



PLANT PARTS DANCE

Get moving and learn your plant parts with this dance that will

have you transform into a plant!

Squat down, your fingers dig into the dirt and you are the part of the plant that is looking for water and nutrients underground. You are the... root!

Stand up straight and tall with your arm glued to your side. You are the part of the plant that sucks water out of the ground to send to the rest of the plant. You keep the plant sturdy and strong. You are the... stem!

Stick your arms out to the side and face your palms up, you are the part of the plant that soaks up sun and creates energy for the rest of the plant. You are the... leaves!

Bring your hands to your face and spread your fingers wide. You are the colorful, beautiful, fragrant part of the plant that attracts pollinators, like birds and bees and you make seeds. You are the... flower!







Bring your hands together above your head to form a big circle. You are the delicious part of the plant that protects the seeds. You are the... fruit!

Open your hands, spread your fingers, and wiggle them to make a "rain" motion as you float your hands down to the ground. This part carries tiny new plants and has plenty of nutrients to feed a new plant. You are the... seed!

Vegetable Plant Part Exploration

Identify the veggie and guess which part of the plant you are eating! Cut and paste or draw a line to place each item into the correct category! Are there any vegetables that fit into more than one category?



 Root	
 Stem	
 Leaf	
 Flower	
 Fruit	
 Seed	

The Food Literacy Project began operating on **Iroquois Urban Farm** in South Louisville in 2018. This once vacant lot is now thriving 8-acre vegetable-growing operation. Cool temperatures and frequent rain this spring have allowed for the robust and healthy growth of spring greens and roots. In the next several weeks, we will harvest salad greens, radishes, kale, chard and spinach. We also have onions and potatoes that are eagerly growing for a summertime harvest. Soon we will add to the fields with plantings of summer squash, cucumbers, beans, okra, tomatoes, and melons.

The Food Literacy Project is focusing our efforts on food security during this difficult time by sharing farm-fresh produce grown at Iroquois Urban Farm with our neighbors.

We are grateful to our community partners that make veggie and resource sharing possible—South Louisville Community Ministries, Southwest Louisville Community Ministries, Taylor Blvd Save-A-Lot, and Rainbow Blossom Natural Food Markets.

Farm Fresh Spring Rolls

Ingredients

Rice paper

Filling ideas: Greens, shredded carrots, matchstick slices of cucumber and peppers, strawberry slices, mango, avocado, shredded lettuce, peanuts, bean sprouts, cilantro, basil, mint

Mix and match and make sure you have at least one of each vegetable plant part in your spring rolls!

Instructions

1. Soak the rice paper one sheet at a time in warm water to soften.
2. Shake off excess water and lay flat.
3. Fill with ingredients 2 inches from the edge of the rice paper closest to you. Fold the left and right sides of the paper in 1 inch, just to cover the inside ingredients.
4. Then, starting with the side closest to you, continue to roll away from you. Dip your finger into warm water and add a little bit at the end of the roll, then roll up the rest of the way. (The water helps to seal the roll.)
5. Eat and enjoy!

Garlic Soy Dipping Sauce

Ingredients

1/2 cup soy sauce/coconut aminos
1/4 cup rice vinegar
2 tablespoons peanut oil
1 teaspoon sesame oil
1 teaspoon minced garlic
Pinch of sugar, honey, or maple syrup

Instructions

Whisk together all ingredients. Eat and enjoy!

Spicy Peanut Dipping Sauce

Ingredients

2 tablespoons finely chopped garlic
1/2 cup smooth peanut butter
1/2 cup soy sauce/coconut aminos
1 teaspoon sugar, honey, or maple syrup
1 tablespoon rice vinegar
1 tablespoon hot chile oil, or a pinch of red pepper flakes
1/2 cup cilantro leaves, finely chopped

Instructions

Whisk together all ingredients. Eat and enjoy!



The Food Literacy Project's (FLP) mission is youth transforming their communities through food, farming, and the land. Since 2006, the FLP has engaged over 50,000 youth, families, and community members, striving to create a healthy and equitable community where people and places thrive.

We rely on community support to thrive and grow. Visit us at www.foodliteracyproject.org and follow us on social media to stay informed about what's growing on, and to find more recipes and resources.

The Food Literacy Project relishes the chance to help cultivate the joy of learning by doing. Visit our website for "farm-fresh projects" and show us your dirty hands! Share photos of your family digging-in and add the hashtags. #CelerybrateYouth, #RealFoodRealGood and #FoodLitProjLou!