

## Activity Sheet

### Make a Radish Mouse!

#### Materials

- Radish
- Cloves
- A paring knife (let a grown-up do the cutting parts!)



#### Steps

1. Cut the stems and leaves off the end of a radish. The spot where the stem was attached will become the nose. Be sure to leave the root for the tail!
2. Cut two small slits near the top of the radish where the ears will go. Insert two thin radish slices into each spot.
3. Push cloves into the radish near the nose to create eyes.

Activity from <https://www.kidssoup.com/craft-and-resource/the-red-radish-story-and-activities>

### Spinach Tree Painting

#### Materials

- 8-10 spinach leaves
- Piece of paper
- Pen or pencil
- Metal spoon



#### Steps

1. Start by drawing a tree trunk onto your piece of paper.
2. Next, fold your piece of paper in half and put a few of the spinach leaves between the folded paper.
3. Press firmly on the leaves between the pages and rub with a metal spoon. Avoid plastic spoons as they break when pressed as firmly as necessary.
4. Open up your paper to see the magic - the spinach leaves turn the paper green!
5. You can also bunch a few of the leaves up into a ball and rub them on the paper to create green color on the page.

Chlorophyll, the green pigment found in a plant's leaves, is a key ingredient in the process of photosynthesis. It also makes great paint!



Activity from <https://aroundthekampfire.com/2019/02/chlorophyll-paintings-plant-science-leaf-rubbing-art-activities.html>

### Honey Roasted Butternut Squash

#### Ingredients

- 2 pound butternut squash
- 1 tablespoon butter, unsalted
- 1 tablespoon olive oil
- 2 tablespoons honey
- 1/2 teaspoon sea salt



#### Steps

1. Preheat the oven to 400 degrees.
2. Place a whole butternut squash in the oven for 30 minutes to soften it slightly. (This step is optional, but makes the squash easier to cut.)
3. When the squash is cool enough to handle, use a peeler to skin the whole squash and cut it into cubes.
4. Put the cubed squash onto a baking sheet and drizzle the melted butter, olive oil, honey, and sea salt on top and then stir to combine.
5. Roast at 400 degrees for 30 minutes, turning the cubes halfway through for even browning.



Recipe from <https://www.superhealthykids.com/recipes/honey-roasted-butternut-squash/>

# Cauliflower Sheep

## Materials

- 1 head of cauliflower
- 1 medium potato
- 1 large carrot
- Peppercorn
- 1 cucumber or zucchini
- Small knife (let the grown ups do the cutting!)
- Toothpicks

## Steps

1. Peel the potato. Cut a small portion off the long end of the potato so one side is flat.
2. Cut a hole in the cauliflower as big in diameter as the potato. Secure the potato in the hole using toothpicks. The flat side of the potato should attach to the toothpicks and the rounded side should be sticking out!
3. Place two peppercorns on the potato for the eyes and two for the nose.
4. Cut two slices from the carrot and place next to the head to make the ears.
5. For the legs, cut the cucumber or zucchini into 4 slices, about 1/2 inch each. Situate the cucumber slices for the legs and set the cauliflower sheep on top.
6. Share your masterpiece on social media and tag Georgia Organics!
7. Since all your ingredients are edible, enjoy your sheep with your favorite veggie dip (be careful of the toothpicks!)

Activity from <https://www.youtube.com/watch?v=NvbMkZGBBxc>



# Kale Chips

## Ingredients

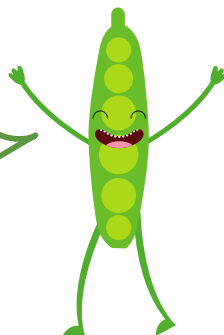
- 1 bunch of kale
- 1 tbsp Olive Oil
- Salt



## Steps

1. Preheat the oven to 275 degrees.
2. Wash and dry the kale leaves. Make sure they are completely dry.
3. Separate the kale from the stem by ripping the leaves into 1-2 inch sections and placing them in a bowl. Compost the stems!
4. Pour olive oil onto the kale. Massage the oil into the kale, making sure each leaf is coated.
5. Spread the kale out on the baking sheet(s). Make sure each piece is separated so the kale will get crispy.
6. Sprinkle salt over kale.
7. Bake for 15 to 20 minutes until they become crispy. Start checking at 15 minutes and then check every minute until they become crispy. Take them out before they start to brown.

Kale is a great source of omega-3 fatty acids that are essential for brain health, reducing Type 2 diabetes risk, and boosting heart health. They don't call it a superfood for nothing!



Recipe from: <https://raisedonveggies.com/kale-chips-the-perfect-kids-snack/>

# Boy Choy/ Radicchio Roses

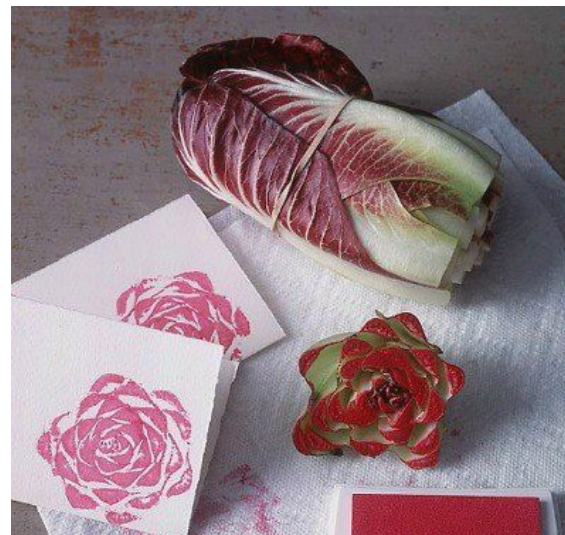
## Materials

- Boy Choy or Radicchio
- Paint
- Paper
- Rubber band



## Steps

1. Wrap an elastic around the stalks of a bunch of bok choy or radicchio.
2. Cut the whole stalk close to the bottom.
3. Use the bottom piece that you cut off as a stamp. Dip it in paint and press it onto your piece of paper to create flowers!
4. Add stems and leaves to your flowers to complete your masterpiece!



Activity from <https://www.chatelaine.com/living/how-to-make-pretty-floral-vegetable-stamps/>