

Good Bites from the Garden

Anthem  

Anthem Blue Cross and Blue Shield Foundation

Fit  Kids


Acknowledgments

Thank you to the Anthem Blue Cross and Blue Shield Foundation for their generous support of this cookbook and the Fit4Kids Learning Garden program! The Foundation has been a major funder of the Fit4Kids Learning Gardens since their inception in 2012! The Anthem Blue Cross and Blue Shield Foundation LLC, an independent licensee of the Blue Cross and Blue Shield Association, is the philanthropic arm of Anthem, Inc. Thank you to the more than 4,500 teachers, administrators, and students who participate in Fit4Kids school gardens each year!



Fit4Kids

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Cookbook Introduction

Let's get started! Whether you cook all of the time or are just learning, we hope that you will find this cookbook useful! We have included several recipes from our garden lessons that can be made as directed or changed depending on the ingredients you have on hand! That's the beauty of using fresh foods from your garden—the ingredients are always changing depending on the season!

Growing and cooking food is a way to connect with the land we live on, our community, and our culture. When making these recipes, consider how they might be reflective of you and the foods you enjoy eating, and switch it up if you like! We have included some hints and tricks, but this is your chance to get creative and cook some fun healthy food!

I started gardening when I was 4 years old and have incredible memories of my grandfather teaching me how to plant, harvest, and prepare foods like corn, beans, and greens. Whether you have a big garden in your backyard or you're using veggies that have been bought or given to you, there are a million ways to create tasty, healthy recipes! We hope that this cookbook will serve as a guide, but also an inspiration to continue making recipes of your own!

Happy Cooking!

Nan Peña

Fit4Kids Program Coordinator—Learning Gardens

Prepping Before Cooking!

In the restaurant biz we call it "mise en place" which essentially means, everything in its place! To make it easier when cooking, you should wash and gather all ingredients beforehand as well as make sure that your countertops and space are clean and ready.

Prepping your veggies: Wash your produce to remove dirt, bugs, and pesticides.

Prepping your space:

1. First, be sure that your countertop is clean by using soap and water and disinfectant such as Lysol.
2. Gather the tools you'll need (spoon, spatula, grater, bowls, etc.) Don't forget the herbs and spices!
3. Set up your knife and cutting board with a rag or paper towel underneath to ensure it doesn't slip.





Recipes



All of these recipes are kid-tested
and approved by the students in
the Fit4Kids Learning Gardens!



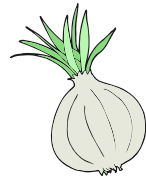
Pizza Salad



This pizza salad will give you the flavor of pizza, but with more veggies! It's a crowd favorite and easy to make as a snack!

Prep Time: 10 min

Serves 4



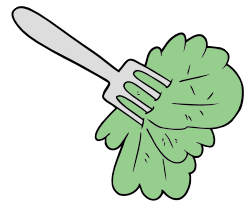
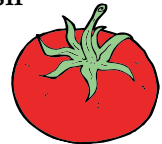
Ingredients

Salad

- 3 garden tomatoes, cubed
- 3 cups fresh greens, chopped
- 1 cup carrots, shredded
- 1 green pepper
- Optional: 1/4 cup shredded mozzarella
- Optional: 1/4 cup shredded parmesan
- Optional: croutons

Dressing

- 1/4 cup olive oil
- 1 tsp oregano
- 1 tsp dried basil
- 1 tsp pepper
- 1 tsp salt



Directions

1. Cube the tomatoes into bite-size pieces.
2. Chop the lettuce.
3. Add the shredded carrots to the mix.
4. Make the dressing by mixing the ingredients in a jar with a lid and give it a good shake!
5. Toss everything together and enjoy!



Fruit Infused Water



Make hydration fun by creating this healthy and refreshing fruit-infused water! Buying frozen fruit is a great way to save money on this recipe!

Prep Time: 5 min

Chill Time: 10 min

Serves 8



Ingredients

Strawberry Infused Water

- 8 cups of water
- 1/4 cup fresh mint
- 1 cup strawberries, quartered
- 1 cup blueberries
- Optional: 1 lime, sliced
- Optional: Ice

Note

There are endless options that are lots of fun! Some others that we love are **cucumber mint** and **strawberry lemon!**



Directions

1. Lightly muddle the mint in the bottom of a pitcher.
2. Add strawberries, blueberries and limes to pitcher.
3. Pour water into pitcher. Leave in refrigerator overnight to infuse or chill for 10 minutes. Stir, serve over ice and enjoy!

