

Garden Detective News



Grow Healthy Habits With Your Children

In both the class garden and at your table, your child can learn about fruits and vegetables. This month, give them chances to try Swiss chard, carrots, and spinach.

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Dear Parents:

Our class is about to embark on a *Great Garden Detective Adventure!* Over the next couple of months, we will be exploring fruits and vegetables through gardening, classroom, and school cafeteria activities. By the end of the unit, your child will have used math, science, and English/language arts skills to learn more about where fruits and vegetables come from and why they are good for us.

This week, we tasted some fruits and vegetables that we may grow in our garden. Ask your child to tell you how these fruits and vegetables taste:

- Leaf lettuces
- Carrots
- Strawberries
- Spinach
- Swiss chard
- Beets
- Raspberries or blackberries



Here are some ways you can help make our garden adventure a success:

- Send two large T-shirts or smocks to school by _____ to cover your child's clothes while working in the garden and while cooking.
- Volunteer to help us plant and maintain the garden (return the attached form).
- Volunteer to help in the classroom with our cooking activities (return the form).
- Volunteer to help us put a class cookbook together (return the form).
- Contribute a favorite family recipe featuring fruits or vegetables to our class cookbook (more details to follow).
- Come to school on _____ when we celebrate our garden harvest with a Sleuths' Mystery Dinner (more details to follow).
- Read the *Garden Detective News* when it comes home with your child, and help him or her complete the activities.
- Try serving some of the fruits and vegetables we are learning about at home. Frequent issues of the *Garden Detective News* will share ideas.

We look forward to sharing our adventures with you in the weeks to come!

Sincerely,

WANTED

Parent Volunteer Form

Yes, I'd like to help with The Great Garden Detective Adventure. I can:

_____ Help plant the garden on _____

_____ Help out in the garden occasionally in the next 10 weeks (e.g., watering, pulling weeds). My best time is: _____ (day/times)

_____ Help out in class for cooking activities

_____ Help with the class cookbook

The best time to reach me is _____

By _____ (telephone) or _____ (email)

Signed: _____

Print name: _____

Student: _____

Thank you! Please return this form to _____

by _____

Family Activity 1

Cook Together This Week



Try making a recipe with fruits or vegetables with your child this week. Then help your child answer the following questions:

Name of recipe: _____

Where did this recipe come from? _____

What fruits and/or vegetables were in the recipe? _____

What part of the plant did these fruits and/or vegetables come from?

Fruit/vegetable

Part of Plant?

Write 1-2 sentences about how the recipe was prepared and what you thought about it. For example: *I chopped up green peppers and carrots and added them to the tomato sauce. We put it on the spaghetti and it was delicious.*

Garden Detective News



Encourage Your Child's Growth

Ask your child to share what he or she learned about growing fruits and vegetables.

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Garden Detective News

This week, we planted a class garden. We planted _____.

Ask your child to tell you about the garden.

What fruit or vegetable is your child responsible for growing? Serve it at a family dinner this week!

Help your child think like a garden detective! Solve the word search on the following page with your child.

Mystery Solved!

Ways To Help Your Child Eat More Fruits and Vegetables.

1. **Savor the flavor of seasonal vegetables.** Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.
2. **Plant your own.** Just like your garden detective, start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners.



Word Search

Eating From the Garden

PHOTOSYNTHESIS
LEAVES

CHLOROPHYLL
VEGETABLE

ROOT
GARDEN

STEM
SUNLIGHT

FRUIT
SOIL

FLOWER
SEED

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

Garden Detective News



Grow Healthy Habits With Your Children

Ask your child to share what he or she learned about fruits and vegetables.

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Garden Detective News

Every garden detective in our class is researching and writing a report about a fruit or vegetable in our garden. Ask your child which fruit or vegetable he or she is studying. You may want to add this fruit or vegetable to a family meal. Experiment with new recipes using this fruit or vegetable with your child.

When you find a recipe that your family likes, send it to school so we can include it in the class cookbook.

Mystery Solved!

Ways To Help Your Child Eat More Fruits and Vegetables.

