

To Garden

PROGRAM MANUAL 2019





Land Acknowledgement Reconnaissance du territoire

Odàwàng kì ombàkonigàde ega wìkàd kà mìgiwàniwang Màmìwininì Aishinàbe-wakì.

Pimàdizìg Màmìwininì Anishinàbeg kàgìgekamìg kì abìg ondaje àkìng.
Odanishinàbewiziwiniwà obimàdjiwowiniwà ogì nanegàdjichigàdànàwà
nanàj ako nongom iyo abinàs.

Kichi Odenaw Odàwàng okikàdjìyàwàn pimàdizìn Màmìwininì Anishinàben
kaye okikàdjìtònàwà iyo akì.

Ottawa is built on unceded Algonquin Anishinabe territory.

The peoples of the Algonquin Anishinabe Nation have lived on this territory for millennia. Their culture and presence have nurtured and continue to nurture this place.

The City of Ottawa honours the peoples and the land of the Algonquin Anishinabe Nation.

Ottawa est bâtie sur un territoire non cédé de la Nation algonquine Anishinabe.

Les peuples de la Nation algonquine Anishinabe vivent dans ce lieu depuis des millénaires. Leur culture et leur présence l'ont imprégné et l'imprègnent encore.

La Ville d'Ottawa rend hommage aux peuples et au territoire de la Nation algonquine Anishinabe.

Acknowledgements

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Where noted in this manual, information has been included or adapted from the following sources:

Denver Urban Gardens School Garden and Nutrition Curriculum (2015)

FoodShare Toronto (2018)

Garden Guide (2015) published by the Community Gardening Network of Ottawa

KidsGardening.org Helping Young Minds Grow (2018)

Loblaws Dietitian Program (2018)

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Rob Danforth (2018), urban organic vegetable and herb gardener in Ottawa

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Introduction

What is 'I Love to Garden'?

I Love to Garden is a community-based program for children and youth aged six to twelve that supports Ottawa Public Health's Healthy Eating Active Living Guidelines. The activities and recipes in this manual can be used by teachers, after-school program staff, summer camp staff and by parents and guardians.

This program manual will help you to teach children how plants grow, basic gardening skills and how to prepare healthy seasonal meals and snacks using produce that can be grown in Ottawa.

The I Love to Garden Program Manual provides you with:

- Hands-on gardening and healthy eating activities
- Healthy recipes, featuring fresh produce that can be grown in Ottawa
- A resource section full of additional information on gardening and healthy cooking with children and youth

How to use this manual

I Love to Garden has 10 activities, 13 recipes as well as many resource on gardening and cooking with children. Many of the activities and recipes can be completed in 30 minutes, with a few of them taking 45 to 60 minutes.

Activities: Each activity has a 'background' section to give you important information about the activity. Some activities include graphics which can be used as teaching tool. Most activities include conversation starters to help you engage children on the topics of gardening, food and nutrition. Some activities also have a parent engagement section to help you share information about the day's lesson with parents.

Recipes: Each of the recipes were hand-selected because they include produce that can be grown right here in Ottawa. These vegetables are identified in a "Grow Me" feature on each of the recipes. You may refer to the resources in Appendix A for details on how to grow these yourselves. At the back of each recipe you will find an "Info Bites" section with nutrition information about some of the foods you are preparing. You can share this information with the kids while you cook. Many of the recipes only need basic kitchen equipment and many don't require any cooking, allowing those who work in small or in shared spaces to fully participate.

Appendices: The appendices have a lot of information on gardening and cooking with children. In this section you will find information on selecting healthy recipes, age-appropriate cooking skills as well as sample registration forms for parents or guardians and certificates of completion for both "Master Gardeners" and "Master Chefs".

The I Love to Garden program is an addendum to Ottawa Public Health's I Love to Cook and Play program. To learn the foundation of healthy cooking with children and for ideas of games, please refer to the

[I Love to Cook and Play program manual.](#)

Why Encourage Children to Garden?

Increase vegetable and fruit intake



Children who take part in growing and preparing healthy foods are more likely to eat healthy food

Increase preference for vegetables and fruit



Children who are involved in garden programs are more likely than their peers to identify and prefer a wider variety of vegetables

Increase sense of responsibility



Gardening teaches children to look after and care for other living things

Develop teamwork skills



Children who garden as a group need to learn how to communicate and work together

Understand where food comes from



Children who grow food understand what a plant needs to grow and thrive and where/how it grows

Appreciate nature and the environment

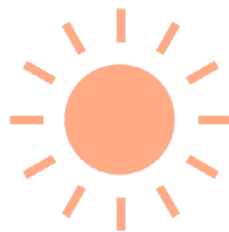


Children who garden spend time outdoors and develop respect for plants and the magic of nature

Increase time spent being active



Gardening is a relaxing way to be active



Increase self-esteem



Gardening allows us to nurture something and to transform a seed into an edible food

Nutrition Education from the Garden to the Kitchen

Gardening is a great opportunity to influence children's food preferences and to teach them about healthy eating in a fun, interactive environment. It is important to teach children in a way that is relevant to them. Here are some tips for supporting children in gardening:



1. Engage children in as many aspects of gardening and cooking as possible, including planning, planting, growing, harvesting, cooking and cleaning up. Promote healthy food choices at every step!
2. Speak in terms that children understand. For example, when talking to younger children, talk about the colours of the vegetables and the importance of "eating the rainbow".
3. Talk about where food comes from and how it is grown in a positive way by highlighting their vibrant colors, smells and textures.
4. Offer consistent healthy eating messaging across all activities. For example, if you take the time to grow fresh vegetables, make an effort to also serve healthy snacks.
5. Inspire children to be curious about new foods by being a good role model and trying new foods yourself.
6. Do not pressure children to eat. Your role is to offer a variety of foods and the children's role is to decide if and how much they want to eat.
7. If you have leftovers, send them home for the children to share with their families along with a letter explaining what the food is.







How to Engage Parents and Guardians



Parents and guardians are important role models in their children's lives and have a big impact on the food decisions made at home. Involving parents and guardians will make it more likely that children will receive consistent healthy-eating messaging. For these reasons, it is important to include parents and guardians in healthy eating and gardening programs from the beginning.



Six ways to engage parents and guardians



 Share the recipe of what you prepared that day 

 Share the activity sheet that was used that day 

 Share pictures of the children gardening 

 Invite parents/guardians to share a meal prepared by the children 

 Share monthly updates of what is growing in your garden 

 Invite parents/guardians to volunteer in the garden 



Different Types of Gardens

The type of garden you choose is entirely up to you and will depend on your physical space. Keep your garden small and manageable for the first year. It will be easier to expand a well-functioning garden in the future. Kids can have fun growing a variety of herbs, vegetables and fruits. If you want to start a community garden on City Land, please contact [Just Food](#) to determine the requirements needed.

Garden Type	Description	Benefits	Considerations	Basic Requirements
In-Ground Garden Beds	<ul style="list-style-type: none"> Garden bed that is dug directly into the ground. 	<ul style="list-style-type: none"> Low cost and convenient to establish. Size and shape are not restricted by a container and garden design is easily modified. 	<ul style="list-style-type: none"> Soil contamination may be present in the ground, particularly in urban settings¹. Soil nutrients and properties will vary based on local conditions. Compost and/or soil amendments may be required. 	<ul style="list-style-type: none"> Seeds Garden Tools Land / Space Appropriate permissions for land/ space use Committed volunteers
Container Garden	<ul style="list-style-type: none"> A smaller garden endeavor that uses various containers to grow herbs, vegetables or fruits. 	<ul style="list-style-type: none"> Low land requirements. Containers can be placed wherever there is enough sunlight. Convenient to use in shared or small spaces. 	<ul style="list-style-type: none"> Need to add compost to soil annually Soil needs to be cleaned and covered for the winter 	<ul style="list-style-type: none"> Clean soil Seeds Garden tools Containers (ie: pots, buckets, planters) Committed volunteers
Raised Beds	<ul style="list-style-type: none"> Raised garden beds are typically made with untreated lumber and filled with clean soil. 	<ul style="list-style-type: none"> Reduced risk of soil contamination. Easier to access Can be built in non-traditional locations 	<ul style="list-style-type: none"> Need to add compost to soil annually Soil needs to be cleaned and covered for the winter Cost of lumber and building materials 	<ul style="list-style-type: none"> Clean soil Seeds Garden tools Land / Space Appropriate permissions for land/ space use Lumber and tools to build raised beds Budget, time and skills to build raised beds Committed volunteers



Garden Type	Description	Benefits	Considerations	Basic Requirements
Hydroponic Garden (ie: Tower Garden)	<ul style="list-style-type: none"> • Uses a water and nutrient solution instead of soil to grow. 	<ul style="list-style-type: none"> • Grow indoors in small spaces. • Can grow food all year round with grow lights • Very quick growing time for greens and herbs compared to traditional soil gardening 	<ul style="list-style-type: none"> • Start up costs • Require special nutrient solutions for the water 	<ul style="list-style-type: none"> • Seeds • Rockwool soil • Special containers • Hydroponic solution • Committed volunteers
Children's Gardens For example, the two Children's Gardens located at 321 Main St and 1825 Trim Road	<ul style="list-style-type: none"> • Child friendly spaces for children can learn and play in a garden environment. 	<ul style="list-style-type: none"> • Child and youth oriented educational spaces • Children are heavily involved in the main gardening activities • Natural partners for nearby schools, daycares, etc. 	<ul style="list-style-type: none"> • Some features suited to kids needs/desires. • Different bed heights. • Some of the children's favourite plants may take years to develop. 	<ul style="list-style-type: none"> • Clean soil • Seeds • Garden tools • A site with lots of sun & shade • Appropriate permissions for land/ space use • Seating • Storage • Committed volunteers

¹ Gardeners using in-ground beds are encouraged to seek further information to understand the possible risks from soil contamination and the importance to consider the health and suitability of the soils at the garden site. Additional information related to urban gardening can be provided upon request to Ottawa Public Health.



Container Gardening 101

Learn how to build good gardening soil to grow your vegetables, how to recycle soil year over year to reduce costs and how to garden successfully in containers. Keep this resource nearby because it will be necessary for a few of the activities.

Do I need to use a particular type of soil for container gardening?

- Yes. In small containers you can lift, we recommend using organic potting mix as opposed to garden soil or black earth. The potting mix is much lighter so it is easier to move the container to work with the plants and makes it ideal for balconies, balcony rails, fences, and roofs.
- If you are gardening in a container that will not be moved, you can use garden soil or black earth problem (it is very heavy when wet). as long as the weight will not be a problem.

What type of compost should I use in my container garden?

- Organic compost, made from vegetable and fruit scraps is the best option for your garden. However, if you cannot make your own compost you can purchase compost or sheep, cow or horse manure from garden centres.

How do I mix the soil and the compost together?

- Moisten the potting mix with water so it is wet, but not enough for water to run out if it is squeezed.
- The potting mix will shrink by $\frac{1}{4}$ if you fill containers while the mix is dry and then wet it.
- Combine $\frac{2}{3}$ wet potting mix and $\frac{1}{3}$ compost or manure in your growing pot and mix well before planting. This will feed your garden for 2-3 months. However, if you plant heavy feeders (e.g. tomatoes and any plant producing large fruit – except root vegetables), you will have to rake and water-in some organic fertilizer (e.g. chicken manure pellets) after 1.5 months.

How full does my pot need to be?

- Fill the pot with the mix of compost and potting mix to 1 inch below the top.

Can I re-use my potting mix next season?

Yes, you can! However, it is best not to leave it in the container over the winter; your potting mix needs to be properly cleaned of roots and stored for the winter.

1. Pull out all the plants and weeds.
2. Empty the contents of the pot on a tarp, and rake out the roots.
3. Save your soil outdoors in a garbage bag, compost bin, or in your garden plot.
4. In spring, add compost to the container soil, about $\frac{1}{3}$ of the volume of the container (See “How do I mix the soil and compost together”).

If I can't move my container, do I need to empty it in the fall?

- No. If your container is so big that you cannot dump it out that's okay. Let the soil dry out then pull out the roots and cover it for protection (water expands as it freezes and can destroy pots). In spring, add compost to the container soil, about $\frac{1}{3}$ of the volume of the container (See “How do I mix the soil and compost together”).



Activities



About a Sprout



+ 7 days
to watch the
seed grow.

Materials:

- Dry bean seeds, broad bean seeds work well (6 per child)
- Bowl of water
- Magnifying glasses (optional, but helpful)
- Paper towels (1 per child)
- Resealable sandwich bags (1 per child)

Dig this!

If you sprout one bean seed every day for seven days, your group will be able to see all the stages at once!

Overview:

Children will be able to name the different parts of the seed and understand what a seed needs in order to grow into a plant.

Background Information:

In today's activity, you will learn what seeds are made of and about the changes they go through to become the plants that you see and eat every day.

Refer to the two graphics on the following pages, "A Trip Inside a Bean Seed" and "About a Sprout", to help explain what seeds are made of as well as what they need to grow into plants.

On "A Trip Inside a Bean Seed" you can see the different parts of the seed. All dried seeds are wrapped in a seed coat, which protects them until conditions are ideal for growing. The seed keeps everything it needs to grow into a plant inside the seed coat. This includes tiny leaves, a stem, roots, and a temporary food supply. The temporary food supply of the bean is stored in special leaves called cotyledons. The cotyledon is what makes seeds a rich food source for humans and other animals, like sunflower seeds for example!

On the graphic titled "About a Sprout", you will see the steps the seed goes through to become a plant. The first step is called sprouting. The seed needs three things to sprout: ideal growing conditions, water and oxygen. Ideal growing conditions can be different for different seeds. Some need a lot of light or heat, while others prefer growing where it is colder and darker - this is why we cannot grow bananas in Canada! The seed will absorb water and oxygen through its seed coat. This allows the seed to start getting bigger and the seed coat to break open (compare a soaked bean

to a dry bean). If at any point in the sprouting process the seed's three basic needs stop being met (ideal growing conditions, water and oxygen), the seed will stop growing. **Try it yourself!** Let some of the bean seeds dry out, but continue to water the others. As shown on the "About a Sprout" picture, the bean seed you soak will sprout roots, followed by the shoot, which contains the stem and leaves. Sprouting can take anywhere from 7 to 14 days.



Conversation Starters:

Q: Can you think of any tasty seeds that humans eat?

A: Consider those that are eaten whole (sunflower, rice, peanuts) and those that are processed so they don't look like seeds (wheat flour, ground flax).

Q: What are the three basic things seeds need to sprout?

A: Oxygen, water, and ideal growing conditions (heat and light).

Q: Where does the plant store its temporary food supply?

A: The cotyledons

Preparation

12 - 24 hours before doing the activity, soak some of the dried beans in a bowl of water so each child has 2 soaked beans.

Activity

1. Review the different parts of a seed, their purposes, and how seeds become plants:

Pass around copies of "A Trip Inside a Bean Seed" and "About a Sprout". Look at the pictures and review the different parts of the seed. Discuss what each part does for the seed to grow into a plant.

2. Demonstrate how to dissect the soaked bean seed:

Gently peel off the seed coat with your fingers. Using your fingernails, slice one of the seeds in half down the middle to separate the two sides. Gently put the two halves of the bean on the table in front of you. Look closely to see all parts of the seed.

3. Seed dissection:

Give each child two soaked bean seeds and let them dissect their seeds. Ask them to identify each part from the picture, and explain their purpose.

4. Sprout dry bean seeds in a bag:

Give each child a damp paper towel, a sealable plastic bag and 4 dried bean seeds. Wrap the bean seeds in the damp paper towel, and then seal the towel inside the airtight plastic bag. Attach a personalized "My Sprout" tag (see following pages) to each bag. Place the bag in a warm sunny spot and let the seeds sprout for about 7 days, until they sprout stems and small roots. Children should check on their beans daily to monitor their progress and to make sure the paper towel stays damp. If the paper towel dries out, simply wet it again and re-wrap the bean seeds. Once sprouting is complete after about 7 days, the older children can use their math skills to come up with what percentage of their beans sprouted successfully.