Can be stored in fridge for up to 3 days!



Power Bowl Smoothie



Smoothie bowls are smoothies, but thicker and are more filling! The wonderful thing about smoothies and smoothie bowls is you can use whatever fresh or frozen fruit you have on hand!

Prep Time: 5 minutes

Serves 2



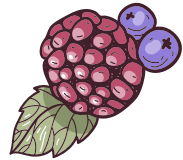
Ingredients

Smoothie Bowl

- 1 heaping cup frozen berries
- 1 small ripe banana (sliced)
- 1/2 cup spinach (fresh or frozen)
- 1/2 cup green yogurt
- 1/4 cup milk (or milk alternative like unsweetened almond milk)
- 1 TBSP nut butter

Toppings

- granola
- nuts
- fresh fruit
- seeds (chia, hemp, pumpkin)
- shredded coconut
- dried fruit
- mini chocolate chips (just a few!)



Directions

1. Starting with the fruit and yogurt first then adding milk a little at a time, blend all ingredients for the smoothie in a blender until thick, smooth, and creamy!
2. Depending on the blender, you may need to stop and scrape down the sides or add a bit more liquid.
3. Add toppings and enjoy!



Hummus Veggie Wrap



In the mood for a heart-healthy lunch or snack? Try this Hummus Veggie Wrap! Use your favorite veggies with this nice hummus spread on a tortilla!

Cooking Time: 10 min

Serves 2-4



Ingredients

Wrap

- 4 tortillas or flatbreads
- 3-4 TBSP hummus, store-bought or homemade
- 1/2 cucumber, shredded or sliced
- 1 carrot, shredded or sliced
- 1 bell pepper, sliced

Other topping options

- sprouts
- kale
- broccoli
- spinach
- cherry tomatoes
- shredded cheese
- hot sauce
- whole chickpeas or other beans

Directions

1. Warm up the tortillas to soften for 8-10 seconds.
2. Spread hummus over tortilla.
3. Layer the veggies and additional toppings.
4. Wrap up the tortillas tightly in a burrito shape, cut in the middle, and serve.



Hummus Recipe



Hummus makes a yummy snack!
It is great served with pitas or
veggies for dipping!

Prep Time: 10 min

Serves 2-4



Ingredients

- 1 (15oz) can chickpeas
- Optional: $\frac{1}{3}$ cup smooth tahini
- 2 TBSP extra-virgin olive oil
- 2 TBP fresh lemon juice, more to taste
- 1 garlic clove
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{3}{4}$ teaspoon cumin
- 3 tablespoons water, or as needed to blend
- paprika, red pepper flakes, or parsley, for garnish
- warm pita bread and/or veggies, for serving



Directions

1. In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Blend until very smooth, adding water as needed to blend, and/or to reach your desired consistency. Use a spoon to scoop down the sides as needed.
2. Transfer to a bowl, top with desired garnishes, and serve with warm pita and veggies, as desired.

Savory Stir Fry



Create your own easy and healthy meal from vegetables fresh from your garden! Almost any veggie can be stir-fried so try different combinations of herbs and spices!

Prep Time: 10 min

Cooking Time: 15 min

Serves 4



Ingredients

- 1 cup carrot, peeled, chopped
- 1 cup radishes, chopped
- 1 cup beets, chopped
- 1 cup peeled, chopped turnips
- 1 1/2 TBSP oil
- 1 1/2 tsp lemon juice
- salt and pepper
- 1 TBSP fresh or dried rosemary, chopped
- 1 TBSP fresh or dried thyme, chopped
- 2 TBSP honey



Directions

1. Peel and chop up the vegetables.
2. Pour in the oil, season the vegetables with salt and pepper, and toss the vegetables into a medium pan over medium heat.
3. Add in the rosemary and thyme.
4. Stir everything in the pot.
5. Cover the pot and let it cook for about 10 minutes, stirring occasionally.
6. If you would like, add in some honey and lemon juice.
7. Make sure it is mixed well and serve it hot!

Rockin' Root Veggies



This roasted root veggie salad is perfect for the fall and winter when root veggies are in season. Throw a protein into the bowl to make it a full meal!