1. **Choose fruits and vegetables rich in color.** Brighten your plate with vegetables that are red, orange, and dark-green. They are full of vitamins and minerals. Try spinach, leaf lettuce, carrots, beets, Swiss chard, strawberries, and raspberries/blackberries. They not only taste great but are good for you, too.
2. **Check the freezer aisle.** Frozen fruits and vegetables are quick and easy to use. They can be just as nutritious as fresh when they are packaged without added fats, sugars, or sodium (salt). Try adding frozen peas, green beans, spinach, sugar snap peas, or vegetable blends to some of your favorite dishes or eat them as a side dish.



Family Activity 3

Fruit and Vegetable Riddles

Try solving the following riddles with your child:



What Am I?

1. I'm a vegetable that grows under the ground and has a green top. Eating me helps you have good eyesight. What am I?

2. I'm a beautiful red fruit that grows in early summer. I taste sweet and you can eat me in a smoothie, in your cereal, or all by myself. What am I?

3. I'm a leafy dark-green vegetable that likes cool weather. I can be eaten raw or cooked. What am I?

4. I'm a leafy green vegetable that comes in different colors... including red! You most likely eat me in a salad or on a sandwich next to a slice of tomato. What am I?

5. I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet. What am I?

6. I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal. What am I?

7. I'm a leafy vegetable that grows in the garden. I can be green and white or red and green—either way, I taste the same! Most people cook me, but you can eat me raw, too. What am I?

Answer Key: 1. Carrot. 2. Strawberry. 3. Spinach. 4. Leaf lettuce. 5. Beets. 6. Raspberries/blackberries. 7. Swiss chard.

Try These Kid-Friendly Snack Ideas:

Fruit Wands With Yogurt Dip

- Put pieces of fruit on a toothpick, skewer, or straw.
- Cover with plastic wrap and store in the refrigerator until snack time.
- Serve with low-fat strawberry (Princess Dip) or lime (Swamp Slime) yogurt for dipping.

Happy Snack Packs

- Fill small containers or snack bags with cut-up veggies.
- Add a small container of fat-free ranch dressing for dipping.
- Decorate the outside of the bags with stickers.
- Store in the refrigerator on a shelf where they are easy for your child to see.



Garden Detective News



Help Healthy Habits Take Root

Ask your child to help you find ways to serve dark-green, red, and orange vegetables.



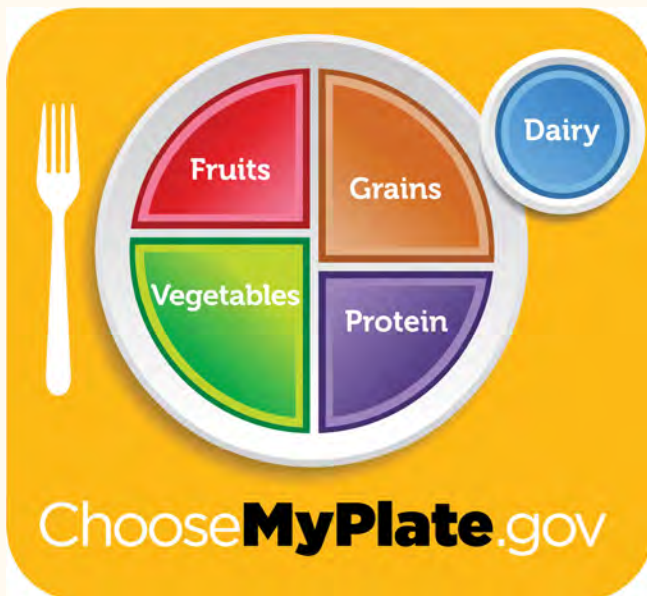
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Garden Detective News

This week, our class learned about building a healthy plate with foods from each of the food groups. One easy way is to fill half of your plate with fruits and vegetables. They also learned why it is important to vary your veggies and eat dark-green, red, and orange vegetables, and beans and peas. We are discovering lots of new ways to do that through our garden where we are growing dark-green vegetables like spinach, Swiss chard, and leaf lettuce, and orange vegetables like carrots.



Dark-Green Vegetables

bok choy	spinach
dark-green leaf lettuce	Swiss chard
romaine lettuce	collard greens
watercress	mustard greens
broccoli	turnip greens
kale	beet greens

Red and Orange Vegetables

acorn squash	Hubbard squash
carrots	sweet potatoes
red peppers	butternut squash
pumpkin	tomatoes

Bean and Peas

black beans	garbanzo beans (chickpeas)
kidney beans	navy beans
pinto beans	soy beans
black-eyed peas	split peas
lentils	
white beans	

Help your garden detective complete the family survey with all members of your family. Have fun and be healthy as a family!

