When kids help grow their own produce, they are more likely to eat it! If you can’t create a backyard garden, consider getting a regular produce box delivery from a local gardener or take your children on a weekly trip to the farmers’ market together. Farm to preschool is a great way to get your kids invested in gardening and healthy eating.

**LEARN IT**
How does your garden grow?
Every garden must start with a seed, but how does that seed become the plants we can cook and eat in our homes? This is a fantastic opportunity to teach the children in your care what a seed is, examples of seeds, and what those seeds need to become strong, healthy plants that we can harvest.

**MAKE IT**
Garden Printing
Sometimes the best art can be created without a paint brush! Cut various vegetables from your garden such as carrots, peppers, squash, zucchini, eggplant, and potatoes in half so they can be used as a stamper. Make the children a paint pallet with different colors. Ask them to stamp the vegetables in the paint and then they can make their work of art on a large piece of construction paper.

**GROW IT**
Container Gardening
Not everyone has the space to plant an elaborate garden. That’s okay! You can still have a garden with a container garden. Tires, buckets, large planting pots, or even tubs can all be used as your container. Hanging baskets are great for fruits like strawberries, cherry tomatoes and herbs. Plastic containers will hold in moisture better than a clay or wood container. Fill the container with gardening soil and begin planting. Remember to check plants daily for watering needs and support your fast growing, tall plants with trellises and stakes. Plant ideas for container gardens:
- Beans
- Broccoli
- Carrots
- Cucumbers
- Eggplants
- Lettuce
- Onions
- Peppers
- Radishes
- Tomatoes

**EAT IT**
Garden Stir Fry
1/2 cup low sodium chicken broth
1/2 tablespoon of corn starch
1 teaspoon soy sauce
1 tablespoon sesame or olive oil
2 tablespoons garlic minced
5 cups of your favorite garden vegetables
3 1/3 cups diced chicken
Whole Grain Rice
Mix together the broth, cornstarch and soy sauce and set aside. Add oil to a large pan and sauté the garlic on high heat for one minute. Add the vegetables and cook for eight minutes until tender. Add the soy sauce mixture and reduce heat to medium. Continue cooking until the sauce thickens. Serve over ¼ cup cooked whole grain rice for each child.

**SING IT**
Bingo Was His Name O
There was a farmer who had a dog,
and Bingo was his name O!
B-I-N-G-O, B-I-N-G-O, B-I-N-G-O,
and Bingo was his name O!

**READ IT**
Growing Vegetable Soup by Lois Elhert
This easy to understand book with bold pictures talks about necessary gardening tools, gardening chores and what happens after harvesting. A recipe for vegetable soup is included! Maybe you can use produce from your own garden to make a batch of soup to share with the children.

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De la **GRANJA** a la Mesa

Jardín de **Arco Iris**