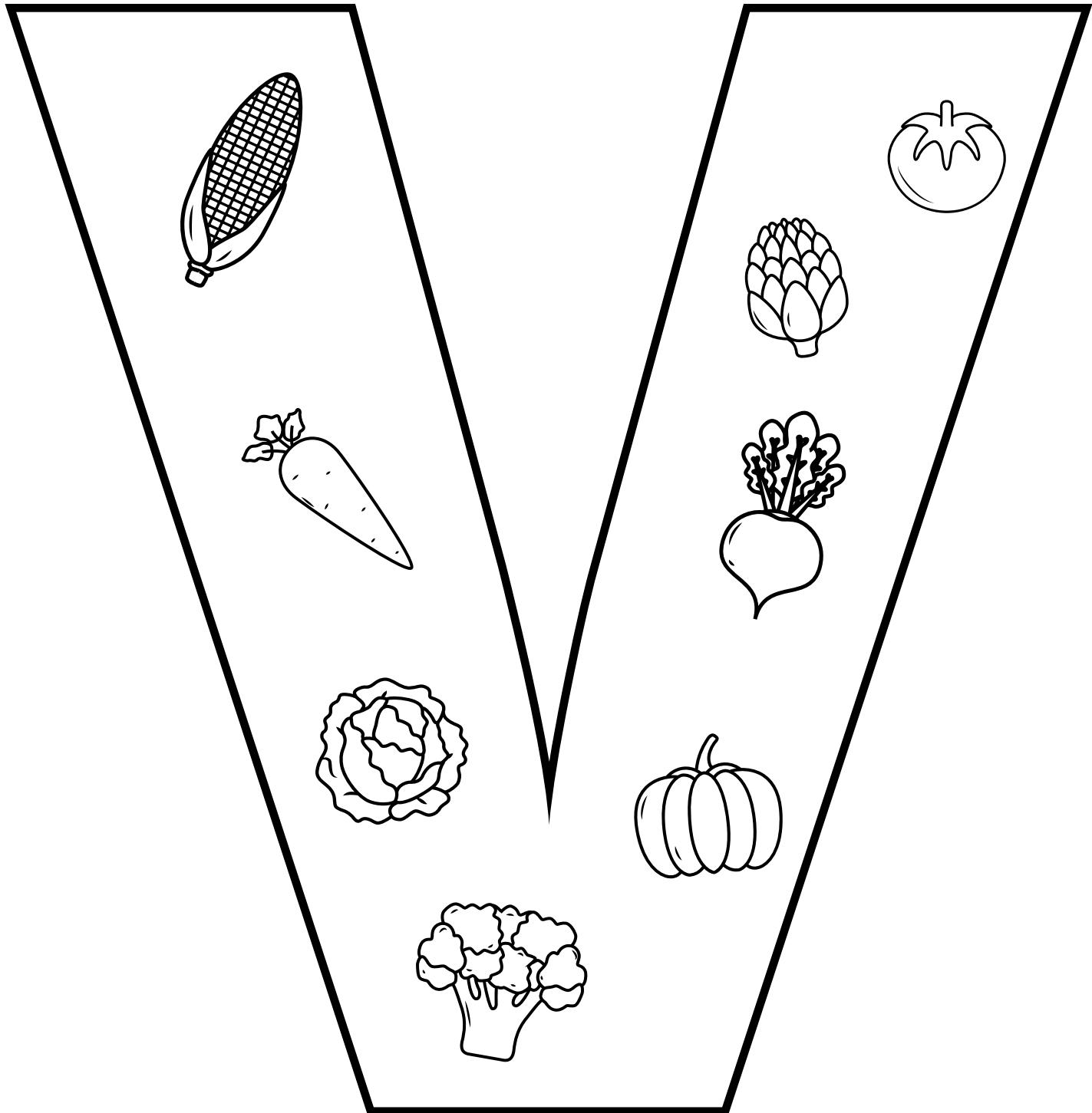
Why did the gardener win the dance contest?  
He dropped a beet!



Name \_\_\_\_\_

# V is for Vegetable

Color in the letter V around the shape of the vegetables.



# December



## Learn It Plant Food Recipe

When CACFP meals and snacks are being prepared in the kitchen where can food scraps go like tops of carrots or banana peels? In a compost bin! Some foods can be converted to plant food through the process of composting. Using the Plant Food Recipe Resource Guide found on [cacfp.org](http://cacfp.org), create a game where children sort items that are and are not compostable. Explain that over time when these items are placed together, water is added, and the compost is occasionally rotated, the items break down and become compost - in other words, plant food.

## Eat It

### Nut-Free Spinach-Avocado Pesto Pasta

1/4 cup roasted pumpkin seeds

1/4 cup olive oil

1 cup spinach or kale, tightly packed

1/3 cup mashed avocado

1/4 cup basil leaves, tightly packed

2-3 tbsp lemon juice

1/4 cup grated Parmesan cheese

Favorite pasta, cooked



Add all ingredients except for the pasta to a food processor and blend until smooth. Salt and pepper to taste. Add 1/2 tablespoon over 1/4 cup pasta noodles. Toss until pasta is coated in pesto. Can be served warm or cold.



## Read It

*Arriba, Abajo y Alrededor* by Katherine Ayres

*Up, Down, and Around* by Katherine Ayres

*What Happens Next? Seed to Plant* by Scholastic

## Fun Fact

In vermicomposting, or worm composting, worms help break down food scraps and other waste materials into rich soil. Ideal worms for composting are red wiggler.



## Create It 3D Worms

Show the children how to make paper rings with 2" wide construction paper strips. Glue the rings in a row to create your worm body. Cut out a 3" circle and decorate with craft supplies to create your worm face. You can even add antennae if you wish. Finish by gluing the circle onto the first ring of the worm body.



## Play It Worms in the Soil

Cut various sizes of strings to make "worms."

You can choose to use one or several different colors of string. Designate a "garden" area for the children and hide the worms in the soil. When you say go, they will begin collecting worms. Once all the worms are found, they can tie the strings together to see how long their worm is. If you have different colors, decide which color has the biggest worm with math comparison practice.



## Grow It

When adding items to compost, use the 2:1 ratio of browns to greens to create balance and encourage faster decomposition.



## Laugh About It

What is the librarian's favorite worm?

A bookworm!



Name \_\_\_\_\_

# Wriggly Friends

Color the large worms pink. Color the medium worms brown. Color the small worms green.