Why should kids eat plenty of fruits and vegetables as part of a healthy diet?



Start them early with fruits and veggies. It's easier to get your child in the habit of eating and enjoying fruits and veggies if you start when they are young.

Studies show a positive association between healthier dietary patterns and academic performance.

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

The fiber in fruits and veggies helps your child feel full longer, and that can help with a healthy body weight. It can also help prevent constipation.

Family Activity 4
Family Survey



It would be a crime not to include the whole family in making healthy food choices!

Let's get everyone involved in making food choices for a healthy diet. Survey your family members to find out the kinds of food choices they are making. Use the questions below. Put a check mark in each person's column for every "yes" answer.

Help Your Family Make Healthy Food Choices

This week did you:	You	Family members			
Eat a fruit or drink 100 percent fruit juice each day?	_____	_____	_____	_____	_____
Eat a vegetable at lunch and dinner each day?	_____	_____	_____	_____	_____
Eat dark-green vegetables?	_____	_____	_____	_____	_____
Eat red and orange vegetables?	_____	_____	_____	_____	_____
Eat beans and peas?	_____	_____	_____	_____	_____
Total check marks	_____	_____	_____	_____	_____

When you are done with the survey, talk with your family about the results.

Do you and your family see any places where you could improve and eat healthier? _____

Set a goal for this week to get more yes answers to these questions. Have fun and be healthy as a family! _____



Lesson Extension: Play a Leading Role

Standards Addressed

English/Language Arts

Standard 1, Speaking and Listening: *Engage effectively in a range of collaborative discussions with diverse partners on grade 3 and 4 topics and texts, building on others' ideas and expressing their own clearly.*

Health

Standard 4, Interpersonal Communication: *Demonstrate how to ask for assistance to enhance personal health.*

Standard 8, Advocate for Health: *Express opinions and give accurate information about health issues.*

Learning Objectives

Students will be able to:

1. Demonstrate effective verbal persuasion techniques in asking a parent/caregiver to have more fruits and vegetables available at home.

Time Required

30 minutes

Materials

Student Handout 4.3, Playing a Leading Role

Preparation

- Duplicate *Student Handout 4.3* for each student on 3-hole-punch paper.

Instructional Process

STEP 1

Introduce the role-play activity. Explain to students that you will be sending a newsletter home to their families about making healthy food choices with plenty of fruits and vegetables, especially red, orange, and dark-green vegetables such as tomatoes, carrots, and spinach, at meals and snacks.



Ask students:

- Do you eat fruits or vegetables several times a day? If not, why not?
Use prompts such as:
- Do you have fruits and vegetables at home that you like?
- How easy is it to find fruits and vegetables at home?

Explain that all the reasons they have mentioned may make it more difficult to eat more fruits and vegetables.

Point out that you need a variety of fruits and vegetables available at school and home if you want to make half your plate fruits and vegetables. Having plenty of fruits and vegetables available helps you to “vary your veggies” and eat smart to play hard.

STEP 2

Have students complete the role-play activity. Distribute *Student Handout 4.3, Playing a Leading Role*. Review the directions with the students.

Talk briefly about the importance of using respectful words and tone of voice when asking for changes. Ask students to develop ground rules, such as:

- Use a pleasant tone of voice.
- Use positive body language.
- Say “please” and “thank you.”
- No put-downs allowed.

Divide the class into groups of four students and assign each group a scene from the handout.

Give students 15 minutes to discuss how they would resolve the situation in their scene.

In pairs, have one student play the parent and the other the student. Have them role-play the student asking his or her parents/caregivers for more fruits and vegetables at home. After 2-3 minutes, allow the pairs to switch roles and try again.

Have each group present its solution to the class. Compare solutions that different groups developed.

Student Handout 4.3

Playing a Leading Role



Read your group’s scene. Talk about the scene with your group. What keeps the person in the scene from eating more fruits and vegetables? As a group, decide what you would say and do. Write it down.

