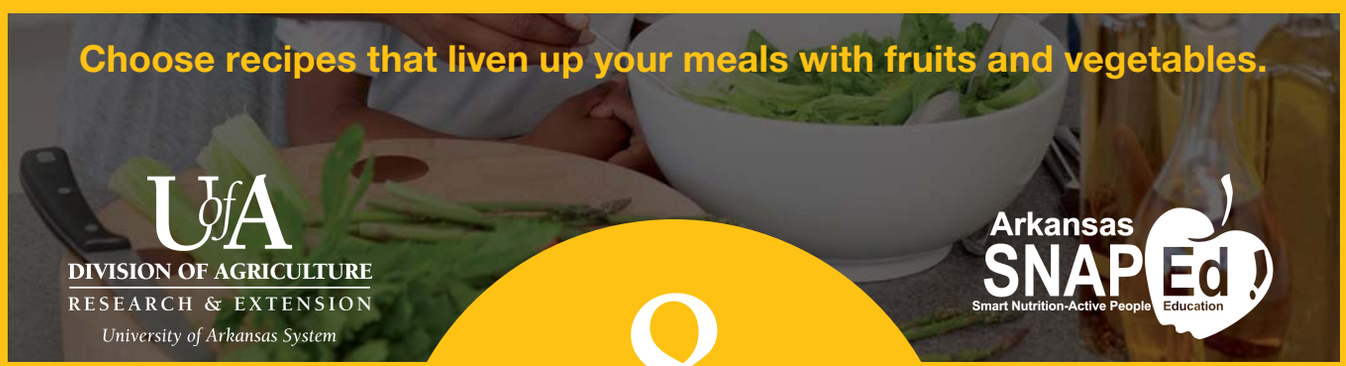
Garden Detective News

Grow Healthy Habits With Your Children



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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
½ cup sliced strawberries
¼ cup olive oil
3 tablespoons vinegar
¼ teaspoon salt
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 UIBU CFHJO XJUI UIF GJSTU MFUUFS PG UIBU 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		

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