



Eat Your Veggies

We know it's important to eat vegetables every day, but sometimes it just seems hard. So, here's a sauce that will really give them a zing and you'll get some extra protein too!

Ask an adult if you can help them make this recipe, since it requires some cooking.

In a heavy saucepan, mix together, and cook over low heat until the sauce gets thick:

- ½ cup of chicken broth
- ½ cup of whole milk or cream
- 4 tablespoons of peanut butter
- 1 teaspoon of soy sauce
- 1 crushed garlic clove (be sure to peel it first)
- ½ teaspoon of sugar
- A sprinkle of salt and pepper

Serve it hot, as a sauce with veggies and rice or noodles. Use raw or cooked broccoli or carrots. Or try grilled green pepper pieces or onions. And here are some more things to try:

- Bread sticks
- Leftover chicken or shrimp

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- Apple slices
- Pita or tortilla chips

Check out this fun read-aloud book: *Up, Down and Around* by Katherine Ayres, <https://www.youtube.com/watch?v=IFUwZJVDifU>



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Grow Your Greens

It's always more delicious to eat food you grow yourself. In Iowa we can only grow vegetables outdoors from about April to November. The good news is we can grow microgreens ALL YEAR LONG, even in Iowa! You can grow microgreens indoors from seed and gobble them down in just a week or two. almost any leaf vegetable as a microgreen, from.

You'll need:

- small plastic containers; like ones for fresh berries or spinach
- potting soil
- seeds like broccoli, kale, radishes, lettuce, herbs (most anything)
- a sunny window
- a plate for drainage
- a paper towel and a spray bottle

Planting

- The grocery container probably has holes, but if it doesn't, pierce several small ones in the bottom of your plastic container

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- Fill your container almost to the top with soil; press it down gently
- Sprinkle your seeds thickly and evenly across the top of the soil
- Press the seeds into the soil and water until the soil is very wet
- Drape a damp paper towel across the top of the container
- Place the container on a plate in a sunny window

Tending and Harvesting:

Days 1-3: Once or twice a day, remove the paper towel, mist or sprinkle the seeds, and replace the paper towel

Days 3-5: When you see a sprout, take off the paper towel, but continue misting the seeds once or twice a day

Days 6+: Once the seeds begin to take root and leaf out, just water once a day, but use more water.

Day 14 or so: When the greens have 1-4 leaves, harvest and eat them!

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