

## Activity Sheet

### Bok Choy Rose Stamps!

#### Materials

- Bok Choy - The white crunchy stem
- Colorful Paint
- Plate
- Paper

#### Steps

1. Cut the crunchy, white bottom of the bok choy horizontally. This part will be your stamp. You can eat the rest of the stem and the leafy greens!
2. Dip the stamp in paint. Press it onto your paper and you will have a rose shape.
3. Once you have added your roses, you can draw or stamp a bok choy leaf onto the picture.
4. Enjoy your beautiful painting!



Activity inspired by <https://www.youtube.com/watch?v=ho9SFZT-Zhc>

### Draw a picture of Bok Choy!

Instructions: Draw a picture that shows you eating Bok Choy. Consider including bok choy rose stamps in your drawing! You could also draw a picture of your favorite bok choy dish!



### Make Turnip Parmesan Chips!

#### Ingredients

- 2-3 turnips, washed, stems removed
- 3 tablespoons olive oil
- 1 teaspoon sea salt
- ½ teaspoon freshly cracked pepper
- 1 tablespoon Parmesan cheese, finely grated



#### Steps

1. Preheat the oven to 425 degrees.
2. Line two baking sheets with parchment paper.
3. Using a sharp knife or mandoline, slice the turnips as thinly as possible.
4. In a large bowl, toss the sliced turnips with olive oil and salt.
5. Lay the turnips in a single layer on the baking sheets.
6. Bake them for 30-35 minutes, rotating the pans often and turning the turnip chips so they cook evenly.
7. Sprinkle with freshly cracked pepper and Parmesan cheese and enjoy!



Activity and picture adopted from <https://www.farmfreshtoyou.com/recipes/549/purple-top-turnip-and-parmesan-chips>

### 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)



### 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!



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

## Create Pumpkin Slime!

### Materials

- Pumpkin flesh and seeds
- 1/4 Cup of liquid starch (found in laundry detergent aisle)
- 1/2 Cup of clear washable school glue
- 1/2 Cup of water
- Spoon
- Knife



### Steps

1. Separate the pumpkin flesh and the seeds.
2. Mix the water and the glue in a separate bowl. Stir to fully incorporate all of the materials.
3. Add the liquid starch, glue and water to the bowl.
4. Use your hands to mix the ingredients well and have fun with your slime!

## Pumpkin Stamping Activity

### Materials

- Top of a pumpkin (you can use the one from your jack o' lantern)
- Knife (for adult use)
- Orange paint
- Plate for paint
- White construction paper
- Black marker



### Steps

1. Carve the top from your pumpkin.
2. Trim the bottom of the lid to remove any seeds or pulp that are attached to the lid. This will make the lid flat and smooth.
3. Pour the orange paint into the plate, dip the pumpkin top and transfer to paper.
4. When the paint is dry, draw features like a stem, leaves and a vine onto your picture to make it look like a pumpkin!

Directions and photo from <https://littlebinsforlittlehands.com/how-to-make-pumpkin-slime-with-real-pumpkin/>