5. Planting in soil:

Once the seeds have sprout, plant them in a container with a 3:1 ratio of potting mix and compost (see Container Gardening 101 for details on building good container soil). Put the containers outside, or by a sunny window, where they can get six or more hours of sunlight per day. Water regularly to keep the soil moist, but not wet. Moist soil is damp to the touch and when it is squeezed, no water drips out. Watch your beans grow!



Ad-on:

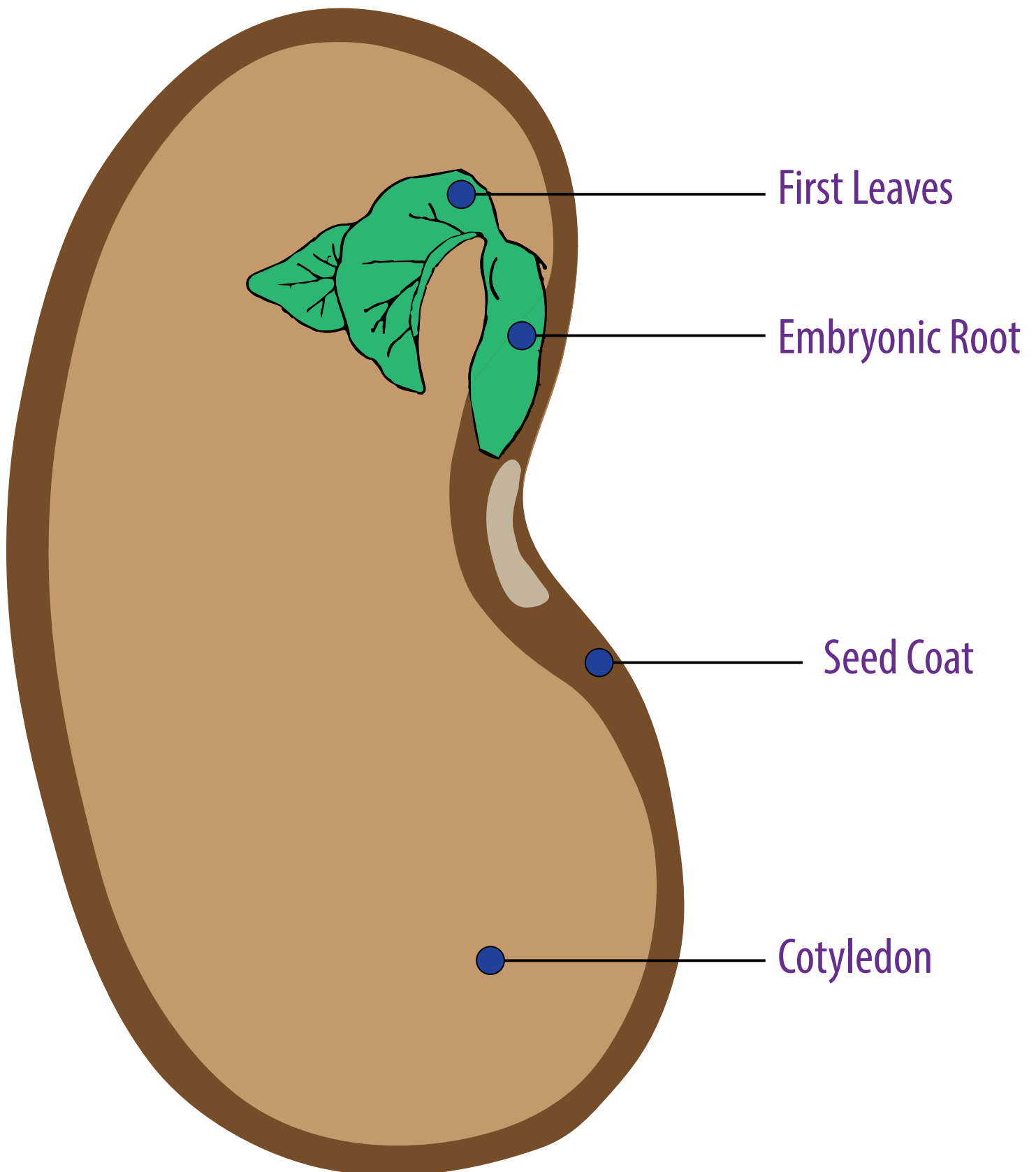
Follow-up this activity by repeating the same steps, but put the seeds in different conditions (dark, cold, hot, sunny) to see which seeds sprout the fastest.

Parent Engagement:

Ask the children to draw what their beans look like every day as they sprout, and to carefully label all the parts of the seed as they grow. Have them show their drawings to their parents and teach them about the different parts of the plant.



A Trip Inside a Bean Seed



About a Sprout

Cotyledon

The very first leaves of the plant

Leaves

The leaves are where the plant make its energy (food) through a process called photosynthesis

Stem

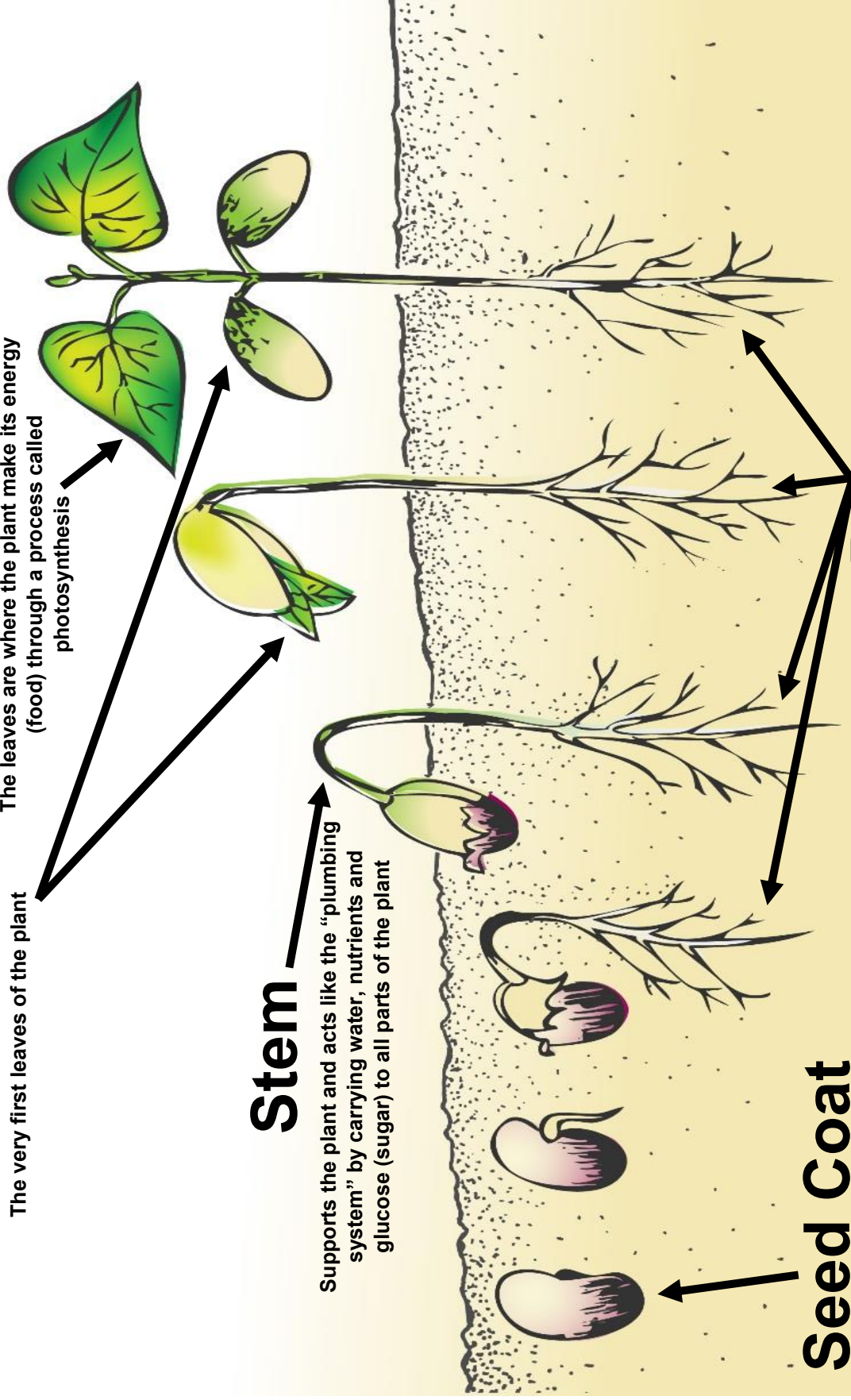
Supports the plant and acts like the "plumbing system" by carrying water, nutrients and glucose (sugar) to all parts of the plant

Seed Coat

Protective outer layer

Roots

Anchor the plant and pull nutrients from the soil to create its food



MY SPROUT

BELONGS TO:

DATE PLANTED:



MY SPROUT

BELONGS TO:

DATE PLANTED:



MY SPROUT

BELONGS TO:

DATE PLANTED:



MY SPROUT

BELONGS TO:

DATE PLANTED:



MY SPROUT

BELONGS TO:

DATE PLANTED:



MY SPROUT

BELONGS TO:

DATE PLANTED:



Build your own Bottle Planter



Materials:

- Potting mix (3 cups per child)
- Organic compost (2 cups per child)
- 2 five-gallon buckets (one for water and one for the potting mix)
- Measuring cups to scoop the soil
- Empty 2 liter bottles (1 per child)
- Utility knives
- Scissors
- 4" x 4" squares of window screen, panty hose or cheesecloth (1 per child)
- Kitchen elastics (1 per child)
- Green bean seeds of the bush variety (2 per child)
- Instructions for care (1 sheet per child)
- Water

Dig this!

Place the bottle planters in the sunniest window (south or east) to get the most sunlight.




Overview:

Build your own sub-irrigated planter out of a used bottle. Plant seeds in the planters and learn how to care for living things as they grow.

Background Information:

Sub-irrigated planters are watered from the bottom, not from the top, which means that fewer nutrients are washed out of the soil when the plant is watered. Another advantage of watering your planters from the bottom is that the plant can drink water as it needs it. Use the graphics on the following pages, or a pre-built sub-irrigated planter, to explain how this type of planter works.

Plants are alive, and they need three things to grow and be healthy:

1. **Water:** Plant food (i.e. nutrients) mix with the water in the soil and the plant drinks up the water-nutrient mixture through its roots. Plants also use water to make their food – a type of sugar called glucose. 
2. **Food** (i.e. nutrients): Plant food comes from the air and the soil. It is important to keep the air we breathe clean and the soil in our gardens well fed so that the plants can get everything they need to grow and produce food for us! We can keep the soil well fed by giving it compost or manure and by planting seeds in different spots. 
3. **Sun:** Plants can use sunlight to make food for themselves through a process called photosynthesis. Plants use sunlight to turn water and carbon dioxide into a type of sugar called glucose that helps the plant grow. This process also creates oxygen that the plant releases into the air for us to breathe. Win-win! 

Conversation Starters:

- Q:** What are the three essential things that plants need to grow?
A: Water, food and sun.
- Q:** What are the benefits of watering the plant from below?
A: The plant loses less of its nutrients from the soil and it can drink when it is thirsty.
- Q:** Why do we mix compost with potting soil before planting seeds?
A: Compost is very rich in nutrients (plant food) and when mixed with the potting soil it gives the plants the perfect balance of nutrition to grow strong.
- Q:** What window direction (north, south, east or west) is the best to help a plant to grow?
A: South facing windows are best because they get more sun.



Preparation:

- Follow steps 3 to 10 to prepare a planter ahead of time to show the children what it should look like.

Activity:

Prepare the soil:

1. In one of the 5-gallon buckets, ask each child to add 2 scoops of potting mix and 1 scoop of compost until the bucket is half-way full.
2. Slowly add water to the bucket, while the children mix the soil and compost together with their hands. The potting soil should expand and you will know you have added enough water when the soil is damp, but not wet enough that water runs out when you squeeze it.

Prepare Planters (see the graphics on the following pages for a visual description of how to prepare your planter)

3. Make a small cut along the ridge near the top of the bottle so that the children can start cutting the top off with scissors.
4. Make three evenly spaced $\frac{1}{2}$ " wide by $\frac{1}{2}$ " tall flaps along the ridge at the bottom of the bottle. Note that you will be adding water to the bottom of the planter, so make sure these flaps are high enough that water will not run out.
5. Starting where the initial cut was made, children can carefully cut the top of the bottle off with scissors to separate the top from the body of the bottle.
6. Turn the top section of the bottle upside down and place it inside the upright body of the bottle. Using a marker, trace a line on the top section to mark the portion that sticks out.
7. Using scissors make small vertical cuts from the edge of the line every $\frac{1}{2}$ " around the entire top.
8. Give each child a piece of window screening or panty hose and a zip tie or kitchen elastic.
9. Pull the cover of your choice over the mouth of the bottle and tie it off with the zip tie or kitchen elastic. This will prevent the soil from falling down in the water reservoir.
10. Push the top of the bottle, mouth side facing towards the table, all the way to the bottom of the bottle, until the mouth touches the bottom.
11. Add your soil.
12. Plant seeds according to package directions.
13. Sprinkle a little bit of water on top (just this once) and add water to the reservoir. If children will be bringing the planter home, you can skip this step for now.

Parent Engagement:

Send the children home with their planters and a set of instructions for taking care of them (see following pages).



Building your own Sub-Irrigated Planter was originally produced by FoodShare Toronto and adapted for Ottawa Public Health's I Love to Garden Manual. To see the original, as well as other downloadable resources, please go to www.foodshare.net.



Taking Care of Your Sub-Irrigated Bottle Planter

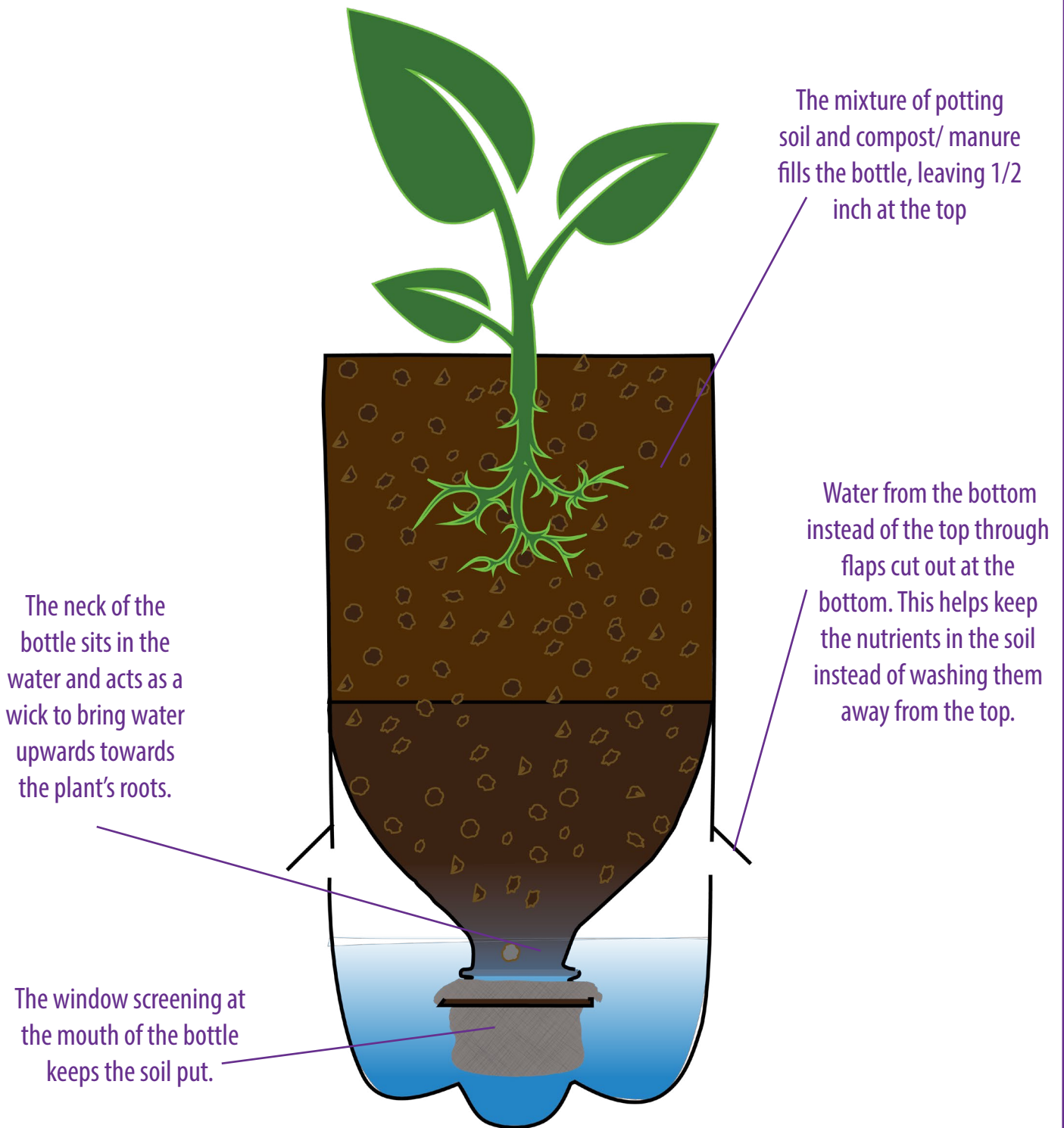
1. When you get home, find a window that has sun shining through it for at least part of the day (south-facing is best). Place your planter near the window. If you have a sunny spot in your yard, you can also leave your planter outside.
2. Add water to the planter by pouring it through one of the flaps in the bottom part of the bottle.
3. Add some water to the soil at the top of the planter to help the seed to start to grow. You will not need to water the top part again. Water from the bottom part will soak up through the soil in the neck of the bottle and keep the rest of the soil damp.
4. Wait until the water in the bottom part has run out before adding more.
5. Watch your green beans grow and harvest them when they are ready.

