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.

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