Then, divide into pairs. Take turns being the parent and the student. As the student, role-play asking your parent/caregiver for more fruits and vegetables at home. After 2-3 minutes, switch roles and try again. Remember to be respectful to one another.

Scene A

You just got home from school and you really want a fruit or vegetable for a snack. You look in the cupboard, on the counter, and in the refrigerator. There are no fruits or vegetables. What could you say or do so there are healthy snacks for you to eat after school?

Scene B

You are always rushing out the door in the morning and don’t have time to sit and eat breakfast. You know you need to eat something to give you energy to learn in class. How could you talk with your parents about having fresh fruit in a bowl on the counter that you could eat on the way to school?

Make half your plate fruits and vegetables.



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Grow Healthy Habits With Your Children

Find out where fruits and vegetables come from.

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Garden Detective News

This week, the garden detectives read a story about a class field trip to a farm. They learned how farmers sell their fruits and vegetables to the public. The class talked about how eating produce grown by local farmers has many benefits. For example, your food doesn't have to travel as far to reach you. Freshly-picked fruits and vegetables taste great! Buying local also supports farmers in your community.

Here are some ways to buy local produce:

- Visit the farmers market, if there's one in your community. At a farmers market, farmers sell their produce directly to consumers like you. Look for a farmers market near you at <http://apps.ams.usda.gov/FarmersMarkets/>.
- Stop at a farm stand, if you're driving in the country. Some farmers sell their fruits and vegetables at a stand near their farm.
- Take a trip to a local u-pick farm, where you and your family can pick your own fruits and vegetables.

- Buy a community supported agriculture (CSA) share. Local farmers sell shares in their crops at the beginning of the season, then deliver boxes of fresh produce each week to a designated location for pick-up. Find out more at <http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml>.

Mystery Solved!

Ways To Help Your Child Eat More Fruits and Vegetables.

1. **Go food shopping with your children.** Grocery shopping can teach your child about food and nutrition. Discuss where fruits and vegetables come from. Let your children make healthy choices.
2. **Celebrate the season.** Use fresh fruits and vegetables that are in season—the fruits and vegetables in your detective's garden are in season! Check your local supermarket or farmers market for these fruits and vegetables. They are easy to get, have more flavor, and are usually less expensive.



Family Activity 5

Follow the Path of the Fruits and Vegetables From the Farm to Your Plate

Directions to the Maze:

1. Trace a line from the Farm to the CSA Pickup to Your Plate.
2. Trace a line from the Farm to the Farmers Market to Your Plate.
3. Trace a line from the Farm to the School to Your Plate.
4. Trace a line from the Farm to the Wholesale Distributer to the Grocery Store to Your Plate.
5. Go to the next page to think about the distance from the Farm to Your Plate when buying fruits and vegetables from different sources.



Questions:

1. How many different routes are there from Farm to Plate on the maze? _____

2. Which route was the longest distance from the Farm to Your Plate? _____

3. Which routes were the shortest distance from the Farm to Your Plate? _____

Ask your garden detective what he or she learned in school about where fruits and vegetables come from and the benefits of consuming locally grown fruits and vegetables.



Know your farmer. Know your food. Fruits and vegetables do not have to travel as far when you buy from local farmers. Farms can also be a great place to learn about where your food comes from.

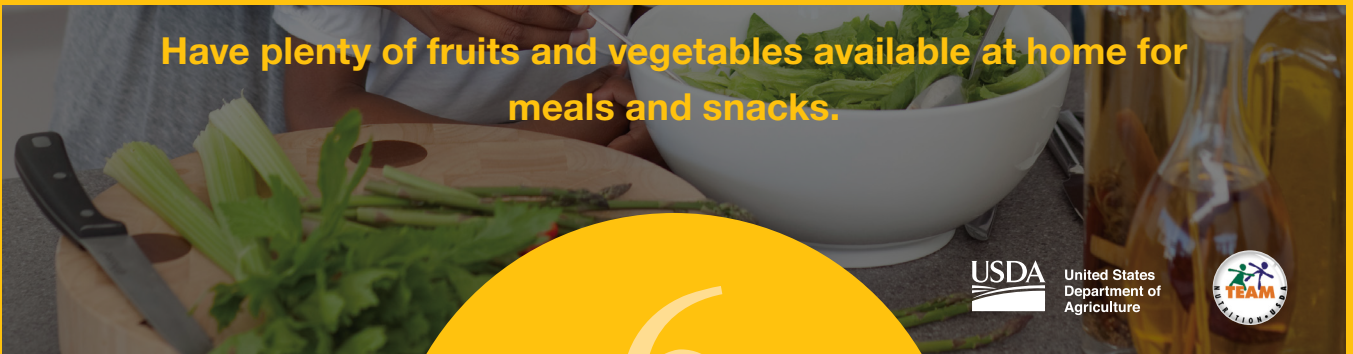
Answer Key: 1. Four 2. Farm to the Wholesale Distributor to the Grocery Store to Your Plate 3. Locally grown fruits and vegetables from the Farm to Farmers Market, CSA Pickup, and School