Taking Care of Your Sub-Irrigated Bottle Planter

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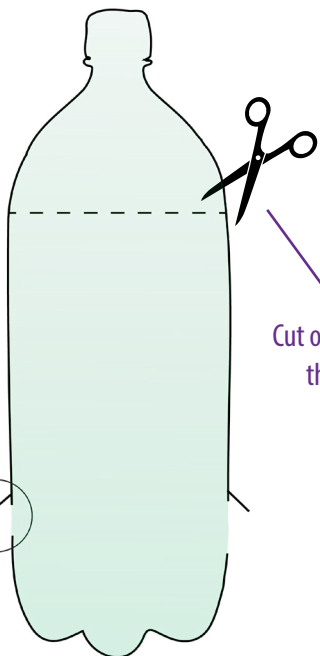


Steps To Build Your Bottle Planter



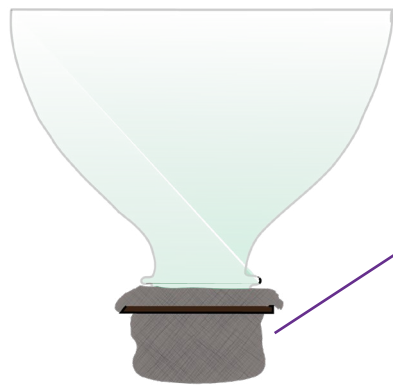
1

Cut flaps evenly spaced around bottle



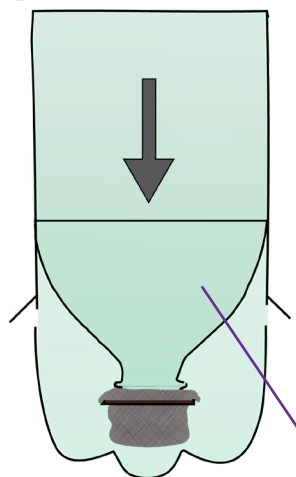
Cut off the top of the bottle

2



Fasten screening over bottle mouth with elastic band

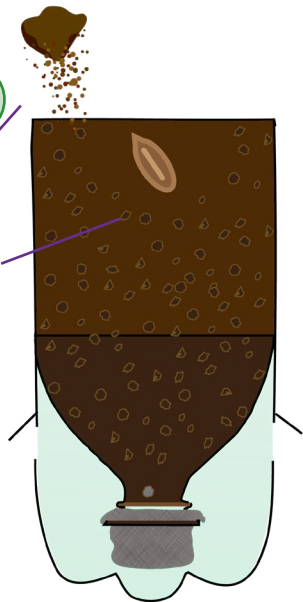
3



Push the top section inside the bottom section until mouth touches bottom

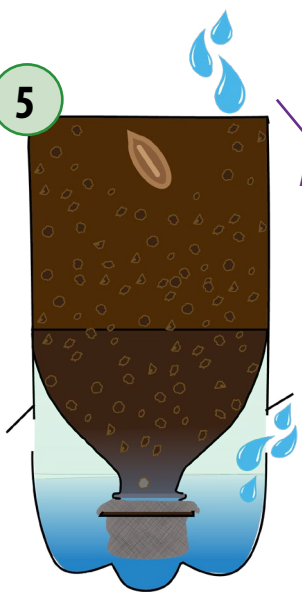
4

Fill top section with growing mix and plant seeds



5

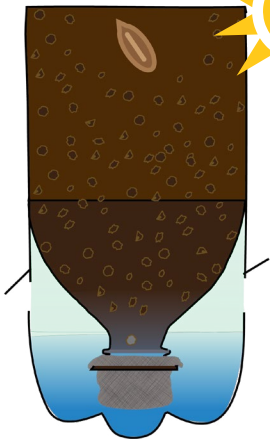
At home, add water to reservoir and sprinkle a little on the top (just this once)



6



Place in a sunny area and watch your plant grow!



Growing Food Scraps



Materials:

- Vegetable scraps (1 per child, or a few for the group to share)
- Options: 1 – 2 inches of the base of a celery, or the white parts of green onions
- Shallow bowl (1 per celery)
- Cup (1 per bunch of onions)
- Water
- Food colouring (optional)

Overview:

Children will grow new plants from bits and pieces of vegetables that might normally go in the compost. This is a great way to reduce food waste!

Background Information:

Growing new vegetables from vegetable scraps is a great way to get a second life out of them and to reduce the amount of food we waste. A lot of time, effort and energy go into producing food. The food we eat goes through many steps before getting to our plates and at each step, resources such as water, fuel, machinery, time and effort are used. Wasting food is like growing a garden and then throwing it away when it is ready. The graphic on the following page shows how food gets from the farm to your plate and the resources used to produce food on a large scale.

In Canada, about half (50%) of all food wasted is wasted in the home and 80% of the food we waste at home is perfectly edible, that is a lot of food! Growing food closer to home is a great way to reduce our carbon footprint since our food does not travel as far, and we can harvest what we need, when we need it.

Conversation Starters:

Q: There are many reasons why we should try to waste less food. Can you think of any?

A: Wasting less food can help us save money, and reduces our impact on the environment since we're not spending fuel transporting food that we don't eat.

Q: How does growing vegetables in your own garden compare to the steps outlined in the "Industrial Food System" picture? What steps are we skipping?

A: Transporting, processing, packaging, wholesaling and retailing. We are skipping five of the nine steps.

Q: What are some of the benefits to the environment when we grow some of our own food?

A: We can harvest our vegetables and fruits when we need them, and this can help us waste less food. It also puts less stress on the environment since the food does not travel as far.

Note:

As you teach the activity, remind the children that because we live in Canada, it is difficult to grow all of our own food. Whether you grow your own or you buy your vegetables at the store, it does not change how nutritious they are!



Preparation:

If you will be asking the children to bring food scraps from home, send the sample letter to parents/guardians the week before the activity. If you will be providing the food scraps yourself, the letter on one of the following pages outlines what you should save and bring to complete the activity.

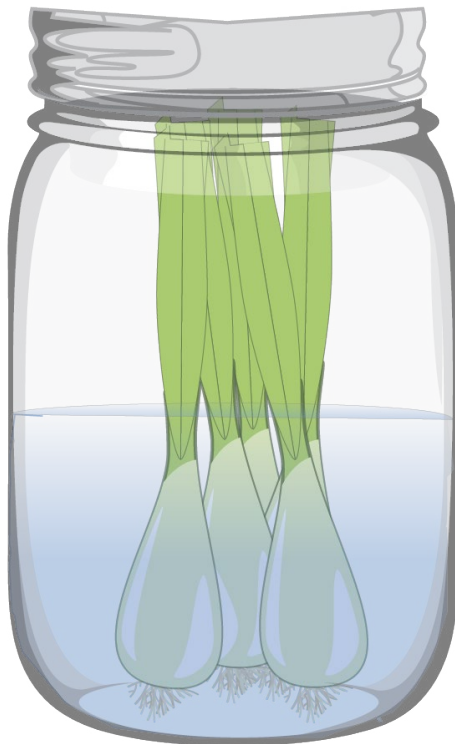
Add-On:

Add food dye to the bowl of water the celery is growing in to see the celery change colour from the bottom up as it drinks the water.

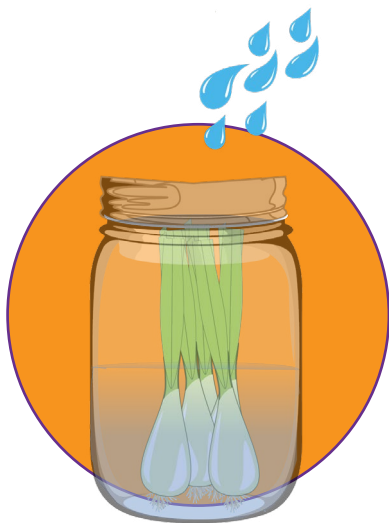


Growing Food Scraps

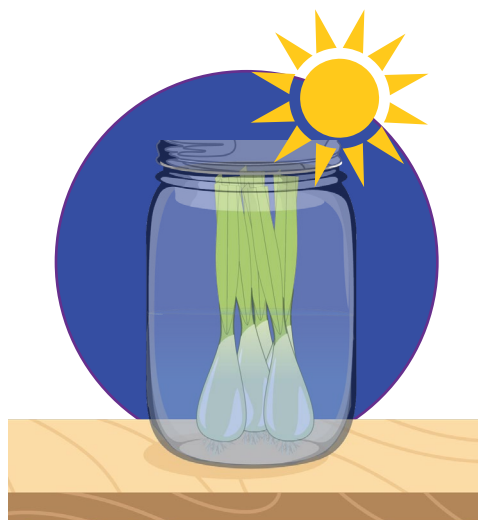
Green Onion



You can harvest your green onion tops as soon as they are long enough!



Place green onions in jar with water



Place jar on a sunny windowsill



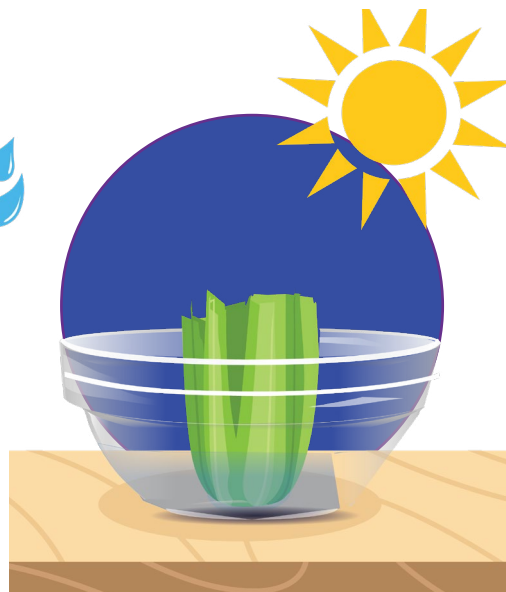
Change water every other day

Celery

You can harvest your celery tops as soon as they are long enough!



Place celery base in small bowl with water - stalks facing upright



Place bowl on a sunny windowsill



Change water every other day



Dear Parent(s)/Guardian(s),

Next week, on _____ (month, day) in the I Love to Garden program, we will be doing an activity called "Growing Food Scraps". We will grow new vegetables using the root of another vegetable to learn about food production and food waste.

If possible, please save one of the two options below for next week's activity:

1. 1 – 2 inches of the base of the celery, or
2. The white parts of a bunch of green onions

Save the celery and onion roots in the fridge until the day of the activity. They should still be fresh, not moldy or rotting, for the activity to be successful.

Thank you for your participation and support,

_____ (Program Leader)

_____ (Telephone number)



Dear Parent(s)/Guardian(s),

Next week, on _____ (month, day) in the I Love to Garden program, we will be doing an activity called "Growing Food Scraps". We will grow new vegetables using the root of another vegetable to learn about food production and food waste.

If possible, please save one of the two options below for next week's activity:

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Thank you for your participation and support,

_____ (Program Leader)

_____ (Telephone number)

Grow Your Own Salad and Herb Garden



4-8 weeks
until harvest

Overview:

Children will plant lettuce or herb seeds in their container gardens, care for them as they grow, and harvest it when it is ready. This activity can be done indoors or outdoors.

Background Information:

Leafy greens and herbs can grow in an outdoor garden, a tower garden or in an upcycled bottle in your apartment. Salad and herb gardens are a perfect introduction to gardening for children because they grow quickly and can be done anywhere.

All the greens need to grow and thrive is a good mix of potting soil and compost, sunlight and water. Lettuce and herbs can grow well outdoors with just 4-6 hours of direct sunlight per day. If you are growing indoors, put your pot in the sunniest window since indoor light is not as strong as outdoor light.

Container gardens tend to dry out more quickly than bigger garden plots so keep an eye on the soil and water often. Keep the soil moist, but not wet, and avoid the soil getting too dry and the plant wilting. This may mean watering nearly every day in July and August. If the soil dries out too quickly, you can put mulch, straw, leaves, compost, newspaper or black plastic around your greens to keep the soil moist for longer.

Materials:

- Growing containers that are 6 – 9 inches deep
- Sharp probe (if container does not already have drainage holes)
- Solid drainage tray
- Potting soil and compost see “Container Gardening 101” for details
- Lettuce seeds such as mesclun mix
- Herb seeds such as chives, oregano, rosemary and thyme

Children can make their own growing containers using recycled plastics. It is recommended to use plastics numbered 1, 2, 4 and 5 and to avoid plastics numbered 3, 6 and 7. Whatever container you choose to use, it is important that your container has drainage holes. If they are not already there, you can make your own by poking a few small holes in the bottom for the water to escape. If you accidentally poke holes that are a bit too big, line the bottom of your container with landscape fabric or a kitchen scrub pad before filling your pot. To avoid making a mess, put your growing container in a solid drainage tray to catch run-off water before watering your seeds.

Conversation Starters:

Q: What do lettuce and herbs need to grow and be healthy?

A: Sunlight, water and “nutrients (plant food).” Plant food will come from the mixture of potting soil and compost.

Q: How will you enjoy your lettuce once it’s grown?

A: In a salad, in a wrap or a pita, raw on its own, with some hummus spread in the middle or in a sandwich! There are no wrong answers here, encourage the kids to be creative!



Conversation Starters (continued):

Q: What types of meals do you think your herbs would go well in?

A: Basil on a pizza, on pasta, or to make pesto. Thyme goes great with chicken or more savory dishes. Chives make a nice garnish on scrambled eggs. Oregano is great in pasta sauce. Rosemary is excellent when baked with root vegetables. There are no wrong answers here, encourage the kids to be creative!

Activity:

1. Prepare your soil by mixing a 3:1 ratio of potting mix and compost. See "Container Gardening 101" for details on how to prepare your soil.
2. Prepare growing containers. If there are no drainage holes, help the children make some using a sharp probe (hammer and small nails, screwdriver or paring knife).
3. Cover the drainage holes with landscape fabric or green kitchen scrub pads if the holes are too big and soil can easily escape.
4. Fill the containers with a moist mixture of potting soil and compost that you prepared in step 1.
5. Plant lettuce and herb seeds according to package directions. Younger children may need help because the seeds are so small.
6. Place growing containers in drainage trays and move to a sunny spot. If planting outdoors you want to get minimum 4-6 hours of sunlight per day and if planting indoors you want a minimum of 8 hours of sunlight per day.
7. Give planters a light watering; just enough so that the seeds get wet and the soil is damp.
8. Watch your greens grow and remember to water as soon as the soil starts to get dry.
9. To harvest the lettuce, simply use scissors to cut the greens 1 inch above the soil line, leaving a few large leaves in the center to keep the plant healthy. Your lettuce will likely produce more leaves for you to eat if you keep taking care of it. To harvest the herbs, simply cut off a few "branches" at a time, being careful not to take more than 1/3 of the plant.



