

Garden Detective News



Encourage Your Child's Growth

Want your kids to reach for a healthy snack?
Make sure fruits and veggies are within reach.

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United States
Department of
Agriculture



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This week, the garden detectives will create a class cookbook that includes fruit and vegetable recipes that are family favorites. These cookbooks will be given to families at our Sleuths' Mystery Dinner.

This week's family activity is to submit *your* family's favorite recipe! Use the form on the next page to record your recipe.



Family Activity 7

Family Favorite Fruit or Vegetable Recipe

What’s your family’s favorite healthy fruit or vegetable recipe? Talk it over together, choose a recipe, and write it down here to share in a Class Cookbook that we’ll create.

Recipes may be for a main dish, salad, side dish, snack, or a healthy dessert.

Your recipe should use fruits and/or vegetables (beans fall within this category) as the main ingredient. We are really interested in hearing how families prepare the fruits and vegetables we are growing in our class garden—leaf lettuces, carrots, beets, spinach, Swiss chard, strawberries, raspberries, and blackberries.

Write your recipe below and **return it to class by** _____ .

Student Name: _____

Recipe Title: _____

It is (mark one): Main Dish Salad Side Dish Snack Dessert

Ingredients and amounts: _____

Preparation steps: _____

Yield: _____

Serving size: _____

Describe your recipe in 2-3 sentences: _____