Prep Time:

Cooking Time: 15 min

Serves 4



Ingredients

Salad

- 2 cups shredded carrots
- 2 cups shredded beets
- 2 apples chopped
- 4 cups of kale

Dressing

- 1/4 cup olive oil
- 3 TBSP vinegar
- 1/2 TBSP honey



Directions

1. Using a grater, shred carrots and beets.
2. Chop apples into bite size pieces.
3. Rip the leafy part of the kale off of the rib (discard the ribs), place the leaves in a large bowl, pour a couple drops of olive oil on top and gently knead the leaves for about 3-5 minutes.
4. Make the dressing by mixing the ingredients in a jar with a lid and give it a good shake!
5. Toss everything together and enjoy!

Spring Strawberry Salad

This salad is perfect for fruits and veggies found in the spring! Throw in a protein to make this a full meal!

Prep Time: 10 min

Serves 4



Ingredients

Salad

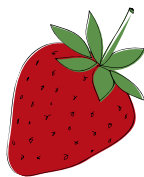
- 1 bunch of fresh spinach, chopped
- 1 cup of strawberries, diced
- 1/2 cup of blueberries
- Optional: green onion, diced
- Optional: cucumber, diced

Dressing

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 1 TBSP Dijon mustard
- 1 TBSP honey
- Optional: 1 garlic clove, minced
- 1/2 tsp. salt & pepper

Directions

1. Chop the lettuce, strawberries, green onion, and cucumbers.
2. Put all the dressing ingredients into a jar with a lid and shake!
3. Toss everything together and enjoy!



Feelin' Good Energy Bites



The mix can be kept in the fridge for up to 2 weeks or the freezer for 3 months! These can be eaten for breakfast, as a healthy snack, or even as dessert!

Prep Time: 5 min

Chill Time: 20 min

Serves 4



Ingredients

- 1 ¼ cups uncooked oats
- ½ cup nut butter of choice
- ⅓ cup sticky liquid sweetener (honey or maple syrup)
- 1 tsp. vanilla extract
- ¼ tsp. salt
- Optional: 2 TBSP each of other mix ins, up to 1/2 cup

Other Mix Ins

- Flax seeds
- Chia seeds
- Hemp seeds
- Coconut shreds
- Cranberries
- Chopped nuts
- Cinnamon
- Orange zest
- Dried fruit

Directions

1. First, combine all ingredients into a mixing bowl.
2. Stir all ingredients together, adjusting amounts of oats or liquid sweetener depending on how wet or dry the mix is.
3. Let the mix sit in the fridge for 20 mins.
4. After the mix has sat in fridge, portion the mix into 1 in. size balls. Enjoy!



Chunky Summer Salsa



This Summer Salsa is a yummy side dish for any dinner! It also makes a delicious snack! The students at Albert Hill Garden Club loved this as a quesadilla with cheese and a tortilla!



Prep Time: 10 min

Chill Time: 20 min

Serves 4

Ingredients

- 2 cups of frozen corn*
- 1/2 bell pepper, chopped
- 1 (15-oz.) can of black beans, drained and rinsed
- 2 roma tomatoes, chopped
- 1/2 red onion, chopped
- 1 TBSP garlic, minced
- 2 TBSP olive oil
- 1 bunch of cilantro, chopped
- 3 tablespoons fresh lime juice (from 2 limes)
- Optional: 1 jalapeno, chopped (deseeded for less spice)
*you can sub cooked corn on the cob or canned



Directions

1. Chop all the vegetables.
2. Place the tomatoes, beans, corn, red onion, jalapeno and garlic in a bowl. Stir to combine.
3. Add the cilantro, lime juice, and salt. Stir gently until everything is mixed together.
4. Let stand at room temperature for 20 minutes. Serve, or cover and refrigerate for up to 8 hours. Enjoy!

Powerhouse Pumpkin Muffins



Pumpkin muffins are great to make as a quick on-the-go breakfast or as an after-school snack!