Garden Detective News



Help Healthy Habits Take Root

Have plenty of fruits and vegetables available at home for meals and snacks.



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Garden Detective News

The garden detectives reviewed the school menu this week to find out what fruits and vegetables are offered on the cafeteria menu. They set goals and decided which fruits and vegetables they were going to choose from the menu. If your child brings a packed lunch, you could plan a brown bag menu that will help him or her meet his or her goal. They also kept track of the fruits and vegetables they chose to eat at lunch for 5 days. Ask your child about the goals he or she set.

Mystery Solved!

Ways To Help Your Child Eat More Fruits and Vegetables.

When they come home hungry, have fruits and veggies ready to eat.

- Keep a bowl of fruit that has been rinsed under running water on the kitchen table.
- Put cut fruits and vegetables that have been rinsed under running water on a shelf in your refrigerator where your child can see them.

Let your kids be “produce pickers.” Help them pick fruits and veggies at the store. Kids are more likely to eat fruits and veggies they pick out for themselves. So, as a fun activity, try taking your kids to a farmers market or grocery store and let them each pick out a different colored fruit or vegetable. Different colored produce provides different nutrients. So the more colors they try, the more nutrients they’ll get. That’s the pot of gold at the end of the rainbow!

Talk with your child about his or her lunch choices. There are many fruit and vegetable options on the school lunch menu.

They learn by watching you. Let your child see you enjoying fruits and vegetables at meals and as snacks.



Family Activity 6

The Great Fruit and Vegetable Scavenger Hunt

As a family, go on a scavenger hunt for fruits and vegetables in your home.

Check your countertops, h, pantry, and freezer for fruits and vegetables. It’s no surprise that families that have a variety of fruits and vegetables available at home eat more fruits and vegetables. Fresh, frozen, dehydrated/dried, and canned are all good choices.

Write down the fruits and vegetables you find in each location below. Use the list of fruits and vegetables on the next page to guide your search.

	Fruit	100 Percent Juice	Dark-Green Veggies	Red and Orange Veggies	Starchy Veggies	Other Veggies	Beans and Peas
Counter							
Fridge							
Pantry							
Freezer							

Does your family have a variety of fruits and vegetables available at home?

What Vegetable Subgroups are you missing?

What are some ways you could make sure your family has a variety of fruits and vegetables available for meals and snacks?

Scavenger Hunt Clues

Here are examples of vegetables in the different vegetable subgroups:



Dark-Green Vegetables

- Examples: bok choy, broccoli, collard greens, dark-green leaf lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, Swiss chard, turnip greens, watercress, beet greens

Starchy Vegetables

- Examples: corn, green peas, green lima beans, white potatoes, plantains



Red and Orange Vegetables

- Examples: acorn squash, butternut squash, carrots, Hubbard squash, pumpkin, red peppers, sweet potatoes, tomatoes

Other Vegetables

- Examples: artichokes, asparagus, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, zucchini



Beans and Peas

- Examples: black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, white beans, soy beans, split peas

Garden Detective News



Encourage Your Child's Growth

Want your kids to reach for a healthy snack?
Make sure fruits and veggies are within reach.

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Garden Detective News

This week, the garden detectives will create a class cookbook that includes fruit and vegetable recipes that are family favorites. These cookbooks will be given to families at our Sleuths' Mystery Dinner.

This week's family activity is to submit *your* family's favorite recipe! Use the form on the next page to record your recipe.