Salad garden growing in an upcycled 2 liter bottle.



Balcony herb garden in a portable container pictured above, from left to right, are chives, oregano, rosemary and thyme.

Parent Engagement:

Engage parents in this activity by sending them pictures of their child planting their salad and herb gardens. Once the gardens are grown, share some herbs and lettuce with them to try at home in a recipe that week.

Images courtesy of Rob Danforth – Urban Organic Vegetable and Herb Gardener



Matchmaking Game



Materials:

- Both dried and fresh herbs of your choice (e.g. rosemary, basil, parsley, chives, mint and sage)
- Shallow bowls or small plates (1 per herb)
- Spoons (1 per bowl/plate)
- Masking tape
- Permanent marker

Overview:

Engage all of the senses in this interactive display of dried and fresh herbs. Children will point-out different herbs and match up the fresh herbs to their dried counterparts by smelling and tasting them.

Background Information:

Dried and fresh herbs taste significantly different and it will be interesting for the children to try to match them up in a blind taste-test.

If you find yourself with an abundance of fresh herbs, you can dehydrate them yourself and store your dried herbs in an airtight container for later use. Dried herbs will keep for 1-3 years, but will start to lose flavour over time.

Here are two ways that you can dehydrate your own herbs:

Hanging Bundle

Bundle the fresh herbs, tie a string around the stems, then hang upside down in a well-ventilated area until dry. Check daily to make sure they are drying well and are not damp between the leaves. The herbs should take about 1 week to completely dry.

Lay Flat to Dry

Dry the herbs on a flat surface that can get airflow underneath it. For example: a baking rack covered with paper towel or a window screen. Lay the herbs on top of the flat surface (be careful not to stack them so they dry properly). The herbs should take about 1 week to completely dry.

Cooking with Herbs

When cooking with herbs, you can always use dried in place of fresh but there are a few things to remember when making the swap.

- Fresh herbs will lose their flavour if added early on in the cooking process so add them at the very end of the cooking.
- Dried herbs need time to release their flavours, so add them early in the cooking process.
- Dried herbs are more concentrated in flavour than fresh herbs so you typically need 3 times less dried herbs than fresh herbs, and vice versa. For example, if a recipe calls for 3 teaspoons of fresh basil, you can use 1 teaspoon of dried basil.



Preparation:

- Harvest or purchase the herbs you will taste. Make sure you have both dried and fresh versions of each.
- Label the bottoms of the bowls/plates with masking tape to identify the herbs in a way that the children don't know which is which.
- Place the herbs in their labelled dishes with a spoon.

Activity:

1. Ensure the children wash their hands thoroughly with soap and warm water before starting the activity.
2. Place all of the herbs in the center of the table. If your group is large, divide the group into smaller groups of 4 or 5 children and ensure everyone has the same display of herbs.
3. Pass the herbs around and taste the dried and fresh herbs, one herb at a time. For example, taste dried and fresh basil before moving on to the next herb.
4. What differences do you notice? Do dried or fresh herbs have more flavour?
5. Ask the groups to pair-up the dried and fresh herbs and guess which herbs are which.
6. Repeat the activity with as many different herbs as you would like!

Ad-on:

Do this activity blindfolded for an extra challenge, or for kids who are pretty familiar with the different herbs.



Garden Poetry



Materials:

- 1 vegetable or herb of your choice (e.g. mint, parsley, cilantro, sage, kale, romaine, swiss chard, bok choy, carrots, tomatoes) (2 pieces per child)
- Paring knife
- Cutting board
- Activity sheet (1 per child)
- Pencils

Overview:

Children will taste several vegetables, and find the words to describe how the look, feel and taste. They will then create a poem, song or story using the descriptive words they come up with.

Background Information:

Adjectives, are words that describe, or add more information about things. When adjectives are taken out of a sentence, the sentence will still make sense but it is less descriptive. For example, here is a sentence without adjectives: "I ate lettuce and carrots with my lunch," and here is a sentence with adjectives "I ate fresh green lettuce and crunchy orange carrots with my lunch."

Encourage the group to brainstorm some adjectives with you. Ask them to describe items they see around them. Words describing colour, shape, size and smell are all adjectives. You can play "I Spy with my Little Eye" to encourage children to come up with adjectives, or see the list of adjectives on the following page for inspiration.

After tasting the foods and describing the look, texture and taste, students will apply what they learned by creating a poem, song or story featuring the adjectives. These forms of storytelling allow children to express their thoughts, feelings and creativity. In the storytelling process, encourage children to reflect on where the food comes from to add context to their story.



Activity:

1. Taste testing:

- a. Display the vegetables that you will taste in front of the group. Reflect as a group on where the food comes from, and how it got here today. Is it from the garden, or the grocery store? How did it get to your garden or to your grocery store? This discussion will help give some context for the writing activity later on.
- b. Prepare the vegetables you will taste by washing them under cold water. Make sure that each child has two pieces of each, and that they do not eat them right away.
- c. Use the activity sheet and the adjectives on the following pages, to help the children describe what they see, feel and taste by following the 3 steps below:
 - First, ask the group to describe what they see.
 - Second, ask them to place the second piece of the vegetable on their tongue and close their mouth. Hold it here for 5 seconds before starting to crunch. What flavours do they taste?
 - Third, ask them to describe what they feel with their hands and their mouth (use the adjectives on the sheet to help them differentiate between texture and flavour).
 - Repeat steps above with as many vegetables as you want. The more vegetables you taste, the more adjectives the children will have to work with to write their poem, song or story.

2. Story telling:

- a. Divide the group into groups of two. This will help generate more ideas, creativity and build teamwork skills.
- b. Give the groups 10-15 minutes to write a poem, song or story about the food they tried and their adjectives describing the look, texture and flavour.
- c. Invite the groups to present their creations to the rest of the class. This is a great way to practice their public speaking skills!

Parent Engagement:

Invite the parents to the last 30 minutes of the session so that they can hear their kids present their poems, songs and stories to the group.





Look

What does the vegetable look like?

Colour

Shiny

Dull

Dirty

Strange

Good

Round

Flat

Long

Thin

Square

Crooked



Feel

What does the vegetable feel like?

Crunchy

Soft

Sticky

Goosey

Crumbly

Mushy

Spongy

Dry



Taste

What does the vegetable taste like?

Earthy

Tart

Creamy

Bitter

Savory

Yummy

Fruity

Sour

Tangy

Delicious

Sweet

Salty



My vegetable is



Look

What does the vegetable look like?



Feel

What does the vegetable feel like?



Taste

What does the vegetable taste like?

Connect the Dots



Materials:

- Vegetables or fruits of your choice. It may be fun to compare the differences between store bought and homegrown vegetables or fruit from your garden. For example:
 - Tomatoes
 - Cucumbers
 - Lettuce
 - Canned vegetables versus fresh vegetables
- Activity Sheet
- Different coloured pencils or markers
- Rulers

Dig this!

Before cutting up the vegetables and fruits for tasting, show the children the produce in its whole form. This will help them spot the vegetable or fruit in the grocery store. You can also show them how to prepare the vegetable or fruit and ask them to help you wash and cut the produce, if time permits.

Overview:

Children will explore their taste buds by sampling a few different vegetables or fruits (from the store or the garden). They will connect the dots on the “tasting flower” to express what they taste.

Background Information:

The tongue is covered in taste buds. You can see them when you look in the mirror and stick your tongue out; they are all those little bumps you can see on the top of your tongue. Taste buds are called papillae (puh-pill-ee) and kids have over 10,000 of them! Adults tend to have fewer taste buds and can have as little as 5,000 taste buds. This may help explain why some foods taste stronger to kids than they do to older adults.

Your taste buds are constantly being replaced and have a life cycle of only two weeks. This is why if you burn your tongue drinking something hot, it will only hurt for a few days – your taste buds are being replaced!

The tongue can taste many different flavours. The five main flavours that we taste are bitter, salty, sweet, sour and umami. Contrary to popular belief, we do not have specific spots on our tongue to pick up the different flavours; all of our taste buds can pick up all of the flavours!

Today’s activity will require mindful eating. This means tasting foods slowly and with intention. Mindful eating is a good way to connect with the food that we eat and to appreciate our food. By eating slowly, you will be able to identify the different flavours and textures of the foods you will try and to rate them on a scale of 1 to 5.

Conversation starters:

Q: What does the food look like? Does it have a bright colour? Is it shiny or dull? Is it long, round, square or thin?

Q: When you let the food sit on your tongue, what does it taste like? Is it sweet, sour, bitter, earthy?

Q: What does the food feel like when you bite into it? Is it soft or hard?

Q: What does the food feel like when you start chewing it? Is it chewy, crunchy or mushy? Is it juicy or dry?



Note:

You can try this exercise with the children by placing a salty, sweet, sour or bitter food on specific parts of the tongue. You will notice that you can taste the food in every instance and there are no “dead zones” where your taste buds do not pick up the flavours.

Preparation:

- Print one activity sheet per child
- Wash and cut the vegetables or fruit so each child can have 2 pieces of each. If time permits, the children can help you with this step.

Activity:

1. Wash hands.
2. Ask the children to help you choose up to six judging categories for the vegetables and/or fruits you selected. Brainstorm different judging categories together using the conversation starters above.
3. Write down the judging categories on each flower petal.
4. Taste the vegetables and fruits one at a time to see how they measure on a scale of 1 to 5 for each of your chosen judging categories (1 being a little bit and 5 being a lot). Using a colored marker, make a small dot on each petal to show where you think your fruit or vegetable should go.
5. Use a coloured marker or pencil and a ruler to draw connecting lines between the dots.
6. Use a different colour marker or pencil for the second food. You can layer as many different foods and colours as you want on your flower, just make sure you colour-code them at the bottom of the sheet.
7. Now that your flavour profiles are drawn, compare them to your friends!

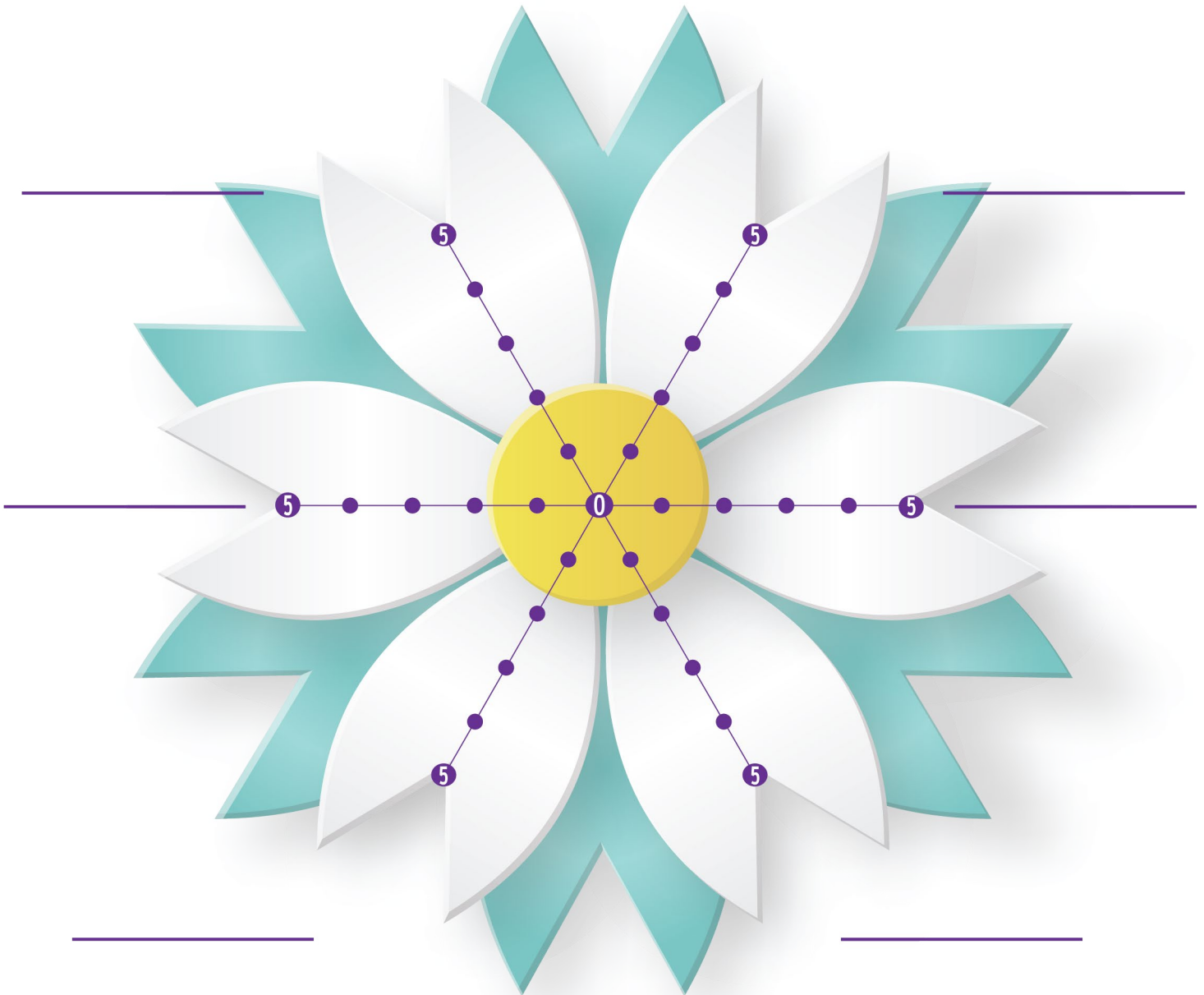
Examples of judging categories:

- Sweet
- Juicy
- Salty
- Crunchy
- Pretty
- Sour
- Earthy



Connect The Dots

What are you tasting? _____



"Connect the Dots" is adapted from FoodShare Toronto's "Tasting Graph Flower". To see the original, as well as other downloadable resources, please go to www.foodshare.net

Toss It Up Salad Cook-Off



Materials:

- Salad ingredients from “The Ultimate Salad Handout” below
- Salad dressing ingredients from “The Ultimate Salad Handout” below
- Cutting boards
- Paring knives
- Mixing bowls/cups to make salad dressing
- Measuring spoons
- Measuring cups
- Serving bowl(s)
- Tongs
- Forks

Dig this!

To keep the salad fresher for longer, keep the dressing on the side and add to the salad just before you're ready to eat it. Keep croutons, nuts and seeds crunchy by adding them just before serving too. !

Overview:

Salads can be delicious! In this activity, children will use their imagination to create tasty and nutritious salads using fresh ingredients. If you have a garden, you can use homegrown ingredients.

Background Information:

Salads can be a side dish or the main course. If the salad is for the main course, you need to make sure that it is balanced, and provides enough energy to keep you going for the day. In this case, the salad needs to have vegetables, protein and a carbohydrate to make it filling and nutritious. A salad made of only vegetables makes an excellent side dish to any meal.

Ask the children to make a fist with each hand and to put the fists side-by-side in front of them. This is how many vegetables we want to aim to have on our plates at lunch and dinner. Check in with them by asking if they think they usually eat this many veggies and fruits at lunch or dinner.

Conversation Starters

Q: What do you like to have in your green salad?

Q: What other types of salads do you enjoy?

A: Coleslaw, quinoa salad, Greek salad, pasta salad, etc.

Q: What do we have in the garden that can go in the salads? How would you prepare these vegetables?

Preparation:

- Enroll students in the “Toss it Up Salad Cook Off” challenge.
- Recruit a panel of judges to taste-test the salad creations (optional).
- Complete step 1, 2 and 3 of the activity at least a few days before the salad cook off, this will give you enough time to gather the necessary ingredients.