Prep Time: 10 min

Cooking Time: 15 min

Serves 12



Ingredients

- 2 cups white whole-wheat flour
- 1 teaspoon of baking powder
- $\frac{1}{4}$ teaspoon of baking soda
- 1 teaspoon of salt
- 2 teaspoons of cinnamon
- $\frac{2}{3}$ cup of brown sugar, firmly packed
- $\frac{1}{4}$ cup of vegetable oil
- $\frac{1}{2}$ cup of applesauce
- 1 cup of canned pumpkin
- $\frac{1}{3}$ cup of milk
- 2 eggs, slightly beaten
- Non-stick cooking spray

Directions

1. Preheat oven to 400 degrees.
2. Put brown sugar, vegetable oil, applesauce, canned pumpkin, milk, and eggs into a large mixing bowl and whisk together.
3. Add flour, baking soda, salt, and cinnamon, and stir thoroughly.
4. Coat the muffin tins with a non-stick cooking spray.
5. With a tablespoon, scoop the muffin batter into the mini muffin tin.
6. Bake for 14-16 minutes, or until muffin tops spring back after you touch them. Let them cool and enjoy!

Adventurous Apples



Apple slices make a great snack! Use your favorite kind of apple to make this snack! The options are endless for toppings!

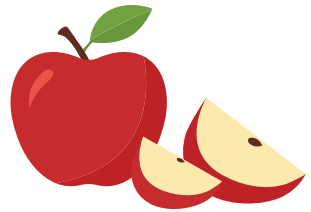
Prep Time: 10 min

Serves 2



Ingredients

- 2 apples, sliced
- 2 TBSP of honey
- 1 teaspoon of cinnamon
- Optional: 1 TBSP nut butter
- Optional: 1 TBSP oats



Directions

1. Start by rinsing off your apples.
2. Use an apple slicer or knife to core the apple and slice it into bite-size pieces.
3. Drizzle the apple slices with 2 tablespoons of honey.
4. Sprinkle the slices with cinnamon and enjoy!



Produce Highlight



The veggies highlighted in the next
5 pages are veggies grown in
Fit4Kids gardens!



Produce Highlight

Broccoli



Benefits

Broccoli is considered a **superfood** because of its many nutrients! Carbohydrates and iron supply your body with energy. Calcium and protein to keep you strong. Fiber to keep your digestive system moving properly. Lastly, Vitamin A and C support eye health and boost your immune system.

Buying

Look for tightly closed, dark green florets with firm, thin stalks. Thick stalks and yellowing heads are an indication of age and should be disposed of.

How to Prep

1. Place the head of the broccoli upside down on a cutting board. Cut off each floret where they connect on the stalk.
2. Run the florets under cold water to get off any dirt.
3. Cut the large florets into smaller pieces by cutting through the stems.
4. The stalk, which is also edible, can be cut into 1/4-inch square pieces.

Ways to Cook

There are endless ways to eat broccoli! Broccoli can be safely eaten raw, but can also be blanched, steamed in the microwave or stovetop, as well as sautéed or roasted!

Garlic Parmesan Roasted Broccoli



This yummy recipe is great as a side for a dish! Roast the broccoli until it gets nice and crispy and then serve with delicious fresh lemon juice and parmesan cheese!

Prep Time: 10 min

Cooking Time: 20 min

Serves 6



Ingredients

- 2 large heads of broccoli, cut into 1-1/2- to 2-inch florets (discard the thicker parts of the stems or save for another use)
- 3 TBSP olive oil
- 2 cloves of minced garlic or garlic paste
- Salt and black pepper
- 2 TBSP of lemon juice, (juice from 1/2 fresh lemon, deseeded)
- 2 TBSP of grated parmesan cheese



Directions

1. Preheat the oven to 425 degrees.
2. Cut broccoli florets off of the head of broccoli and place in a bowl.
3. Toss the broccoli florets on a baking sheet with 4-5 TBSP of olive oil, garlic, salt, and pepper. Shake the baking sheet and make sure the broccoli florets are coated evenly.
4. Put the baking sheet in the oven for 15 to 20 minutes.
5. Remove roasted broccoli from the oven and sprinkle with fresh squeezed lemon juice, and grated parmesan cheese.



Produce Highlight

Carrots



Benefits

Carrots are superfoods because they're filled with vitamins and minerals! Carrots are known to help improve and support eyesight. Carrots are also filled with fiber and antioxidants which are great for your digestive health and immune system!

Buying

Look for firm, colorful, and sturdy carrots. Pick medium-sized carrots rather than large carrots for a sweeter taste! Carrots that have a dark color on the stem (near the green leaves!) should try and be avoided. You can find baby carrots, full-sized carrots, and even rainbow carrots! Do a test taste in your family to taste the difference!

