Appendix N - Growing Healthy Kids Recipes

Growing Healthy Kids
Garden-Enhanced Nutrition Education

- Lesson 1 – Six Yummy Plant Parts - No Recipe - a variety of vegetables and fruits to taste
- Lesson 2 – Root, Root Hurray! – *Carrot, Jicama and Orange Salad*
- Lesson 3 – Water for People and Plants – Flavored Waters (See Appendix Q)
- Lesson 4 – Stand Strong with Stems – *Celery with Quick and Easy Bean Dips*
- Lesson 5 – Leaves and Fun in the Sun – *Crunchy Baked Kale Chips*
- Lesson 6 – Bunches of Variety – *Creamy Fruit Salad*
- Lesson 7 – Healthy Harvest Celebration – *Plant Part Salad*