Activity:

1. Review “The Ultimate Salad Handout” with the group and explain the different parts of the salad.
 - Leafy greens are the base for the salad. They give us crunch and are loaded with vitamins and minerals that help us feel our best. Depending on the greens you choose, your salad will have a completely different flavour. See the handout to review the different flavours from the different greens.
 - To add colour and flavour to your salad, top your salad with as many veggies or fruits as you want. This will help you to get a few extra colours on your plate and “eat the rainbow”.
 - Lean proteins are important to include if the salad is the main meal and not the side dish because they help keep us fuller for longer. Choosing plant proteins like chickpeas, lentils and beans will boost the fibre and nutrient content of your dish.
 - High fibre carbohydrates should be added to your salad if you plan to have it as your main meal. They contain vitamins, minerals and makes us feel full and energized for longer.
 - Salad dressings are so easy to make at home! All you need is oil, vinegar and herbs/spices. This is an opportunity to use some herbs from your garden, or green onions from the “growing food scraps” activity.
2. Ask the children to write out an ingredient list for the ultimate salad that they will be making later in the week. Check what you have on hand in the kitchen and in the garden first, then look to the “Ultimate Salad Handout” on the following page for ideas.
3. On the day of the “Toss it Up Salad Cook Off” the children will harvest ingredients from the garden and prepare their salads, following proper hand-washing and food safety protocols.
4. If you have judges, the salads can be rated for creativity, presentation and taste.
5. Plan enough time to clean the kitchen and do the dishes together.

Parent Engagement:

Encourage children to share their salads with their parents. When sending salads home, make sure you include a copy of the recipe for the parents as well as the letter on the following page to explain to them what it is.



Make your own

ULTIMATE

Salad in

4

Easy Steps!

1 Choose 1 LEAFY GREEN

Arugula: Spiked leaves, with a peppery flavor

Boston: Buttery and mild texture

Kale: Slightly bitter, thick & curly texture

Collards: Similar taste to kale, but milder

Spinach: Mild flavor

Swiss chard: Similar to spinach, but sharper

Romaine: Crisp and hearty

Watercress: Bright and peppery flavor

Includes: avocado, raw grated beets, raw grated carrots, radishes

orange segments, blackberries, blueberries, raspberries, cranberries, strawberries, mangoes, olives, peaches,



3 Optional: Choose 1 LEAN PROTEIN

Includes: chickpeas, lentils, kidney beans, pecans, almonds, cashews, pumpkin seeds, boiled eggs, tofu, tempeh, low fat cheese, cooked chicken or canned tuna or salmon,

4 Optional: Choose 1 GRAIN

Includes: wild rice, brown rice, quinoa, whole-wheat pita chips, whole-wheat couscous, whole-wheat croutons, bulgur, sweet potatoes

To make your own SALAD DRESSING, whisk the following:



3 parts oil

Olive, canola, sesame, grapeseed, flaxseed



1 part acid

Balsamic vinegar, red wine vinegar, lemon juice, white wine vinegar



1-2 part(s) flavoring

Garlic, ginger, fresh/dried herbs, Dijon mustard, shallots, maple syrup, honey, pured fruit



Get started with these delicious salad combinations!

Salad Combinations	
Local Summer	Chopped kale, sliced yellow plums, pumpkin seeds
Greek Salad	Romaine lettuce, sliced red onion, black olives, sliced cucumbers, chopped tomato, low-fat feta cheese
Savory Salad	Arugula, cherry tomatoes, pine nuts, hardboiled eggs
Asian-inspired	Boston lettuce, grated carrot, bean sprouts, walnuts, sesame seeds
Green Bonanza	Watercress (stems trimmed), halved green grapes, slivered almonds

Dressings	
Apple Cider Vinaigrette	PC Blue Menu Omega Oil, cider vinegar, lemon juice, honey
Greek	Olive oil, lemon juice, dried oregano, black pepper
Cheesy	Canola oil, rice vinegar, grated parmesan
Asian Sesame	Sesame oil, rice wine vinegar, minced green onions, grated ginger, sesame seeds, soy sauce,
Yogurt & Herb	Plain Greek Yogurt, minced green onions, fresh mixed herbs (basil, cilantro, parsley, mint)



Dear Parent(s)/Guardian(s),

Today, _____ (month, day) in the I Love to Garden program, your child prepared a salad to share with their family.

We encourage you to try your little chef's creation! If you won't be eating it right away, please keep the salad refrigerated. The salad will keep for up to 2 days in the fridge.

Thank you for your participation and support,

_____ (Program Leader's name)

_____ (Telephone number)



Dear Parent(s)/Guardian(s),

Today, _____ (month, day) in the I Love to Garden program, your child prepared a salad to share with their family.

We encourage you to try your little chef's creation! If you won't be eating it right away, please keep the salad refrigerated. The salad will keep for up to 2 days in the fridge.

Thank you for your participation and support,

_____ (Program Leader's name)

_____ (Telephone number)

Scavenger Hunt



Materials:

- Activity sheets (1 per child)
- Pencils or markers (1 per child)
- Clipboards (if available)
- Stopwatch (optional)

Overview:

Practice observation skills and develop an appreciation for nature by spending time outdoors, finding items at home, at school or at the park.

Background Information:

There are so many hidden treasures in nature! What looks like a quiet garden or playground is buzzing with life and ecosystems. With careful observation, children will find bugs, critters, animals and plants that they may not have noticed before.

Activity:

1. Visit a garden near you, a schoolyard, a park or another type of community green space.
2. Give each child an age-appropriate scavenger hunt activity sheet (see following pages for the two options), a pencil or marker and a clipboard.
3. Let the children run free and find the items on their list.
4. For the older children who are using the “Nature Riddles” activity sheet, ask them to check the answer to their riddle with you

before finding the item.

Note:

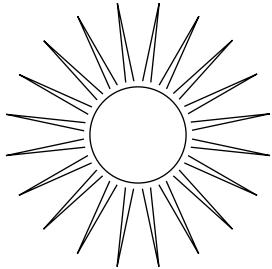
The answers to the Nature Riddles are the same as the Nature Scavenger Hunt handout with the images.

Optional:

If the children enjoy a friendly competition, you can use a stopwatch to motivate them to complete the task within a certain amount of minutes.



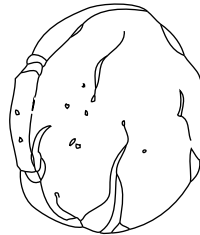
Nature Scavenger Hunt



Sun



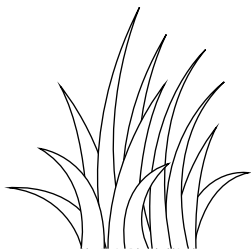
Leaf



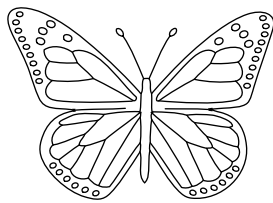
Rock



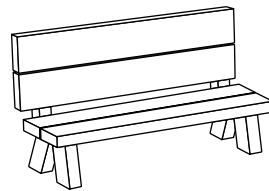
Ant



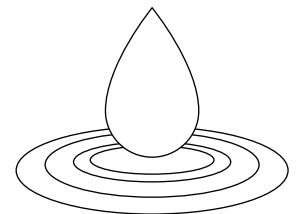
Grass



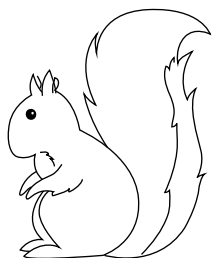
Butterfly



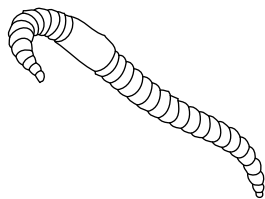
Bench



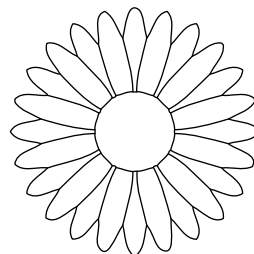
Water



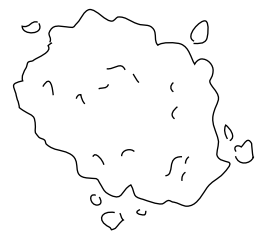
Squirrel



Worm



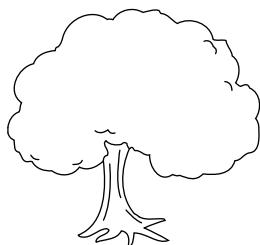
Flower



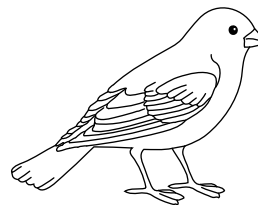
Soil



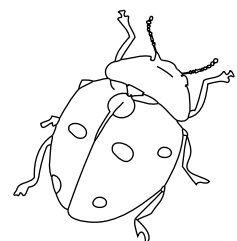
Cloud



Tree



Bird



Ladybug

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Visit us at: www.kidsgardening.org

Nature Riddles

This is something in the sky
Which has a gaseous form
All the rays which it shines down
Are what help to keep us warm

This is something that is often green because of photosynthesis and it is part of a lettuce

I take years to create,
From sand I originate
I am relatively heavy
Throw me at your friend and it won't be funny

This is a type of insect
With antennae on its head
It might be found in a hill
And can be fire or red

Although this thing has many blades
It's not used as a chopper
To make the name of an insect
Put this word before 'hopper'

It starts off as a caterpillar
And then it becomes a chrysalis
Then later it has colourful wings
Once it's gone through metamorphosis

I am here to make you comfortable
I am not easily moveable
Try me out and give your legs a break
An afternoon nap you just may take

This is sometimes sparkling
And sometimes it is still
As it is a liquid
It's something you can spill

I am a type of rodent
You might see me in the fall
I run round gathering nuts
I climb trees –
I'm a _____

Some people think I'm nasty and yuck,
Long and slimy I come out when it's rainy

Everyone loves me. I'm pretty and smell sweet.
Look down to find me!
I'm near your feet

I'm made into a castle
Although I am not a brick
I might get into your food
If you have a beach picnic

What are all of these things being described:
Cumulus look soft and fluffy in form
Stratus has layers and cirrus is thin
Cumulonimbus is seen in a storm

Some of these are deciduous
And some of these are evergreen
It has a trunk, branches and leaves
In a forest this can be seen

You can find me up in the sky
I can actually go quite high!
I like to sing in the mornings
My beautiful colours make me eye-catching

I am a beetle but with lots of spots
I am a bright colour so you can see me on a rock

Word Hunt



Overview:

Children will expand their vocabulary by finding gardening and harvesting words in the word hunt puzzle. This back-pocket activity is perfect if you have a few minutes to fill.

Materials:

- Pencils or markers
- Copies of the word hunt sheets



Harvest Time

Name: _____

O D P L M P B E D T D P
J I R X S J I V G C O O
W D N J S T H N S U V T
V I O U T S E F R C D A
Z I L M R L H E J U H T
Q N E F A R K O B M T O
K F M J W D R P V B H C
J B R O B E U Z S E A E
Y F E T E D L Q H R L P
F L T V R S B F R A F V
R D A F R R J O K H S U
G Y W Y Y O T A M O T F

SHOVEL
POTATO
CUCUMBER
CARROT
BEETS
STRAWBERRY
WATERMELON
TURNIP
TOMATO
KALE



Watch Me Grow

Name: _____

R T W O R G N I T S O P M O C
Y Q D Q S S H J K U P W C U Q
V X W O Y D T H A H Z Y L T S
C P I O U T D O O R S N G W T
K L H T X M I L E W C X J Y N
H Q N F L V A N A N Y H M Q E
H L Z D I X S O U N O A I M I
N X B B T C Q I M M M J C W R
T K S Q S M R O W L M Y V E T
S D E E S R U X Y Y U O H E U
R V E G E T A B L E S D C D N
W E W Y S E N I H S N U S S H
Y Y T Y Z P N U E U S R F V B
M O W A R A I N L B W V Q D N
C A A G W Q L I U O X J A C A

COMPOSTING

WORMS

SEEDS

WATER

NUTRIENTS

SOIL

VEGETABLES

SUNSHINE

GROW

COMMUNITY

OUTDOORS

RAIN

WEEDS



Recipes




Minty Lemonade

This recipe is a must try! If you are looking for a refreshing beverage to keep you cool and hydrated this summer, give this quick and easy recipe a go. We keep this recipe healthy by replacing most of the sugar found in traditional lemonade with fresh mint and lemons. Drink up!

Prep time: 10 mins

Makes: 15 cups

Ingredients:

- 1 cup (250 mL) boiling water
- ½ cup (125 mL) white sugar
- 12 lemons, juiced (approx. 3 cups (750 mL) lemon juice)
- 3 cups (750 mL) ice cubes
- 9 cups (3 L) cold water
-  15 sprigs of fresh mint

Directions:


1. Fill kettle with 1 cup (250 mL) of water and bring to a boil. Pour sugar in heat-resistant bowl and pour hot water over top. Stir until dissolved. Set aside.
2. Divide lemon juice evenly among the 3 pitchers.
3. Add 1 cup of ice cubes and 3 cups of cold water to each pitcher.
4. Divide sugar mixture evenly among the 3 pitchers. Stir well.
5. Give each child a sprig of fresh mint with about 5-10 leaves in the bottom of a drinking cup.
6. Using the flat part of the rolling pin or whisk, press down and twist on the mint to bring out the flavour and smell. Press and twist 7-10 times, careful not to turn the mint into a paste.
7. Top the muddled mint with cold lemonade, stir and enjoy!

Tip:

When juicing a lemon let it warm to room temperature. Then roll the lemon gently under the palm of your hand on a hard countertop. This will help get more juice out of the lemon.

Nutrition information per 1 cup (250 mL):

Calories: 35, **Total fat:** 0g, **Sodium:** 10mg, **Carbohydrates:** 9g, **Fibre:** 0g, **Sugar:** 7g, **Protein:** 0g

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Info Bites



Lemon

- Lemons are a good source of vitamin C, an antioxidant which can help protect your body's cells from damage.



Mint

- Adding mint to the lemonade elevates the flavour without adding more sugar.
- Mint can soothe an upset tummy so it is nice to drink after a meal.



Water

- Water is a way to quench your thirst without any added calories.
- Water is the best drink to stay hydrated.
- Being well hydrated helps to keep your body temperature regulated and helps prevent headaches.
- Adults should have 9 – 12 cups of fluids per day
- Children ages 4 – 13 should aim to have 5 – 7 cups of fluids per day.


Green Monster Smoothie

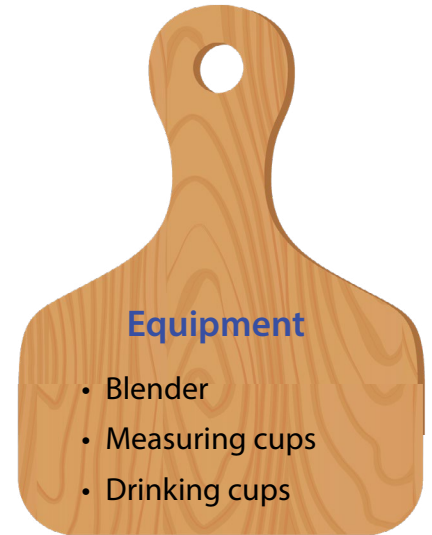
This smoothie is filled with delicious and nutritious veggies and fruits like spinach and mango. This is a simple and quick recipe to quiet that growling monster in your tummy.

Prep time: 5 mins

Makes: 6 cups

Ingredients:

- ½ cup (125 mL) plain Greek yogurt
- 3 cups (750 mL) water
- 1 banana
- 1 cup (250 mL) frozen mango or pineapple
-  1 cup (250 mL) greens (spinach works best but if you have a powerful blender, kale will work well too)
- 2 tablespoon (30 mL) ground flax seeds (optional)



Directions:


1. Combine all ingredients in the blender and blend on high until there are no more fruit or veggie chunks.
2. Serve immediately and enjoy!

Tip:

If you have bananas that are starting to turn brown, you can peel and freeze them to use frozen for smoothies later on.

Nutrition information per 1 cup (250 mL):

Calories: 70, **Total fat:** 2g, **Sodium:** 10mg, **Carbohydrates:** 12g, **Fibre:** 2g, **Sugar:** 9g, **Protein:** 2g

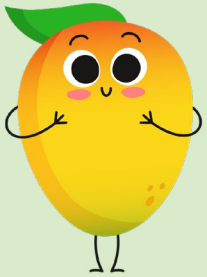
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Info Bites



Spinach

- It is easy to boost the amount of vegetables we eat by adding fresh or frozen spinach to a smoothie. Spinach has a mild flavor so it blends in well with the mangos and bananas.
- Spinach contains iron, which is important for carrying oxygen all around our bodies.



