

Activity Sheet

Bell Pepper Shamrock Art

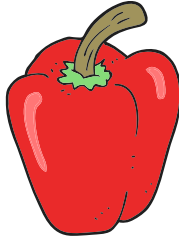
Materials

- Bell Peppers
- Green paint (or other colors!)
- Paper



Steps

1. Cut the bell peppers in half. See if you can find one with three AND four chambers!
2. Dip the peppers in green paint (or whatever color you choose)
3. Start stamping!

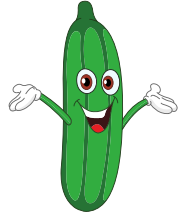


Activity adapted from www.greenkidcrafts.com/bell-pepper-shamrock-art/

Cucumber Caterpillar

Materials

- 1 medium bell pepper, red
- 1 medium cucumber
- Your favorite veggie dip!



Steps

1. Cut half the red pepper into thin strips, then take each strip and cut into 4 small pieces for the legs. Take the other half and make 4 small circles for the heads with a small round cookie cutter.
2. Peel the cucumber and cut into slices.
3. Layer the cucumber slices in a caterpillar wiggle across a plate. Add red pepper circle for the head, and add the slices of peppers for the feet. Use small leftover pieces for the eyes and antennae.
4. Take a photo of your masterpiece and tag Georgia Organics!
5. Enjoy the caterpillar with your favorite veggie dip!



Activity adapted from www.superhealthykids.com/recipes/cucumber-caterpillar-snack/

Make Art with your Onion Peels!

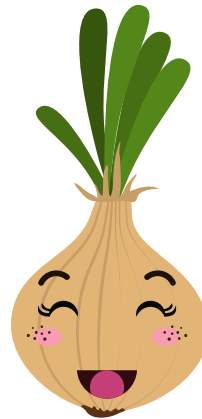


Materials

- Leftover onion peels
- Scissors
- Glue
- Cardstock or printer paper
- Marker or colored pencils

Steps

1. Start by cutting the onion peels into the shapes you need for your masterpiece! For instance, if you're making flowers, cut onion peels into the shape of petals.
2. Arrange onion peel petals onto your sheet of cardstock or printer paper.
3. Glue onion peels to the paper.
4. Use markers or colored pencils to add to your design!
5. *Onion peels can be used to make lots of different designs. Use your imagination! Some ideas include butterflies, flowers, tree leaves, dresses, and more!



Fun Fact:

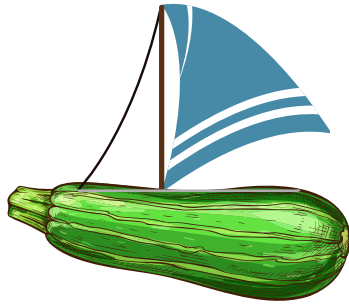
Onions are some of the oldest vegetables that were used by the first modern civilizations.



Build your own Zucchini Boat!

Materials

- One large zucchini
- Knife and spoon
- Cardstock
- Skewer
- Tape
- Decorating materials



Steps

1. Cut the top of the zucchini (longways) and scoop the seeds out with a spoon. Your zucchini should look a little bit like a canoe.
2. Cut a large flag (triangle) out of the cardstock.
3. Beautify your flag with stickers, markers, etc.
4. Tape the flag to the skewer and push the skewer into your zucchini boat.
5. Find a water source (pool, stream, bath tub - whatever floats your boat!) and let your zucchini sail!

Activity adapted from lets-get-together.com/2014/07/21/zucchini-boats/#_a5y_p=2055619

Map the History of Squash

Materials

- One world map
- Colored Pencils



Squash Timeline & Mapping Directions

Squash first grew in Central America, probably in Guatemala or Mexico.

#1: On your map, color Central America in green.

Early explorers found squash in the Americas and brought it back with them to Europe where it spread and is still grown today.

#2: On your map, color Europe in orange.

There are many different types of squash, some that even started in the United States! The Waltham Butternut was first grown in Waltham, Massachusetts.

#3: On your map, draw a star near where Massachusetts is.



Squash is grown all over the world today. China grows the most squash today.

#4: On your map, color China red to highlight where the most squash comes from.

Watermelon Slushies

Materials

- 5 cups crushed ice
- 4 cups cubed watermelon (seedless)
- 1 squeeze of lime juice
- Secret Ingredient:
1/2 cup cool whip!



Steps

1. Mix the cubed watermelon pieces and the crushed ice together in a bowl first so they blend together easily.
2. Add the Cool Whip and the squeeze of lime juice.
3. Place the mixture in the blender and blend until fully combined.
4. Serve in a cold glass and enjoy!



Activity adapted from www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/12_winter_squash_lesson.pdf