Family Activity 7

Family Favorite Fruit or Vegetable Recipe

What’s your family’s favorite healthy fruit or vegetable recipe? Talk it over together, choose a recipe, and write it down here to share in a Class Cookbook that we’ll create.

Recipes may be for a main dish, salad, side dish, snack, or a healthy dessert.

Your recipe should use fruits and/or vegetables (beans fall within this category) as the main ingredient. We are really interested in hearing how families prepare the fruits and vegetables we are growing in our class garden—leaf lettuces, carrots, beets, spinach, Swiss chard, strawberries, raspberries, and blackberries.

Write your recipe below and **return it to class by** _____ .

Student Name: _____

Recipe Title: _____

It is (mark one): Main Dish Salad Side Dish Snack Dessert

Ingredients and amounts: _____

Preparation steps: _____

Yield: _____

Serving size: _____

Describe your recipe in 2-3 sentences: _____

Garden Detective News



Grow Healthy Habits With Your Children

Choose recipes that liven up your meals with fruits and vegetables.



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Garden Detective News

This week, the garden detectives learned how to prepare some of the dark-green vegetables we are learning about in class and growing in the garden. They prepared and tasted recipes featuring dark-green vegetables (really, it's true!). The recipes are included in this newsletter so you can try them at home.

The garden detectives also learned how to follow instructions in a recipe and use standard units of measurement to prepare their dish. It was a tasty way to teach English and math concepts! They also learned why dark-green vegetables are an important part of a healthy diet.

In the green box to the right, there are a few tips for adding dark-green veggies to your family's meals. Recipes the garden detectives prepared and tasted in class are also in this newsletter.

Mystery Solved!

Ways To Help Your Child Eat More Dark-Green Veggies.

How To Add More Leaf Lettuces to Your Family's Meals:

- Serve side salads for lunch or dinner.
- Add green leaf lettuce to your favorite sandwich, pita pockets, or wraps.
- Make a wrap using lettuce (see the Chicken Caesar Salad Wrap recipe we made in class on the following page).

How To Add More Spinach to Your Family's Meals:

- Mix spinach with lettuce in side salads for lunch and dinner (see the Spinach Strawberry Salad recipe we tasted in class on the following page).
- Add chopped spinach to lasagna and soup.
- Stir plain yogurt into chopped or puréed spinach for a low-fat version of creamed spinach.
- Try stir-frying spinach with garlic, onion, and chopped red bell peppers for a colorful tasty side dish.

How To Add More Swiss Chard to Your Family's Meals:

- Toss pasta with olive oil, lemon juice, garlic, and cooked Swiss chard.
- Add zest to omelets and frittatas by adding some cooked Swiss chard.
- Use chard in place of, or in addition to, spinach when preparing recipes.
- Try the Dark-Green Pizza recipe that we tasted in class on the following page.

Garden Detective Recipes

Chicken Caesar Salad Wraps

Preparation Time

10 minutes

Ingredients

- 6 leaf lettuce leaves, cleaned and separated*
- 1 tomato
- 1 boneless, skinless chicken breast, cooked and chopped
- 1 tablespoon fat-free Caesar salad dressing

Preparation

1. Wash hands and clean your work area.
2. Rinse lettuce leaves thoroughly under running water and dry thoroughly (e.g., with a salad spinner or by patting them with a paper towel).*
3. Rinse and dry tomato,* then chop into bite-sized pieces.
4. Combine the chicken, tomatoes, and salad dressing in a bowl and mix well.*
5. Place equal amounts of salad mixture on each lettuce leaf.*
6. Roll from one end of the lettuce leaf to the middle. Fold in the sides and continue to roll.*
7. Arrange on a platter and serve.*

Yield

Six individual lettuce wraps

Dark-Green Pizza

Preparation Time

20 minutes

Ingredients

- 1 bunch Swiss chard (stems removed, roughly chopped)
- ¼ cup olive oil
- 4 cloves garlic, minced
- 3 pre-split English muffins
- 1 can non-stick olive oil cooking spray
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 8-oz bag shredded low-fat mozzarella cheese
- ½ cup Parmesan cheese

Preparation

1. Wash hands and clean your work area.
2. Preheat oven to 450° F.
3. Sauté Swiss chard in olive oil and garlic.
4. Split the English muffins in half with your fingers.*
5. Spread the Swiss chard evenly over the six muffin halves.*
6. Season with salt and pepper.*
7. Top with shredded mozzarella and Parmesan cheese.*
8. Bake on a baking sheet for 10-12 minutes.