Mangos

- Mangos are a good source of vitamin C, which helps the body absorb the iron from the spinach.
- Iron from plant sources (like spinach) is better absorbed when it is combined with vitamin C



Ground Flax Seeds

- Ground flax seeds are a great way to boost the fibre content of a smoothie. Meals high in fibre help us feel fuller for longer and can help reduce cravings for unhealthy snacks.
- Flax seeds contain omega-3 fats, which are important for brain development.

Very Berry Smoothie

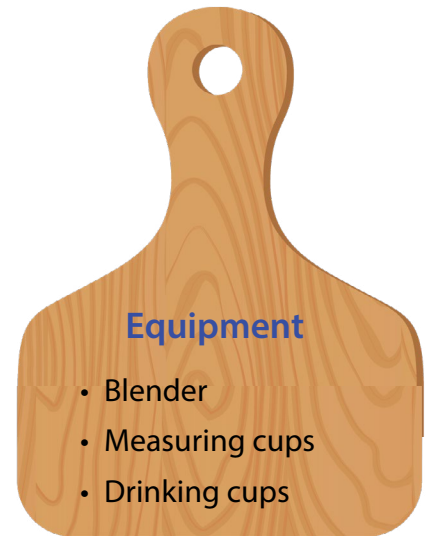
This smoothie is a tornado of health and flavours. The berries and bananas add a natural sweetness, while the Greek yogurt and white kidney beans add a protein and fibre boost. This thick, ice-cream like smoothie, will keep you happy, healthy and asking for more!

Prep time: 5 mins

Makes: 6 cups

Ingredients

- ½ cup (125 mL) plain Greek yogurt
- 1 ½ cups (375 mL) milk
- 1 ½ cups (375 mL) water
- 1 cup (250 mL) frozen berries (ex. raspberries, blueberries, strawberries)
- 1 banana
- ½ cup (125 mL) no salt added white kidney beans, rinsed




Directions:

1. Combine all ingredients in the blender and blend on high until there are no more fruit chunks.
2. Serve immediately and enjoy!

Nutrition information per 1 cup (250 mL):

Calories: 90, **Total fat:** 2.5g, **Sodium:** 40mg, **Carbohydrates:** 14g, **Fibre:** 2g, **Sugar:** 9g, **Protein:** 5g

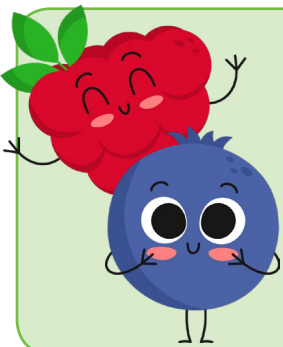
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Info Bites



Greek Yogurt

- Greek yogurt is made by straining regular yogurt for longer so that more of the whey (the liquid that floats on top of the yogurt) separates. This process creates a thicker yogurt with a higher concentration of protein.
- Many flavoured yogurts contain a lot of sugar so make sure to choose a plain, unsweetened one for this smoothie since a lot of sweetness will come from the fruits.



Berries

- Berries are packed with antioxidants called flavonoids.
- Just like a coating to protect a car from rust, antioxidants are a protective coating for the body's cells to protect them from damage.



Banana

- In Canada, we mostly have the yellow varieties which are very high in potassium.
- Potassium is important to help control blood pressure and keep our hearts healthy.

Minty Fruit Salad

This refreshing salad is a fan favourite in the summer months! The minty taste and fresh fruit are a perfect combination to stay cool in the heat of summer. Chia seeds are added to the dressing to thicken it and as an added bonus, they also add fibre and healthy fats to the dish.

Prep time: 20 mins

Makes: 13 cups

Ingredients

- 2 teaspoons (10 mL) lemon zest
- 3 tablespoons (45 mL) lemon juice
- 1 tablespoon (15 mL) maple syrup
- 1 tablespoon (15 mL) chia seeds
- 13 cups of fresh fruit in total
 - 🌿 4 cups (1 L) watermelon, cubed
 - 🌿 2 cups (500 mL) strawberries, halved
 - 1 cup (250 mL) grapes, halved
 - 2 peaches, cubed
 - 2 nectarines, cubed
 - 2 pears, cubed
 - 🌿 1/4 cup (60 mL) fresh mint, finely chopped

Directions:

1. Mix together lemon zest, lemon juice, maple syrup and chia seeds in a small mixing bowl. Let sit for 30 minutes, or until thickened before combining with fruit salad.
2. Wash and prepare all fruits and combine in a large mixing bowl.
3. Toss fruit salad with fresh mint and chia seed dressing, serve in individual bowls and enjoy this special treat.

Nutrition information per 1 cup (250 mL):

Calories: 60, **Total fat:** 0.5g, **Sodium:** 0mg, **Carbohydrates:** 15g, **Fibre:** 3g, **Sugar:** 11g, **Protein:** 1g

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Info Bites



Watermelon

- Watermelons are made of 92% water, hence the name watermelon.
- Watermelons are heavy fruits! The heaviest watermelon grown to date weighed 350.5 pounds!
- Once cut from the vine, a watermelon can last for 3-4 weeks.



Strawberries

- Strawberries are an excellent source of vitamin C, an antioxidant that can help protect your body's cells from damage.



Chia Seeds

- Surprisingly, chia seeds are part of the mint family!
- Chia seeds are great because they are a very high source of fibre. One tablespoon of chia seeds contains 6 g (20% daily value) of fibre!
- Fibre is important for us, because it helps keep our digestive system healthy.



Maple Syrup

- Maple syrup is made from the sap of maple trees and is collected in the spring when the maple trees release the sap they stored in their roots for the winter.
- Maple syrup is made by evaporating much of the water from the collected sap. This concentrates the sugar and creates what we know as maple syrup.

Green Hummus

This traditional plant based protein dip gets a splash of colour and nutrition thanks to the addition of spinach and avocado. While hummus is typically made with chickpeas, this one is made with white kidney beans (also known as cannellini beans) which gives it a smoother texture.

Prep time: 15 mins

Makes: 3 cups

Ingredients

- 1 15-ounce can no salt added white kidney beans
- 🌿 1 cup (250 mL) spinach
- 1/2 medium avocado
- 🌿 2 cloves garlic, peeled
- 1/2 teaspoon (2.5 mL) salt
- 3 tablespoon (45 mL) lemon juice
- Water, as needed to thin out the hummus
- Veggie sticks, baked tortilla chips or whole grain crackers for dipping

Directions:

1. Drain and rinse 1 can of no salt added white kidney beans.
2. In a food processor, combine beans, spinach, avocado, garlic, salt and lemon juice. Pulse until combined and pureed, scraping the sides as needed. Add water, 1 tablespoon at a time if necessary, to thin out the mixture.
3. Serve right away with fresh vegetables, baked tortilla chips or whole grain crackers.

Equipment

- Cutting boards
- Paring knives
- Measuring cups & spoons
- Strainer
- Food processor
- Can opener
- Spatula
- Plates

Nutrition information per ½ cup of dip (125 mL):

Calories: 80, **Total fat:** 2.5g, **Sodium:** 220mg, **Carbohydrates:** 11g, **Fibre:** 4g, **Sugar:** 1g, **Protein:** 4g

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Info Bites



White Kidney Beans

- White kidney beans are a plant-based source of protein.
- They contain iron, which helps transport oxygen around your body to your cells.



Avocado

- There are two common types of avocado: Hass (dark green with bumpy skin) and Fuerte (lighter green with smooth skin). Both are nutritious, but Hass has more of a buttery texture.
- Because avocados are so creamy, they can be used to replace mayonnaise in dishes like potato salad or simply as a spread on your sandwich. In this recipe, the avocado replaces tahini (a sesame seed paste often found in hummus).



Spinach

- As a dark leafy green vegetable, spinach is very nutritious (think the darker the better when it comes to vegetables).
- Being a dark green vegetable, it is also a great source of Vitamin K. Vitamin K is very important as it can help build strong bones and heal wounds.






Fresh Salsa (Pico de Gallo)

Pico de Gallo is what fresh salsa is called in Spanish and translates to “Rooster’s Beak”. Pico de Gallo is a Mexican chunky salsa, made with simple fresh-chopped ingredients like tomatoes, onion, lime juice, cilantro, jalapeños and salt. You can customize this recipe by adding mangoes or peaches to make a fruity salsa!

Prep time: 15 mins

Makes: 5 cups

Ingredients

-  3 tablespoons (45 mL) sweet onion, finely chopped
-  2 cloves garlic, peeled and minced
-  1 teaspoon (5 mL) jalapeño, finely chopped, seeds removed
-  3 ripe tomatoes, chopped
-  4 tablespoons (60 mL) cilantro, chopped
 - Juice of 1 lime, or 2 tablespoons of lime juice
 - Pinch of salt
 - 3 whole wheat tortillas

Directions:


1. Combine all ingredients, except tortilla pieces, in a mixing bowl and mix the ingredients gently.
2. Cut up the tortilla into about 8 wedges each (or ask the kids to rip it into sizeable pieces for dipping). Bake at 350 for about 15 minutes, flipping half way through, or lay flat on a dinner plate and microwave on high for 1 minute on each side.
3. Dip tortilla pieces in pico de gallo and enjoy!

Tip:

Have the kids wash their hands right after handling the jalapeño pepper to avoid accidentally getting it in their eyes.

Nutrition information per ½ cup of salsa (125 mL):

Calories: 30, **Total fat:** 0g, **Sodium:** 55mg, **Carbohydrates:** 7g, **Fibre:** 2g, **Sugar:** 4g, **Protein:** 0g

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Info Bites



Sweet Onions

- Sweet onions have more water and less sulfur than other onion varieties. This is what makes them less strong.
- They are great to use in recipes like Pico de Gallo since they are sweeter and milder and don't need to be cooked.



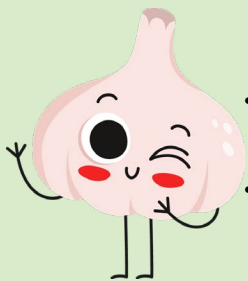
Jalapeño

- The spicy-ness of hot peppers is measured on the Scoville scale, which measures the concentration of capsaicin, one of the compounds that make the pepper hot.
- The Scoville Scale goes from less than 100 (sweet peppers) to over 3 million (California Reaper, Dragon's Breath and Pepper X).
- Jalapeño peppers are one of the more mild peppers.



Cilantro

- To most, the herb tastes fresh and citrus-like. However, some people have a genetic disposition to find cilantro to taste soapy or rotten. To test out this theory with the group, give them each a few pieces of cilantro leaves to taste. Do they find it tastes fresh or soapy?



Garlic

- Garlic is in the same family as leeks, chives, spring onions and shallots. This family of vegetables is called the liliaceae plant family.
- Look for garlic bulbs that are plump, have tight skin, and have not sprouted, which is a sign of age. The fresher the garlic, the higher the concentration of its active compounds like allisci.



Tomatoes

- Tomatoes contain lycopene, a powerful antioxidant that helps fight off damage to your cells. Antioxidants are like little soldiers that fight to keep your cells healthy so we want lots of them!
- Tomatoes are also great for the heart because they provide us with good vitamins like potassium, folate and vitamin B6.

Fattoush Salad

Fattoush salad is a traditional Middle Eastern dish loaded with fresh vegetables and a flavorful dressing featuring fresh parsley and mint. While the main vegetables in the Fattoush salad may vary depending on what is in season, the crispy pita pieces are a key ingredient in this dish!

Prep time: 20 mins

Cook time: 15 mins

Makes: 10 cups

Ingredients

Ingredients – Salad:

- 2 whole-grain pitas
- 🌿 1 head romaine lettuce
- 🌿 1 cucumber, diced
- 🌿 2 cups (500 mL) cherry tomatoes, halved
- 🌿 5 green onions, chopped
- 🌿 1/2 cup (125 mL) fresh parsley leaves, chopped
- 🌿 1/2 cup (125 mL) fresh mint leaves, chopped
- 🌿 5 radishes, thinly sliced

Ingredients – Dressing:

- 3 tablespoons (45 mL) lemon juice
- 1 clove garlic, peeled and minced
- 1/2 cup (125 mL) olive oil
- 🌿 2 teaspoons (10 mL) fresh mint, chopped or 1 teaspoon (5 mL) dried mint
- Pinch of salt and pepper

Equipment

- Cutting boards
- Chef's knife
- Paring knives
- Measuring cups & spoons
- Mixing bowls
- Baking sheet
- Oven or microwave
- Whisk
- Tongs
- Bowls
- Cutlery

Directions:

1. **If using oven:** Preheat the oven at 350°F (180 °C). Place the pitas on a baking sheet and bake for 15 minutes, flipping half way.
If using microwave: microwave pitas on high for 1 minute on each side. Break them into crouton size pieces once cooled.
2. Prepare all salad ingredients and combine them all in a large salad bowl, except the pita.
3. In a separate small bowl whisk all the dressing ingredients together, pour over salad and toss. Top the salad with crispy pita pieces and enjoy!

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Nutrition information per 1 cup prepared (250 mL):

Calories: 150, **Total fat:** 11g, **Sodium:** 115mg, **Carbohydrates:** 11g, **Fibre:** 2g, **Sugar:** 3g, **Protein:** 3g

Info Bites



Whole-grain pita

- Whole grains are more nutritious than white grains because they have more fiber, vitamins and minerals. Whole grains keep all 3 parts of the grain and this makes them higher in fibre, vitamins and minerals.
- Whole wheat products have both the bran and the endosperm and are healthy choices as well.
- White grain products only have the endosperm so they are much lower in fibre, vitamin and minerals compared to their whole grain counterpart.



Cucumber:

- Cucumbers are 95% water, which make them the perfect vegetable to snack on to stay hydrated!
- Infuse them in your water to make cucumber water.



Radishes

- Radishes can vary in flavor from slightly peppery to very spicy depending on how long they are left on the plant. Their texture will also change from crisp to woody the longer they are left out. Try doing the experiment in your garden!



Mint and parsley

- Add fresh flavor to meals without needing more salt.
- Mint can help soothe an upset stomach – try making mint tea with fresh or dried leaves from the garden.

Herbed Potato Salad

This traditional potato salad got a dietitian-approved revamp. Replacing mayonnaise with Greek yogurt adds a tangy flavor, calcium for our bones, reduces the saturated fat content, and gives us a protein boost. Now that is a winning dish!

Prep time: 20 mins

Cook time: 10 mins

Makes: 7 cups

Ingredients

- 🌿 2 pounds (6 cups) potatoes, diced
- 🌿 1 cup (250 mL) celery, diced
 - 1/4 cup (60 mL) olive oil
 - 1/2 cup (125 mL) plain Greek yogurt
 - 1 tablespoon (10 mL) grainy Dijon mustard
 - 1 lemon, zested and juiced
- 🌿 3 tablespoons (45 mL) fresh herbs* chopped
 - Pinch of salt and pepper

*Herb suggestion: dill, parsley, chives. Use what is growing in your garden!

Directions:

1. Scrub and remove any bad spots from potatoes.
2. Cut potatoes in 1 cm cubes and place in a microwave-safe dish. Cover with a splashguard and microwave on high for 10 minutes. Check if the potatoes are done by poking them with a fork, the fork should easily pass through. Let the potatoes cool.
3. Prepare the dressing – whisk together olive oil, Greek yogurt, grainy Dijon, lemon juice, lemon zest, fresh herbs, salt and pepper.
4. Combine potatoes, celery, herbs and dressing in a large mixing bowl, toss and serve.