How to Prep

1. Peel the carrot.
2. Remove 1/2 inch of top and bottom of carrot.
3. Hold the carrot firmly with your fingers curled under while slicing or chopping.

Ways to Cook

Carrots are able to be eaten raw after washing, can be baked in the oven, or can be pan-seared on the stove! Some dishes carrots are yummy with are on the side with dressing, or even in a veggie salad!



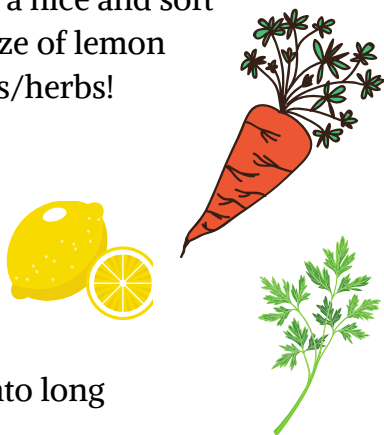
Oven Roasted Carrots

Roast your carrots until you have a nice and soft taste, and then serve with a squeeze of lemon juice and your favorite seasonings/herbs!

Prep Time: 10 mins

Cooking Time: 25-30 mins

Serves 6



Ingredients

- 2 pounds of carrots, cut up into long slices or small dices
- 3 TBSP of olive oil
- 1/2 teaspoon of oregano
- Salt and black pepper
- 3 TBSP of chopped parsley
- 1 lemon

Directions

1. Preheat the oven to 400 degrees.
2. Cut carrots in desired shape for serving or eating.
3. Put oil into a large mixing bowl, place carrots in the bowl, then season the carrots with salt, pepper, and oregano.
4. Place the seasoned carrots on a baking pan and cover with foil.
5. Place in the oven for 25 to 30 minutes, or until tender.
6. Remove the roasted carrots from the oven and sprinkle with parsley and a squeeze of lemon juice.
7. Serve and enjoy!



Produce Highlight

Collard Greens



Benefits

Collard greens are a good source of vitamin K which is good for your bones! They are also good for helping maintain your digestive health.

Buying

Look for leaves that are a deep green color and are firm, not wilting. Leaves should not show any signs of yellowing or browning.

How to Prep

1. First, separate the leaves and stems from the roots.
2. The best way to clean collard greens is to give them a good soak in cold water.
3. Once any dirt is gone, rinse it under running water!
4. Blot leaves dry.

Ways to Cook

There are so many ways to cook collard greens! A lot of people like to sautee, cook them in a slow cooker, or in a pot on the stove. You can also eat it with many other vegetables or meats!

Collard Greens



Sautee some collard greens and use it as a side dish!

Prep Time: 5 min

Cooking Time: 10 min

Serves 4



Ingredients

- 1 bunch of collard greens
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 4 cloves garlic, minced
- 2 TBSP sweet-tasting vinegar
- 1 TBSP water (more if needed)
- Optional: 1/8 tsp red pepper flakes



Directions

1. On medium heat, warm the olive oil on a skillet.
2. Add in the garlic, and stir frequently. Then add the spices and stir.
3. Stir in the collard greens until soft and they have shrunk.
4. Add in vinegar and stir well.
5. Lower the heat to medium-low and cover it with a lid to steam.
6. After about 5 minutes, remove the lid and serve warm!



Produce Highlight

kale



Benefits

Kale is a dark, leafy vegetable that is packed full of vitamins and minerals. One serving has over 450% of your daily value of vitamin K! Eating kale can help boost your health by providing antioxidants, fighting heart disease, and helping to prevent cancer.

Buying

The leaves should be firm and deeply colored with stems that are moist and strong. Make sure that the leaves are not browning or yellowing, and that they are free from small holes. If the raw leaves show signs of wilting, it is an indication that the greens have been sitting on the shelf for too long, or they were not properly stored.

How to Prep and Store

- 1. To prep: remove kale from stems.** Fold the kale leaf in half and hold the leaves down with your non-dominant hand, leaving the stem exposed on the edge. With your other hand, tear the leaves from the stem!
- 2. To store: line a container with a damp paper towel.** Squeeze as much water out as you can- you only want it a little damp. Place the kale on top of it and seal it with the lid to make it airtight.

Kickin' Kale Chips



These crispy kale chips make a great after-school snack or side to any meal!