Yield

Six servings of individual pizzas

Spinach Strawberry Salad

Preparation Time

10 minutes

Ingredients

- 2 cups raw spinach
- ¼ cup olive oil
- ¼ teaspoon salt
- ½ cup sliced strawberries
- 3 tablespoons vinegar
- ⅛ teaspoon pepper

Preparation

1. Wash hands and clean your work area.*
2. Rinse spinach and strawberries under running water, dry thoroughly, and tear into bite-sized pieces.*
3. Combine spinach with sliced strawberries.*
4. Mix olive oil, vinegar, salt, and pepper in a jar with a lid. Shake vigorously.*
5. Pour salad dressing over salad and mix thoroughly.*

Yield

Five ½-cup servings

The starred* preparation steps can be completed by children. All other preparation steps should be completed by adults.

Refrigerate cut fruits, vegetables, and cooked foods promptly. Do not leave at room temperature for longer than 2 hours (or 1 hour in temperatures above 90° F).



Family Activity 8

Try Something New With Your Child

Why not try a new fruit and a vegetable every day for 1 week? Choose ones that begin with the first letter of that day of the week. For example:

DAY OF THE WEEK	VEGETABLE	FRUIT
Monday	Mustard Greens	Mango
Tuesday	Turnips	Tangerine
Wednesday	Watercress	Watermelon
Thursday	Tomatillo	Tangelo
Friday	Fava Beans	Fig
Saturday	Swiss Chard	Star Fruit
Sunday	Summer Squash	Strawberries

Record what your family will try:

DAY OF THE WEEK	VEGETABLE	FRUIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Garden Detective News



Encourage Your Child's Growth

Ask your child to share what he or she learned about preparing carrots and beets.

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Garden Detective News

This week, the garden detectives learned about carrots and beets. They prepared and tasted some delicious healthy recipes using these nutritious vegetables.

Did you know that these vegetables contain vitamins and minerals that can help keep you healthy and protect you from disease?

In the green box to the right, there are a few tips to add these vegetables to your family's meals. Recipes the garden detectives prepared and tasted in class are also in this newsletter.

Mystery Solved!

Ways To Help Your Child Eat More Carrots and Beets.

How To Add More Carrots to Your Family's Meals:

- Add chopped or shredded carrots to salads.
- Dice carrots into smaller pieces and add them to soups and stews.
- Steam or roast carrots for an easy side dish.
- Eat them raw as a quick-and-easy snack.
- Try carrot salad. See the recipe on the following page.

How To Add More Beets to Your Family's Meals:

- Dice beets into smaller pieces and add them to soups and stews.
- Steam or roast beets for an easy side dish.
- Microwave 2 to 3 small beets in a small amount of water for 8 to 15 minutes or until soft.
- Try roasted beets. Follow the recipe on the following page.



Garden Detective Recipes

Carrot Salad

Preparation Time

5 minutes

Ingredients

2 cups shredded raw carrots

½ cup seedless raisins

¼ cup mayonnaise

¼ cup low-fat plain yogurt or 2 tablespoons low-fat milk

½ teaspoon cinnamon

Preparation

1. Wash hands and clean your work area.
2. Combine shredded carrots with raisins.*
3. Mix together mayonnaise, and yogurt or milk.*
4. Add cinnamon and mix.*
5. Pour over salad and toss well.*

Yield

Five ½-cup servings

The starred* preparation steps can be completed by children. All other preparation steps should be completed by adults.

Refrigerate cut fruits, vegetables, and cooked foods promptly. Do not leave at room temperature for longer than 2 hours (or 1 hour in temperatures above 90° F).

Roasted Beets

Preparation Time

5 minutes

Cooking Time

60 minutes

Ingredients

6 beets

1 tablespoon olive oil

Preparation

1. Wash hands and clean your work area.
2. Scrub the beets with a vegetable brush under cool running water.*
3. Scrub the beets under running water.*
4. Place each beet on a square of foil and drizzle with about ½ teaspoon of olive oil. Bring the corners of the foil up around the beets and twist to seal. Add two more layers of foil so beet juice doesn't leak. Repeat with the remaining beets.*
5. Place foil-wrapped beets on a pan and roast in an oven 350° F oven for 60 minutes or until a knife can slide easily through the largest beet.
6. When the beets are cool enough to handle, unwrap the foil, and, under running water, slip the skins off each beet.

