

## Create a pepper train!



### Materials

- 4-5 peppers (different colors)
- 1 cucumber
- 1 carrot
- Celery
- Tooth picks

### Steps

1. Slice off the tops of the peppers and scoop out the insides
2. Leave the pepper stalks on the outside to connect the train later
3. Cut the cucumbers and stick them into the side of the peppers with the toothpicks
4. Put the pepper carriages in a row to look like a train
5. Add carrot, cucumber, celery and pepper sticks to the carriage and enjoy!

Activity and photo borrowed from [www.theinspirationedit.com/vegetable-train-fun-party-food-idea/](http://www.theinspirationedit.com/vegetable-train-fun-party-food-idea/)

## Grow your own tomato plant!

### Materials

- 1 red grape or cherry tomato
- Potting soil
- 1 pot of recycled container (a can, egg shell holders, or water bottles)



### Steps

1. Cut the tomato into 4 parts
2. Fill your pot or container 3/4 of the way full with potting soil
3. Place each of the tomato slices on top of the soil and then cover it with your potting soil
4. Put your plant in a place with sunlight and water daily
5. Watch your tomatoes grow!

Activity and photo adapted from [parentingtherapy.com/fun-for-kids/growing-tomatoes-fun-activity-kids/](http://parentingtherapy.com/fun-for-kids/growing-tomatoes-fun-activity-kids/)

## Paint with okra!

### Materials

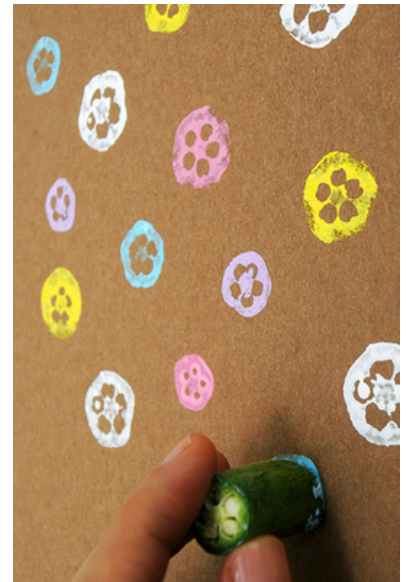
- Okra
- Paper, fabric or canvas
- Tempera or poster paint (when printing on paper)
- Acrylic paint or fabric paint (when painting on fabric)
- Palette or small plates
- Knife and chopping board
- Paint brush (optional)



Activity and photos borrowed from [www.firstpalette.com/craft/okra-stamps.html](http://www.firstpalette.com/craft/okra-stamps.html)

### Steps

1. Prepare okra pieces by collecting pieces that are past the edible stage -- too tough to be eaten.
2. Create the okra stamps by cutting an inch long piece from the top or crown of the okra
3. Dip an okra stamp in one color of paint
4. Press and lift the okra stamp from your paper or fabric
5. Stamp more flower shapes using your remaining okra and create a beautiful picture!



## Watermelon Maracas!



### Materials

- 2 Paper cups
- Dried watermelon seeds, beans or rice
- Green and pink duct tape
- A black permanent marker

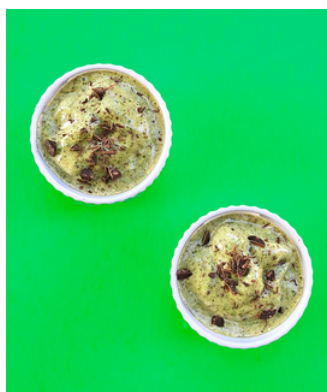


### Steps

1. Put a few spoonfuls of dried watermelon seeds, beans or rice in one of the paper cups.
2. Place the other empty cup on top of the first one.
3. Seal the two cups together with the pink duct tape.
4. Add green duct tape around the pink duct tape to make the maraca look like a watermelon.
5. Draw seeds on the pink duct tape using the black permanent marker.
6. Make music with your new watermelon maraca!

Activity and photo adapted from [www.kiwico.com/diy/Arts-and-Crafts-Ideas/1/project/Summer-Fun-Watermelon-Maracas/2336](http://www.kiwico.com/diy/Arts-and-Crafts-Ideas/1/project/Summer-Fun-Watermelon-Maracas/2336)

## Healthy Zucchini Ice Cream!



### Materials

- 1 small zucchini, chopped into medium sized cubes
- 2 ripe bananas, peeled and cut into rounds
- Handful of fresh spinach
- 6 mint leaves
- 1/8 teaspoon of mint extract (optional)
- Dark chocolate chips

### Steps

1. Put zucchinis and bananas in a freezer bag and place the bag in the freezer. Freeze until items are firm.
2. Place frozen zucchini, bananas, spinach, extract and mint into a food processor. Pulse until it becomes creamy. This step may take awhile.
3. Once the ingredients are creamy, mix in the chocolate chips by hand.
4. Your ice cream is all ready to be served!

Activity and photo adapted from [www.veggiebudsblog.com/blog/category/zucchini](http://www.veggiebudsblog.com/blog/category/zucchini)

## Science experiment with onions!

### Materials

- Eggs
- Onion skins
- Paper towel and elastic bands/string
- Pot full of water
- Adult supervision



### Steps

1. Place onions on top of a paper towel.
2. Put an egg on the onion skins and cover the remainder of the egg with onion skins.
3. Wrap the paper towel around the onion skin and egg and secure it with a rubber band or string.
4. With adult supervision, place the wrapped egg in boiling water for about 10 minutes.
5. Pour cold tap water into the pot under to cool the eggs.
6. When cool, remove the paper towel and onion skins to see your dyed egg!

Activity and photo borrowed from [kinderart.com/art-lessons/seasons/spring/easter/onion-skin-eggs/](http://kinderart.com/art-lessons/seasons/spring/easter/onion-skin-eggs/)

## Fun facts about these foods

The reason behind the name watermelon is because this fruit is over 92% water. There are over 1,200 species of watermelon!

The United States is the second largest tomato producer in the world. California and Florida are the states with the biggest production. Trucks leaving these states usually have over 300,000 tomatoes each!

Did you know that bell peppers are actually fruits? This is because they have seeds and grow from a flowering plant.

Okra is culturally significant in many regions around the world, from the southern USA, to South Asia, to West Africa. Egyptians were the first people to eat okra over a thousand years ago and they called it "Bamaya."

Over 450 truckloads of onions are consumed each day around the world!

Zucchinis were first brought to the USA in the 1920s by Italian immigrants. They belong to the same species as pumpkins and squash, called the Cucurbita Pepo