Prep Time:

Cooking Time: 30 min

Serves 6



Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon salt



Directions

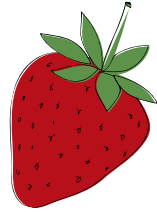
1. Preheat an oven to 275 degrees F. Line a rimmed baking sheet with parchment paper.
2. Wash and thoroughly dry kale.
3. Remove thick stem and tear kale into bite-size pieces.
4. Drizzle kale leaves with olive oil (not too much!) and toss to combine.
5. Spread out in an even layer on the baking sheet *without overlapping* and sprinkle with salt.
6. Bake until the edges start to brown but are not burnt, 20 minutes.

Best when fresh! You can store up to two days in an airtight container at room temperature.



Produce Highlight

Strawberries



Benefits

Strawberries are a great way to boost immunity because they're full of vitamin C!

Buying

Choose berries that have a bright red color and fresh-looking green caps. Flip over the container to see the ones on the bottom too. Strawberries should always be refrigerated and kept dry until just before serving.

How to Grow Strawberries

1. To plant in the ground, first, dig a small hole. Spread the bare roots out and fill in with soil. Plant the strawberry deep enough that the crown of the plant sits towards the top of the soil but is covered with soil.
2. Strawberries need full sun to produce maximum fruit.
3. Space plants 12 to 18 inches apart.
4. You can also plant strawberries in a planter or grow bag!

Strawberry Salsa

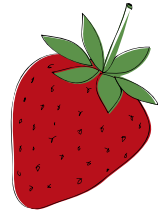


This Strawberry Salsa makes a great, colorful snack! Use crackers to scoop it up or yummy with a spoon!

Prep Time: 10 min

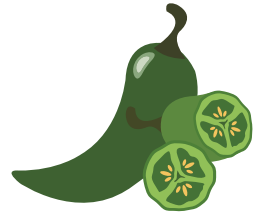
Chill Time: 30 min

Serves 4



Ingredients

- 1 medium lime, juiced
- 1 ½ teaspoon honey or maple syrup
- Pinch of salt
- 1 pint of strawberries, diced
- 1 jalapeño pepper, seeded and chopped (use a smaller jalapeño for less heat, or leave in some seeds for more heat)
- ½ small red onion, chopped
- ½ cup chopped fresh cilantro
- Crackers or tortillas to scoop



Directions

1. In a large bowl, whisk together the lime juice, honey and salt.
2. Stir in the strawberries, jalapeño, onion and cilantro.
3. Give it a little taste! You might want to add more honey or more lime!
4. Let sit in the refrigerator for 30 minutes. Then serve and enjoy!

Store leftovers in an airtight container in the fridge for up to 3 days.

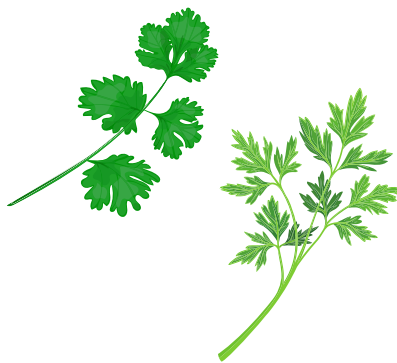
Herbs and Spices

People have been using plants with aromatic or savory properties, known as herbs and spices, to flavor their cooking since the beginning of time! Herbs are made from leaves, stems, and roots, while spices are made from bark, seeds, fruit, and flowers. All cooks use herbs and spices differently and many of our flavors are shared across cultures! They can be used in food, but also as medicine! Check out our quick guide to see if you recognize any and maybe try something new!

HERBS



ROSEMARY: One of the most aromatic herbs with an equally pungent taste. The flavor is lemony & piney. Because of its strong flavor, start with small amounts as a little goes a long way.



CILANTRO & PARSLEY: They look similar but are used differently! Cilantro is mostly used raw in Latinx, Indian, and Asian dishes. Parsley is a bit more versatile and is used widely in Italian dishes. It can be cooked and retain its flavor unlike cilantro.

Herbs and Spices

HERBS



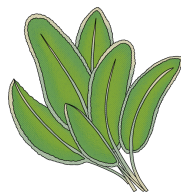
OREGANO: Used widely in Mediterranean and Mexican dishes. A subtle balance between sweet and spicy, the flavor of oregano is bold and earthy with a slight bitterness. Used fresh or dried, this herb offers so much flavor!