Yield

Six servings, 1 beet each

The starred* preparation steps can be completed by children. All other preparation steps should be completed by adults.

Family Activity 9

Plan Ahead To Add More Fruits and Veggies To Your Meals

Planning ahead before you go grocery shopping helps you buy the foods your family enjoys and keeps the family budget under control. Team up with your child this week to look through the weekly grocery store flyers in the newspaper to find the specials and best buys in fruits and vegetables. You can also find the weekly flyer online by searching for your favorite grocery store.

Make a list of fruits and vegetables that your family likes that are on sale this week:

Fruits/Price	Vegetables/Price

Decide together what to buy.

Go grocery shopping with your child this week. Have your garden detective search for and find the fruits and vegetables that you have chosen. Add them to your grocery cart.

Keep prepared fruits and veggies in a handy place for easy snacking once you get home. For example, put a bowl of whole fruits, such as apples and oranges, on the counter so family members can help themselves. Keep cut-up veggies in the fridge for a quick and convenient snack.

Garden Detective News



Help Healthy Habits Take Root

Ask your child to help you find ways to serve berries at meals and as snacks.



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United States
Department of
Agriculture



Garden Detective News

This week, the garden detectives learned about strawberries, raspberries, and blackberries. They prepared and tasted some delicious healthy recipes using these nutritious berries.

Did you know that berries contain important vitamins, minerals, and fiber that your family needs to grow and be healthy?

In the green box at the right are a few tips to add these berries to your family's diet. The delicious recipes the garden detectives prepared and tasted this week are on the next page. Ask your child about these recipes.

Mystery Solved!

How To Add More Strawberries, Raspberries, and Blackberries to Your Plate:

- Add berries to your cereal, low-fat yogurt, or waffles and pancakes for breakfast.
- Make a parfait for breakfast or dessert with berries, granola, and low-fat yogurt.
- Blend berries, yogurt, bananas, and ice to make a tasty smoothie.
- Toss some berries into your salad for lunch.
- Try the Fruit Salad With a Splash of Lime recipe in this newsletter.



Garden Detective Recipes

Strawberry Smoothie

Preparation Time

5 minutes

Ingredients

2 (8-oz) containers of fat-free or low-fat vanilla yogurt

20 oz frozen unsweetened strawberries, partially thawed

1 ¼ cups 100 percent orange juice

Preparation

1. Wash hands and clean your work area.
2. Combine the ingredients in a blender.*
3. Blend for 15 to 30 seconds or until smooth.

Yield

Five 1-cup servings

The starred* preparation step can be completed by children. All other preparation steps should be completed by adults.

Refrigerate cut fruits, vegetables, and cooked foods promptly. Do not leave at room temperature for longer than 2 hours (or 1 hour in temperatures above 90° F).

Fruit Salad With a Splash of Lime

Preparation Time

15 minutes

Ingredients

2 apples (1 apple is equal to 1 cup), diced

1 pint raspberries

1 pint blackberries

2 cups seedless grapes, halved

½ lime

Preparation

1. Wash hands and clean your work area.
2. Rinse fruit under running water.
3. Combine the apples, raspberries, blackberries, and grapes into a bowl.*
4. Squeeze lime over the fruit.*
5. Stir and serve.*

Yield

Six 1-cup servings

The starred* preparation steps can be completed by children. All other preparation steps should be completed by adults.

Family Activity 10

Strawberry Scramble

Complete the Strawberry Scramble with your child. Have your child explain what each word in the scramble means.

Directions

Rearrange the letters in each word to form a word that has something to do with strawberries. Write each word on the line next to the scrambled word. You can use the word list at the bottom for help.

- 1. C nimativ _____
- 2. esmthooi _____
- 3. nnialserep _____
- 4. fzone _____
- 5. tsmo pularpo _____
- 6. deess _____
- 7. tiurf _____
- 8. srevpere _____

- Seeds
- Vitamin C
- Preserve
- Most Popular
- Perennial
- Fruit
- Frozen
- Smoothie