


Field-to-Fork

B I N G



<p>Find a worm</p> 	<p>Bird</p>  <p>Watch</p>	<p>Write a poem about your favorite meal</p>	<p>Go on a nature walk</p>	<p>Try a yoga pose</p> 
<p>Do a science experiment</p> 	<p>Write a thank you note to a grocery store employee!</p>	<p>Draw a nature scene</p>	<p>Find a flower</p> 	<p>Learn a new dance move</p> 
<p>Do 15 jumping jacks</p>	<p>Try a new seasoning</p> 	<p>Field to Fork!</p>	<p>Bake bread from scratch</p> 	<p>Eat all the different plant parts!</p>
<p>Cook a Leafy Green!</p> 	<p>Wave to a neighbor</p>	<p>Plant a seed</p> 	<p>Eat veggies with every meal for a day!</p>	<p>Make Black Bean Brownies</p> 
<p>Crack an egg</p> 	<p>Learn the name of one tree in your neighborhood</p> 	<p>Prepare a new recipe</p>	<p>Sit quietly & breathe for 10 minutes</p> 	<p>Grow an edible plant</p> 

Recipes

Have you ever wanted to make your own salad dressing? Here are two of our favorite recipes! For more, find us on Facebook or visit www.foodliteracyproject.org

Healthy Ranch Dip

Ingredients

1 cup greek yogurt
2 tbsp apple cider vinegar
1 tbsp olive oil
½ tsp salt
½ tsp onion powder
¼ tsp garlic powder
1 tsp parsley
½ tsp dill

Directions:

Rinse dill and parsley, remove leaves, and chop or tear roughly.
Stir everything together until evenly mixed.
Add salt and pepper to taste.
Serve with fresh vegetables for dipping.

Healthy Honey Mustard Dressing

Ingredients:

1/4 cup **honey**.
1/4 cup dijon **mustard**
1/4 cup apple cider vinegar.
1/4 cup extra virgin olive oil.
1 pinch fine sea salt.

Directions:

Pour vinegar olive oil, mustard, honey, & salt into a small bowl then mix with whisk! Enjoy!



Egg Carton Green House

Egg cartons are a great place to start seeds! Paper cartons are perfect because they can later be planted right in the soil with the seedling since they will biodegrade. However, plastic egg cartons can be used, too. Make sure to keep the lid attached if you choose to use plastic!

Step 1: Using the bottom half, fill each section with dirt.



Step 2: Place one or two seeds in each hole and cover with dirt. The larger the seed, the deeper they need to be planted.

Step 3: Water generously with something underneath your carton in case of spills!

Step 4: Cover with plastic wrap or bag (or if

using a plastic egg container, close the lid) then place in a sunny window to create the greenhouse effect! The plastic covering will keep the soil moist by trapping the water inside!

Step 5: Remove plastic covering when your seeds start sprouting and water regularly to keep the soil moist.



Step 6: Transfer seedlings to a larger pot or to your garden!

*Want to *experiment* further at home? Try covering one egg carton with plastic and leaving one uncovered. Which sprouts first?

For more ideas and to join our mailing list visit:

www.foodliteracyproject.org