Equipment

- Cutting boards
- Chef's knife
- Paring knives
- Measuring cups & spoons
- Mixing bowls
- Microwave
- Microwave safe dish
- Oven mitts
- Zester
- Whisk
- Serving spoon
- Bowls
- Cutlery

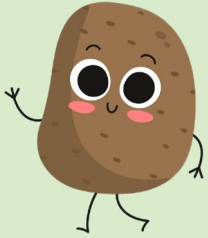
Nutrition information per 1 cup prepared (250 mL):

Calories: 190, **Total fat:** 8g, **Sodium:** 470mg, **Carbohydrates:** 25g, **Fibre:** 3g, **Sugar:** 3g, **Protein:** 4g

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Info Bites

Potatoes



- Potatoes are nutritious and can be part of a balanced diet if they are in their original form. This means that they are not deep-fried or coated in lots of salt, oil or butter.
- Potatoes contain potassium, a mineral that helps regulate blood pressure and keep the heart healthy.
- Keep the skin on your potatoes, it adds a nice texture and the skin is where you'll find most of the fibre.

Yogurt



-
- Yogurt is an excellent source of calcium. $\frac{3}{4}$ cup of Greek yogurt provides 25% Daily Value of calcium.
- Calcium is a mineral needed to build strong bones and teeth.
- Greek yogurt is made by straining regular yogurt for longer so that more of the whey (the liquid that floats on top of the yogurt) separates. This process creates a thicker yogurt with a higher concentration of protein.

Dill



- Fresh dill leaves are a salt free way to add that nice dill flavor to your potato salad as opposed to adding dill pickles, like in many traditional recipes.

Kale Pesto Pasta

Most pesto recipes are made with pine nuts, parmesan cheese and lots of basil. However, this pesto recipe is nut free and dairy free so it should suit almost everyone! It is also made with kale instead of basil for a tasty new take on the classic pesto.

Prep time: 20 mins

Cook time: 15 mins

Makes: 10 cups

Ingredients

Pasta:

- 3 cups dry pasta (8 cups cooked)
- 1 tablespoon (15 mL) vegetable oil
- 🌿 2 cups cherry tomatoes, halved
- 🌿 Fresh basil

Pesto:

- 🌿 2 small or 1 large clove garlic
- 🌿 2 cup (500 mL) lightly packed destemmed kale leaves
- 1/2 cup (125 mL) oil-packed sun-dried tomatoes
- 1/2 cup (125 mL) hemp seeds
- 3 tbsp (45 mL) nutritional yeast (optional)
- 2 tablespoon (30 mL) fresh lemon juice
- 2 tablespoon (30 mL) olive oil
- 1/4 teaspoon (1 mL) sea salt
- 4 tablespoon (60 mL) water

Directions:

1. Bring water to boil in a large saucepan and cook pasta according to package directions.
2. Combine all ingredients for the pesto in the food processor and pulse until smooth, stopping to scrape down the sides as necessary. Add more water as necessary to reach desired consistency.
3. In a frying pan, heat vegetable oil and sauté the halved cherry tomatoes until they become warm. About 3 minutes.
4. Add the pesto to the cherry tomatoes and continue to cook for 3 more minutes.
5. Drain and rinse pasta, return to saucepan and stir in the pesto and tomatoes.
6. Serve in bowls and top with fresh basil leaves.

Equipment

- Cutting boards
- Paring knives
- Measuring cups & spoons
- Non-stick skillet
- Saucepan
- Stove
- Strainer
- Blender or food processor
- Spatula
- Serving spoon
- Bowls
- Cutlery

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Tip:

To minimize food waste, chop and freeze the kale stems to use in a soup, stew or stir-fry later on.

Nutrition information per 1 cup prepared (250 mL):

Calories: 220, **Total fat:** 9g, **Sodium:** 30mg, **Carbohydrates:** 31g, **Fibre:** 2g, **Sugar:** 2g, **Protein:** 9g

Info Bites



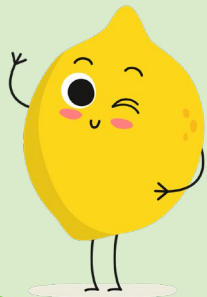
Kale

- Kale is a cruciferous vegetable, which means it is a member of the cabbage and broccoli family even though we often eat it like lettuce.
- Because kale has a heartier texture than lettuce, it tastes great cooked in soups and stir-fries.
- You can eat the whole plant so do not throw away the stems – they taste great raw or cooked in soups, stews and stir-fries.
- Kale is rich in antioxidants. Antioxidants are like little soldiers that fight to keep your cells healthy so we want lots of them!



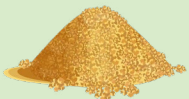
Hemp hearts

- Hemp hearts have a creamy texture, which makes them a great addition to pesto in place of cheese.
- They are a good source of protein, which makes them a nutritious topper for oatmeal, yogurt or cereal (3 tbsp. = 10g protein). Eating a healthy source of protein at meals and snacks helps keep us fuller for longer.
- Hemp hearts are also a good source of iron! 3 tablespoons make up 20% daily value. Iron helps carry oxygen to the cells in your body. It also plays a role in proper growth and development of the human body.



Lemon juice

- Lemon juice is an excellent source of vitamin C.
- Vitamin C also helps our bodies absorb the iron found in the kale and hemp hearts.
- Try adding the “leftover” juiced lemons to a glass of water to make lemon-flavored water.



Nutritional yeast

- Nutritional yeast is a yellow flaky condiment that is often used in place of cheese for its cheesy flavour.
- This type of yeast is commonly grown on sugar cane!
- Enriched versions contain lots of B vitamins which are important for making new red blood cells and can help your body use the energy from the food you eat.

Garden Vegetable No-Bake Pizza

Fresh pizza has never tasted so good! You can customize your pizza with whatever toppings you choose to create your own unique pizza dish. This recipe is great to use up any extra vegetables you may have on-hand!

Prep time: 25 mins

Makes: 20 open face pizzas

Ingredients

Pizza base:

- 10 whole grain English Muffins

Pizza toppings:

- 🌿 ½ cup (125 mL) broccoli, finely diced
- 🌿 ½ cup (125 mL) carrots, grated
- 🌿 ½ cup (125 mL) cherry tomatoes, halved
- 🌿 ½ cup (125 mL) zucchini, finely diced
- 🌿 ¼ cup (60 mL) green onions, chopped

Creamy ranch dressing:

- 🌿 2 teaspoons (10 mL) garlic powder
- 🌿 1 tablespoon (15 mL) fresh dill, minced
- 🌿 1 tablespoon (15 mL) fresh chives, minced
- 🌿 2 tablespoons (30 mL) fresh parsley, minced
- ¾ cups (190 mL) full fat Greek yogurt
- ¼ cup (60 mL) mayonnaise
- 1 teaspoon (5 mL) lemon juice
- Pinch of salt and pepper

Directions:

1. Prepare all of the vegetables, and put aside in separate bowls.
2. Divide the English muffins in half, allocating one for each child,
3. **Creamy ranch dressing:** Combine all the ingredients for the creamy ranch dressing in a bowl, mix well and give each child a dollop to spread evenly on their pizza.
4. Pass around the vegetable bowls and let the kids spread the veggies on their own pizza slice.

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Tip:

If using dried herbs in place of fresh, use one third of what you would use if fresh.

Nutrition information per ½ English muffin, garnished:

Calories: 100, **Total fat:** 3.5g, **Sodium:** 150mg, **Carbohydrates:** 15g, **Fibre:** 1g, **Sugar:** 4g, **Protein:** 4g

Info Bites



Broccoli

- Being a dark green vegetable makes broccoli a great source of Vitamin K. Vitamin K is very important as it can help build strong bones and heal wounds.
- Broccoli is also rich in fibre (like all vegetables!) and keeps our digestion working well and our bodies feeling good.
- Broccoli contains potassium, which is important to help control blood pressure and keep our hearts healthy.



Zucchini

- Zucchini is a good source of vitamin B6.
- Vitamin B6 is used to store energy in your muscles and liver and to carry oxygen in your blood.
- Vitamin B6 also plays an important role in keeping your immune and nervous systems healthy.



Full-fat Greek yogurt

- The full-fat Greek yogurt helps create the creamy texture of this recipe. It is a great substitute for mayonnaise and sour cream because it creates a thick, rich, creamy texture but with extra nutrients like calcium and protein.

Quick Pickle Recipe

Pickling is a great way to preserve your vegetables when you have too many on hand. This recipe will walk you through how to pickle any vegetable using your preferred herbs and spices. The best part? You do not need to hot-water-bath these quick pickles!

Prep time: 30 mins

Makes: 5 cups

Ingredients

- 4 cups of fresh vegetable of choice
 - Carrots
 - Cucumbers
 - Summer squash
 - Zucchini
 - Red onion
 - Garlic cloves
 - Cherry tomatoes
- 2 sprigs of fresh herbs such as thyme, dill, oregano, or rosemary (optional)
- 1-2 teaspoons of spices such as peppercorns, coriander, celery seed, turmeric, smoked paprika, or mustard seeds (optional)
- 1 cup (250 mL) vinegar of choice
 - White vinegar
 - Apple vinegar
 - Rice vinegar
- 1 cup (250 mL) water
- 1 tablespoon (15 mL) kosher salt, or 2 teaspoons (10 mL) "pickling" salt
- 1 tablespoon (15 mL) granulated sugar (optional)

Directions:

1. Wash jars and lids with warm soapy water. Allow to drip dry or use a clean dish cloth.
2. Wash and chop the vegetables into desired shapes and sizes. You can thinly slice the vegetables or cut them into spears.
3. Smash or slice the garlic. Add the herbs and/or spices into the bottom of the two jars.

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Directions continued →

4. Divide vegetables evenly and pack into the two jars, making sure there is a ½ inch of space from the rim of the jar to the tops of the vegetables.
5. To make the brine, combine the vinegar, water, salt and sugar (if using) into a small saucepan over high heat. Bring to a boil, stirring to dissolve the salt and sugar. Pour brine over the vegetables in the jars, filling each jar to within ½ inch of the top.
6. Gently tap the jars against the counter a few times to remove air bubbles. Top off with more pickling brine if necessary.
7. Place the lids over the jars and screw on the rings until tight.
8. Let the jars cool to room temperature before storing in the refrigerator. Try to wait at least 48 hours before opening them as flavors improve as they age.
9. Store in the refrigerator for up to 2 months and enjoy!

Nutrition information per 1 1/2 cup (375 mL):

Calories: 35, **Total fat:** 0g, **Sodium:** 600mg, **Carbohydrates:** 7g, **Fibre:** 1g, **Sugar:** 4g, **Protein:** 1g



Info Bites



Pickling

- The term pickle is derived from the Dutch word *pekel*, meaning brine.
- Vegetables, fruit, eggs, meats and fish are commonly pickled to extend shelf life, and to add different flavor to foods.
- The pickling process usually changes the food's texture, taste and flavour (think of a cucumber versus a pickle).



Salt

- It is recommended to use kosher salt or pickling salt for pickling because it does not have any iodine, and does not make the water cloudy.
- Iodine is a mineral added to table salt to help regulate thyroid function, which is responsible for keeping the metabolism working well, regulating body temperature and ensuring normal growth and development.



Vinegar

- Vinegar is acidic and when foods are stored in vinegar, this stops the growth of bacteria and preserves foods for a long time without refrigeration.
- Acidity is a key requirement when choosing a vinegar to preserve foods.
- Good Good vinegars for pickling:
 - **Distilled White Vinegar:** This is by far the most common choice for pickling because t. The acidity content is nearly always high enough, the flavour is not too strong and the colour of what you are pickling is going to stay the same because the vinegar is clear.
 - **Malt Vinegar:** Vinegar made from malted barley is also commonly used for pickling. The dark brown colour of the vinegar may change the colour of the food you are pickling a shade of brown and it has a fairly bold flavour so is best used with vegetables that can stand a strong flavour.
 - **Cider Vinegar:** Cider vinegar is a moderately coloured vinegar with a distinct flavour so it is best used with vegetables that can withstand the flavour.
 - **Wine Vinegar:** Wine vinegars are usually delicately flavoured and can be coloured, such as red wine vinegar. Wine vinegars can be used in combination with flavourful vegetables to make some great pickles.


Creamy Caesar Dressing

While most people may think that Caesar dressing was named after the Roman emperor Julius Caesar, its origins actually come from Caesar Cardini, an Italian-American chef! This recipe works great as a salad dressing, in coleslaws, and as a dip for vegetables. Made with Greek yogurt instead of traditional mayonnaise, this dressing is a healthy alternative to the family favourite!

Prep time: 10 mins

Yields: 1 1/2 cups

Ingredients

- 2 tablespoons (30 mL) olive oil
- 1 cup (250 mL) plain Greek yogurt, 2 or 4% M.F.
- 1/3 cup (85 mL) fresh lemon juice
- 2 tablespoons (30 mL) Dijon mustard
-  2 cloves garlic
- 1 teaspoon (5 mL) Worcestershire sauce
- 1/3 cup (85 mL) grated parmesan cheese
- Pinch of salt and pepper

Directions:


1. Add all ingredients to blender or food processor.
2. Blend until smooth. Add more salt and pepper as needed.
3. Chill for 30 minutes before serving.

Equipment

- Measuring cups & spoons
- Blender, or food processor
- Spatula
- Citrus juicer (optional)

Nutrition information per 2 Tbsp. (30 mL):

Calories: 50, **Total fat:** 3g, **Sodium:** 110mg, **Carbohydrates:** 1g, **Fibre:** 0g, **Sugar:** 1g, **Protein:** 3g

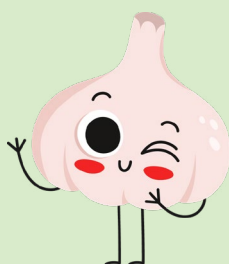
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Info Bites



Greek yogurt

- Yogurt is made by fermenting milk with bacterial cultures and then straining it, leaving a thick and tangy concentrated product.
- Yogurt is a good source of calcium. A mineral necessary for healthy bones and teeth and to help your muscles contract.
- When buying yogurts, choose one that provides at least 15% DV of calcium per serving!



Garlic

- Garlic is in the same family as leeks, chives, spring onions and shallots. This family of vegetables is called the liliaceae plant family.
- Look for garlic bulbs that are plump, have tight skin, and have not sprouted, which is a sign of age. The fresher the garlic, the higher the concentration of its active compounds like allicin!

Creamy Avocado Salad Dressing

The original Green Goddess dressing, created at the Palace Hotel in San Francisco in the 1920's, is rich with both mayonnaise and sour cream. Our version of this retro dressing creates a similar thick, creamy texture using a much healthier alternative - avocados!

Prep time: 10 mins

Makes: 2 cups

Ingredients

- 🌿 1 clove garlic
 - 2 small avocados
 - 6 tablespoons (90 mL) lemon juice
 - ¼ cup (60 mL) extra virgin olive oil
- 🌿 1 cup (250 mL) packed fresh herbs (try a combination of basil, parsley and dill)
- 🌿 ½ cup (125 mL) packed green onion
 - ½ teaspoon (2.5 mL) sugar
 - Pinch of salt and pepper
 - 7 tablespoons (105 mL) water

Directions:

1. Put all ingredients, except the water in the food processor or blender. Add water as you go to reach desired consistency.

Tip

To store the extra fresh herbs, wash and pat them dry or spin-dry them in a salad spinner. Then, wrap them in a damp paper towel and store in an airtight container or plastic bag in the refrigerator for up to a week.