MINT: Useful for so many reasons, various types of mint can be used when cooking! Some of the best ways to use mint are salads, pestos, salsas, sauces, and marinades!



DILL: With a deliciously fresh, citrus-like taste, and a slightly grassy undertone, this herb works particularly well with garlic and mint, and it's sometimes used as a substitute for parsley!



SAGE: With a pretty strong flavor, this herb is usually added earlier in the cooking process than others (but still towards the end!) It is used in many different culinary and cultural traditions!

Herbs and Spices

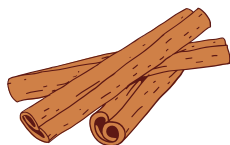
SPICES



GINGER: Used by many cultures across the world for both culinary and health benefits. Ginger root can be used fresh or dried and ground into a powder. The flavor is strong so a little goes a long way!



PAPRIKA: With 3 different kinds- sweet, hot, and smoked- this is a very versatile spice! Found across the world, paprika is used as spice, garnish, and coloring agent all in one.



CINNAMON: One of the world's oldest and most popular spices, cinnamon has found its way into nearly every culture's culinary traditions! Known as a "warm" spice, cinnamon has an earthy, sweet, spicy flavor that can be used in everything from baking to drinks to soups.



CUMIN: Essential in many Indian and Latinx dishes. It is best to be conservative when cooking with cumin as its flavor can easily overtake a dish. You can always add more later.

Herbs and Spices

SPICES



GARLIC AND ONION

POWDER: Let's talk aromatics! These two alliums can add a lot of flavor to dishes but they also add the garlic and onion aroma (smell) which so many of us love in our favorite foods! Many cooks use these about as often as they use salt and pepper!



CHILI POWDER: Made from dried, ground chili peppers (cayenne, ancho, etc.) there are SO MANY different kinds of this spicy addition! Using chili powders in your cooking can add depth as well as flavor. However, be certain to know who you're cooking for and if they like it spicy!



CURRY & TURMERIC: Turmeric is one ingredient in curry powder but can be used on its own to give yellow color to foods and a smoky, earthy flavor. Commonly used to flavor soups, stews, sauces, marinades, meat, and vegetables. As the popularity of curry flavor increases, creative chefs are finding more unusual uses for the seasoning.

Cooking on a Budget

1. **Buy frozen or canned fruits and veggies!** Frozen and canned fruits and veggies have similar nutrition content as fresh. Buying frozen is a great way to save money!
2. **Keep it seasonal.** Seasonal fruits and veggies are fresher and usually more cost-effective!
3. **Store fruits and veggies with the end in mind.** Be sure to find the best way to store your fruits and veggies! This will allow them to last longer, which will save you money in turn!
4. **Grow, if you can!** If you have access to sunlight, you can grow lots of veggies in planters and grow bags! If you need assistance with plants or grow bags, let us know at info@grfit4kids.org.

Cooking with kids

1. **Don't stress!** Cooking with kids can be messy, but fun! so be prepared for the mess but don't stress!
2. **Keep recipes simple.** Using 'kid-friendly' recipes, like those in this cookbook are a great place to start!
3. **Discuss the importance of food safety.** Teach your child(ren) how to use knives properly, what to do around a hot stove, and how to properly take hot items out of the microwave and oven.
4. **Have fun!** Kids feel a sense of accomplishment when they are involved in the cooking process. Have some fun in the kitchen!

Create your own!



Ingredients

Directions

Create your own!



Ingredients

Directions

Create your own!



Ingredients

Directions

Create your own!



Ingredients

Directions

Create your own!



Ingredients

Directions

Good Bites from the Garden

We hope you have as much fun cooking and tasting at home as we do in your school garden! If you have any recipe ideas or suggestions, please reach out to us at info@grfit4kids.org.

About Fit4Kids

Greater Richmond Fit4Kids is dedicated to improving children's health and wellness in the greater Richmond region. We do this by offering innovative programs that promote physical activity and healthy eating in schools, community organizations and beyond.

We believe that active, well-nourished children learn more at school, have greater self-esteem, and grow to lead happy, healthy lives. Promoting children's wellness isn't just about preventing illness and disease, it's about building a brighter future.

For more information about Fit4Kids, please visit www.grfit4kids.org.

