

Our Super Garden

*Learning the Power of Healthy Eating,
by Eating What We Grow*

By Anne Nagro

FOREWORD

As many of you know, we're facing a crisis in this country. Our health statistics show type 2 diabetes, heart disease, and obesity occurring at staggering levels. In addition, over 12 million children in the United States are food-insecure, meaning each day they don't know where one of their meals will come from.

Right now, one in three adults and one in five children struggle with obesity. It is important to work hard to change these trends. That's where you come in: Garden with children. Read *Our Super Garden*, by Anne Nagro. Teach them the benefits of healthy eating, by eating what they grow. Research shows children who plant and harvest their own fruits and vegetables are more likely to eat them.

We face complex obstacles to improving the health and development of our children, yet the payback from exercising in the garden and growing nutritious fruits and vegetables are immense. I highly recommend this book with its friendly language, relevant message, and fun and colorful images. Children learn it's okay to try new foods and why fruits and vegetables are an important part of a healthy diet.

We're taking steps to impact our children's health in the future. By increasing awareness of healthy eating, we can change behaviors.....healthy behaviors children can take home to their families.

Dr. Ana M. Viamonte Ros
Florida Surgeon General

It's fun to grow your own food.



We're planting a garden at my school. Everyone helps.

Fruits and veggies are full of powerful nutrients that help us grow strong and stay well.



Our plants grow bigger and bigger and bigger, and green broccoli heads appear. And yellow bell pepper! Out pop purple eggplant and white cauliflower.

Looking good! Fruits and veggies give you shiny hair, bright eyes, and clear skin.



Sophie pulls up some plants, and guess what's growing underground? Orange carrots. Our teacher says we're growing a super-garden, because fruits and vegetables give our bodies special powers.



Why? Because leafy greens give us the power to play hard! They help our bodies build strong red blood cells, carrying oxygen to our muscles. When our muscles get lots of oxygen, we can run faster, jump higher, and play longer.

Vitamin D comes from sunshine. It's absorbed by our bodies and helps us grow strong bones and teeth.



Growing food from seeds is fun.
So is playing outside in the garden.
Eating what we grow is best of all.

Garden Recipes

Sunshine Salad

Submitted by:
Tracy Ann Bowser, Alliance Early Learning School
Alliance, Ohio

This favorite salad of students at Alliance Early Learning School comes straight from their class garden. Children plant the garden in spring and the following fall enjoy its tasty bounty. For this recipe, they harvest, clean, and chop the tomatoes, cucumbers and basil using plastic knives. Their teacher, Ms. Bowser, finely chops the onion. "The children love the taste," and learn where vegetables come from, said Bowser. They compare the taste of garden-grown, store-bought, canned and frozen vegetables, and even leave some vegetables in the garden to learn about decomposition and the plant life cycle.

Makes 6 to 8 servings.

Ingredients:

- 3 to 4 fresh tomatoes
- 1 to 2 fresh cucumbers
- 1 small red onion
- Italian dressing
- 1 bunch fresh basil

Directions:

Cut everything up into small bites. Add dressing to taste. Mix, chill, and serve.



Green Egg Pie

Submitted by:
Sergio Galicia and Leah Sourbeer, Bay Point Garden,
Bay Point, California

This easy and delicious meal features dark leafy greens – some of the most nutritious vegetables we can eat. It's a great way to incorporate vegetables for breakfast, said Galicia and Sourbeer, and even the youngest children can help tear the greens (no knife required).

Makes about 6 servings.

Ingredients:

- 4 cups of raw, thinly sliced or torn greens, such as collards, kale, chard, spinach
- 6 eggs
- 6 green onions, sliced
- 1 cup milk
- 1 cup cheese, grated
- 1 Tablespoon butter
- salt, pepper and herbs to taste

Directions:

Pre-heat oven to 325 degrees.
Saute onions and leafy greens in butter in fry pan for 8 to 10 minutes on medium heat, until tender. Stir often. Mix eggs, milk, cheese, salt, pepper and herbs in a bowl. When greens are cooked, spread them evenly into a 9-inch buttered pie pan. Pour the egg mixture on top of the greens. Cook in the oven for 20 to 30 minutes, until egg is fully cooked.

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