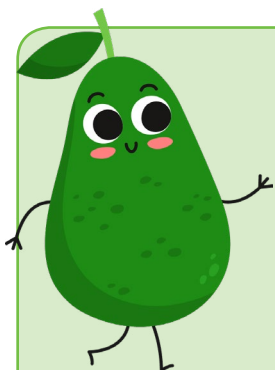
Nutrition information per 2 Tbsp. (30 mL):

Calories: 70, **Total fat:** 7g, **Sodium:** 20mg, **Carbohydrates:** 3g, **Fibre:** 2g, **Sugar:** 1g, **Protein:** 1g

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Info Bites



Avocados

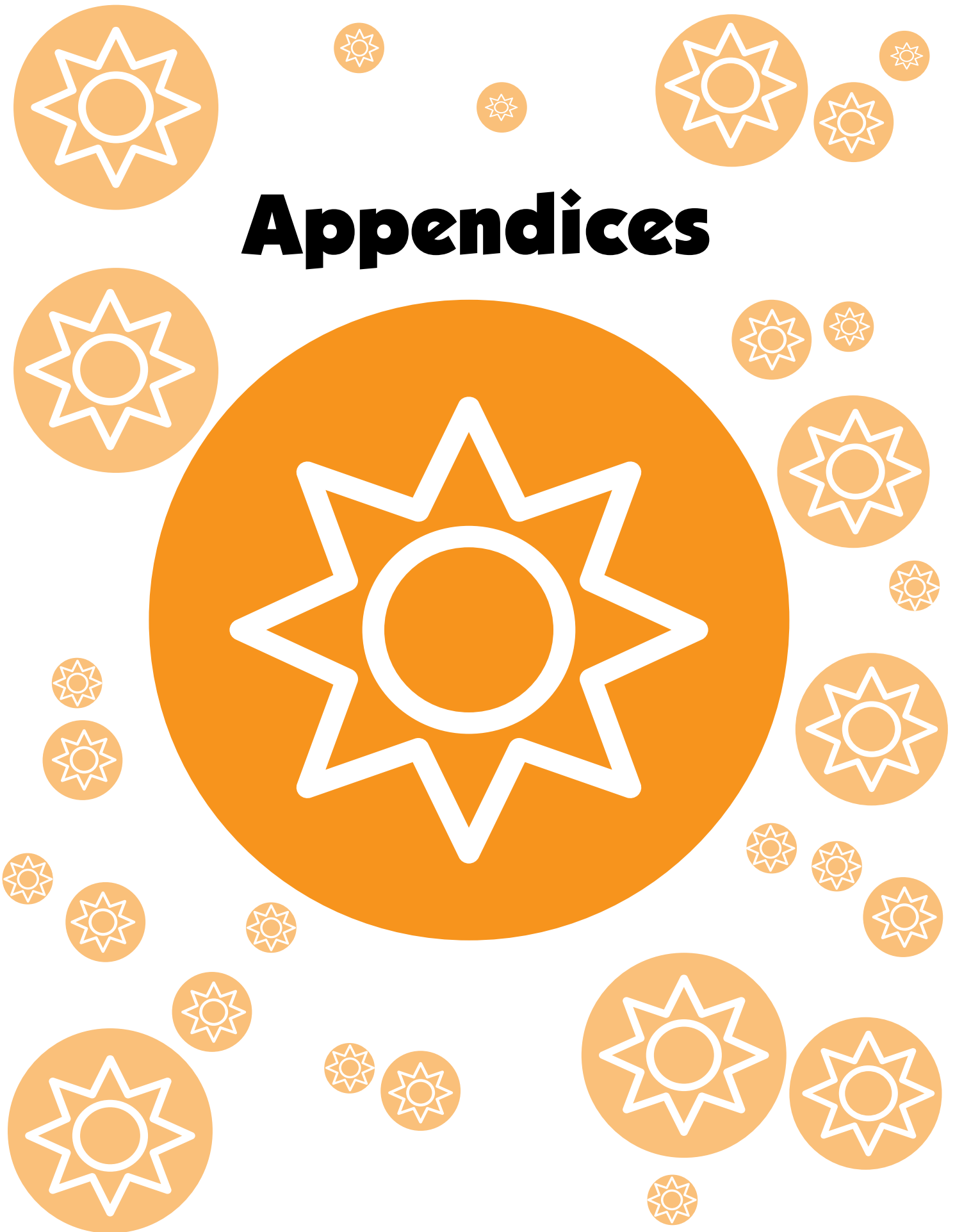
- Avocados are a great ingredient to thicken the dressing.
- They are rich in soluble fibre which is important for digestive health.
- Half of one avocado has 6g of fiber. That is 25% of what an adult needs in one day.
- Avocados are rich in vitamin E, an antioxidant like vitamin C, that protects cells from damage. Vitamin E is fat soluble, meaning that it can be stored in our bodies for times when we might not be getting enough. Half an avocado contains 4 mg of vitamin E, which is 14% of the recommended daily value.



Fresh Herbs

- Herbs add a burst of flavour and colour to a recipe, allowing you to cut back on sodium without sacrificing taste.
- Many herbs contain polyphenols, which are compounds of the plant that have antioxidant and anti-inflammatory effects. They also often contain vitamins A, K, C and other nutrients.

Appendices



Appendix A Additional Gardening Resources

Community Gardening:

Just Food – Community Garden Network of Ottawa Garden Guide

The Community Gardening Network of Ottawa is an information and resource-sharing network that supports the sustainable development of community gardens within the City. Refer to the Community Gardening Network Garden Guide to learn the basics of community gardening – including how to build good soil, composting, pest control, bucket gardening, water conservation, as well as harvesting and preparing for the winter. The manual also includes a comprehensive vegetable and fruit planting guide specific to the Ottawa area.

http://justfood.ca/wp-content/uploads/2015/03/CGN_Garden_Guide_2015.pdf

Food Share

Food Share is a non-profit organization located in Toronto that supports gardening in schools and in the community. Some great how-to guides available include the “Community Gardening 101”, “Gardening with Children”, “10 Steps to Starting a Community Garden”, “What Makes a Successful Community Garden”, and “Compost – Three Bin Composter Building Guide”. More how-to guides can be accessed on their website with further details, advice, and step-by-step suggestions provided.

<https://foodshare.net/resources/printable/>

Our Sustenance – Gardening 101

Our Sustenance is a community based enterprise under the Six Nations of Grand River Development Corporation (SNGRDC) that supports Indigenous community members with community gardening production. They provide informative advice in their resource sections including how to start a garden, times to plant, medicines that can be grown in garden, the Iroquois planting and agriculture system, and harvesting crops to store and preserve. The resource sections can be accessed on the main website under Gardening 101.

<http://oursustenance.ca/>

Better Health Channel – Gardening for People with Disabilities

Better Health provides a guide on making gardens accessible and inclusive for people with disabilities. The guide includes methods on how to make a garden more accessible, how to adapt garden tools for varying disabilities, and how to use plants with different textural and sensory qualities for engaging the five senses.

<https://www.betterhealth.vic.gov.au/health/healthyliving/gardening-people-with-disabilities?viewAsPdf=true>

Better Health Channel - Gardening for Older People

Better Health also includes a second guide for developmental and physical changes to consider when making gardens more accessible for older adults. The guide details how gardening can benefit older adults, as well as recommendations for the gardens and gardening tools to be more accessible while reducing risks of falls and injury.

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/gardening-for-older-people?viewAsPdf=true>



School Gardening

Durham Region Health Department – A Guide to School Gardens

A useful guide on how to start up and build a school garden in 6 key steps and tips on how to overcome common challenges. The guide also provides teachers with information on how to connect the gardening activities to the school curriculum provided by the Durham Region of Ontario.

<https://www.durham.ca/en/health-and-wellness/resources/Documents/SchoolHealth/SchoolGardenGuide.pdf>

Kids Gardening – Helping Young Minds Grow

A National non-profit organization that supports educators in starting and maintaining school gardening programs. The website includes educational resources for educators, lesson plans, gardening activities, information on designing a school garden and much more. The website also includes information on available grants.

<https://kidsgardening.org>

Canadian Organic Growers (COG) Ottawa Chapter:

COG is Canada's national organic farmer and consumer association and is a registered educational charity. They partner with local schools to establish vegetable gardens on school grounds and offer educational garden-based workshops for students. Visit their website for information on fundraising for your organic school garden, how to build raised garden beds, and curriculum connections for Ontario schools.

<http://cog.ca/ottawa/growing-up-organic/guo-school-garden-resources/>

Ontario Eco Schools – Funding for Schools

Ontario Eco Schools is a program across the province that aims to empower and support school communities in being environmentally responsible. Their website provides a list of organizations with year-round and season-specific grants with further details on how to apply and deadlines.

<https://www.ontarioecoschools.org/resources-for-schools/funding-for-schools/>

Ontario Eco Schools – Resource Library

Ontario Eco Schools also provides a variety of lesson plans (JK to GR. 12) to guide educators. The lesson plans include a description of the activity, the curriculum for the appropriate grade, a materials list, recommended teaching strategies, and more.

<https://www.ontarioecoschools.org/document-category/curriculum/>

Simcoe Muskoka District Health Unit – Garden Grow and Learn

A two-page fact-sheet on school gardening health and safety, the benefits of a school garden, and examples of how to connect the classroom curriculum to gardening.

http://www.simcoemuskokahealth.org/docs/default-source/jfy-schools/smdhu_garden_grow_learn_webversionfinal.pdf?sfvrsn=2



Ontario Edible Education Network – Sustain Ontario

Sustain Ontario is a network that aims for educators to connect children and youth to health food systems across the province. The network gathers together resources related to gardening and food skills with primarily schools and students. Their website also can connect educators with youth program grants for school funding, and agriculture-specific grants for small businesses.

<http://sustainontario.com/work/edible-education/granting-programs/>



Appendix B Recipe Selection Criteria

While we have carefully chosen the recipes that are included in this manual, you may choose to prepare other recipes that you have found elsewhere. The following criteria should be used to ensure the recipe you have chosen is nutritious and appropriate for your group.

General Criteria:

- Consider cultural and economic backgrounds when choosing recipes.
- Introduce one new ingredient at a time and pair it with more familiar ingredients.
- Keep recipes simple to make it easy for kids to replicate at home or in the future.
- Choose recipes that require only basic kitchen equipment
- Requires common ingredients that can be found at the grocery store
- Keep kids actively engaged by choosing recipes that involve a lot of chopping and measuring
- Can be completed in 45 minutes or less
- Use basic food preparation and cooking skills
- Use ingredients available at any major grocery store
- Can be prepared by most children and youth aged 6-12



Appendix C Age-Appropriate Cooking Skills

Safety is an important consideration when deciding if children should participate in the activity or simply observe. You can use the information below to get a better idea of which tasks may be appropriate at different ages and which may best fit your group.

Cooking with 6-8 year olds

- Learn cooking vocabulary (*mince, dice, chop, sift, beat, grill, broil, etc*)
- Use simple kitchen equipment with assistance (grater, toaster)
- Crack eggs
- Peel foods (e.g. hard boiled eggs, oranges) – make sure eggs are not too hot
- Toss salad ingredients together with salad dressing
- Read simple recipes and labels with help
- Fill, level and pour measuring spoons and cups
- Grate cheese, carrots
- Set the table - encourage them to cherish the ritual of family meals
- Cut with scissors - if you can get smaller scissors or children's scissors, use them to snip herbs
- Beat and fold (combining ingredients that have already been whipped)

Cooking with 9-12 year olds

- Work with simple kitchen equipment with supervision e.g. peeler, grater, toaster, blender or can opener, microwave, handheld mixer
- Make their own lunches
- Follow a simple recipe
- Use the stove, with supervision, to make basic recipes: boiled eggs, pasta, omelets, pancakes, quesadillas, soups or grilled cheese
- Cut with a sharper knife with supervision -- children should learn how to form their hand into a claw to keep fingertips out of danger; always pick up knives from the handle, Place a damp cloth under the cutting board to prevent the board from moving.
- Write a grocery list
- Wash dishes
- Understand how to build a balanced meal using the different food groups
- Use a thermometer and timer



Appendix D Sample Registration Form

PARTICIPANT INFORMATION

Name: _____

Age: _____



PARENT/GUARDIAN INFORMATION

Name: _____

Relationship to Participant: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

EMERGENCY CONTACT INFORMATION

Name: _____

Relationship to Participant: _____

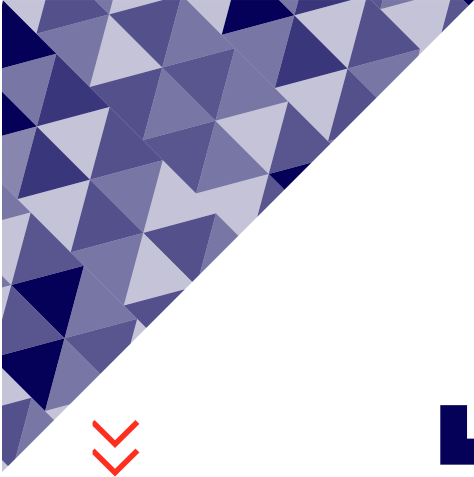
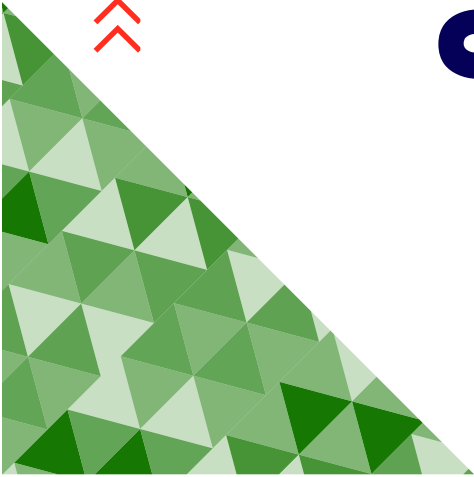
Home Phone: _____ Cell Phone: _____ Work Phone: _____

HEALTH INFORMATION

Food/Outdoor Allergies: Treatment: Expiry Date: EpiPen, Twinject: Antihistamine:	Food Intolerances:
Dietary Restrictions:	Medical Conditions that may impact the participation in the I Love to Garden Program:



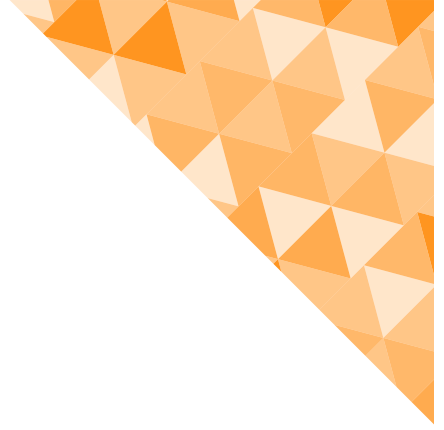
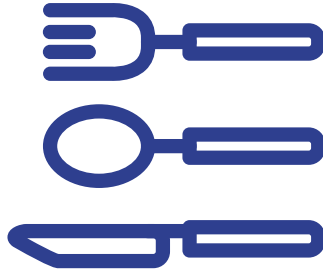
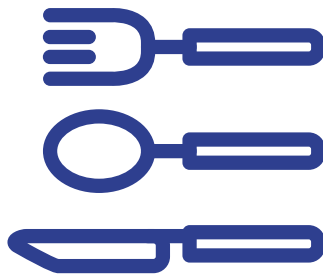
Appendix E - Master Chef Certificate



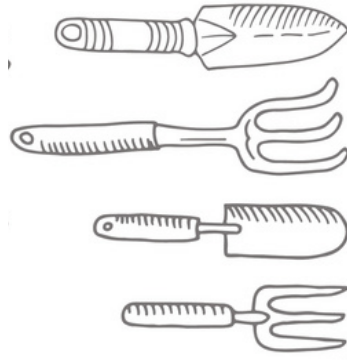
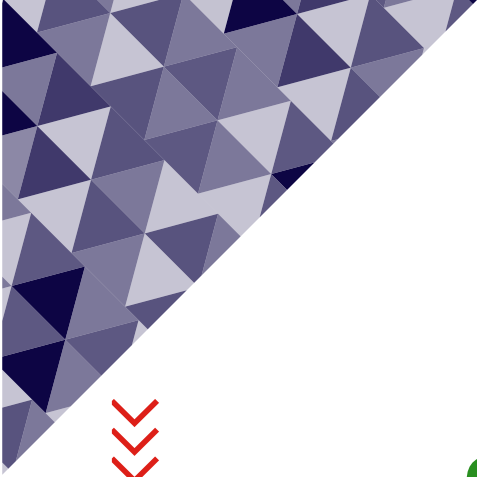
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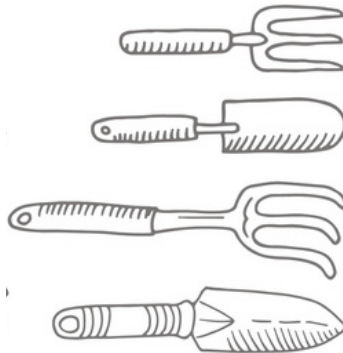
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Appendix F - Master Gardener Certificate



MASTER GARDENER CERTIFICATE



AWARDED TO

