

farm to TABLE



At-Home Resources for Preschoolers

What is the Farm to Table program?

The Farm to Table program provides local, sustainably grown, farm-fresh foods to childcare programs in Seattle to increase access to highly nutritious foods. Sites receive funding to purchase local foods to be served at meal and/or snack time through an online marketplace hosted by Farmstand Local Foods. Farm to Table also offers nutrition and gardening education including mobile classes, family nights, and farm field trips provided by Tilth Alliance and Solid Ground. Staff training and technical assistance in the form of menu planning, lesson plan development, and cooking skills workshops are provided by Nourishian for Life.

During this time of extended school closures and disruption in normal routine, we hope this at-home guide will give you tools and ideas for incorporating farm-to-table themes and concepts in your home. Whether it's cooking something new using a seasonal fruit or vegetable, or watching a seed sprout, we hope this serves as a guide for exploration, wonder, joy, and connection to the land.

For additional activities, resources, or to learn more about the City of Seattle's Farm to Table program, please contact:

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What's in this Guide?

Reading Activities

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Cooking & Recipe Activities

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(Full recipes are included at end of guide.)

Nature-Based Activities

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Full Recipes

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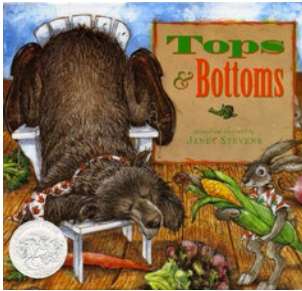
READING

Books Read Aloud on YouTube



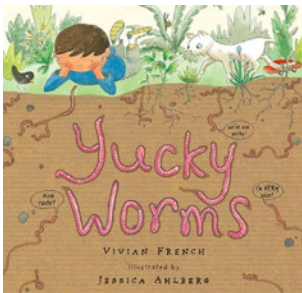
The Tiny Seed by Eric Carle

<https://www.youtube.com/watch?v=kZITtrzoK4c>



Tops and Bottoms by Janet Stevens

<https://www.youtube.com/watch?v=aBkGoSGZFTg>



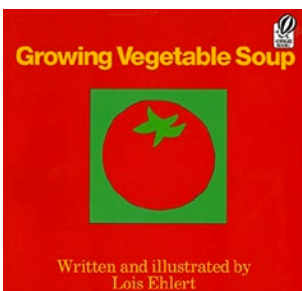
Yucky Worms by Vivian French

<https://www.youtube.com/watch?v=N5HZDXkZgf4>



Zora's Zucchini by Katherine Pryor

https://www.youtube.com/watch?v=lvAVcpb_LmO



Growing Vegetable Soup by Lois Ehlert

<https://www.youtube.com/watch?v=vTCSbPgZZgM>

COOKING & RECIPES

Kids Cooking Videos

Look, Listen and Learn — a new, locally produced early learning TV show

<https://www.youtube.com/c/looklistenlearn>

<https://www.looklistenandlearn.org/>

Seasonal Recipes

Full recipes are included at end of guide



Healthy Carrot Muffins

<https://cookieandkate.com/healthy-carrot-muffins-recipe/>



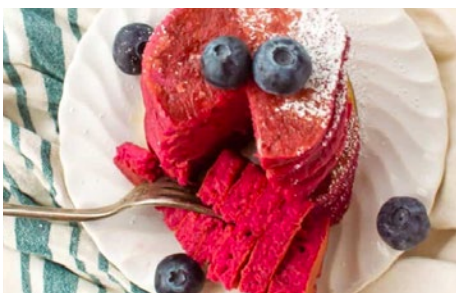
Cheesy Kale Bites

<https://tinyurl.com/yx764ds3>



Kale Chips

<https://www.superhealthykids.com/recipes/kale-chips/>



Pink Beet Pancakes

(requires a blender)

<https://thenaturalnurturer.com/pink-beet-pancakes/>

NATURE PLAY

Grow a Seed Jar

<https://littlebinsforlittlehands.com/seed-jar-science-experiment-kids/>



GROW A SEED JAR
SPRING SCIENCE

littlebinsforlittlehands

Watching seeds grow is an amazing science lesson for kids. This seed germination (germination = begin to grow or sprout) experiment gives kids the opportunity to see up close how a seed grows and what would actually be happening under the ground!

Seed Jar Supplies

- Paper towels
- Water
- Seeds (you can try dried beans if you have some at home!)
- Large jar

How to Set Up Your Seed Experiment:

1. Fill the jar with paper towels. Kids can fold them and push them down into the jar.
2. Gently water your seed jar to wet the paper towels. **DO NOT FLOOD IT!**
3. Carefully push seeds down into the paper towels around the edge of the jar so they can still be seen. Make sure they are firmly held in place.
4. Place the jar in a sunny spot or near a bright light and wait 3–5 days.

What Do You See in Your Seed Jar?

- Look for a root to pop out of the side.
- Next, look for the root to push down into the “soil.”
- Then, look for root hairs.
- Next, look for the seed to push up while the root hairs push down.
- Lastly, look for the shoots to come up!

Seed Experiment Variations

- You can also explore how fast different seeds germinate (begin to grow/sprout) by comparing different kinds of seeds under the same conditions (sunflower seeds, peas, beans, etc).
- Or keep the type of seed the same and set up two mason jars to explore whether seeds need light to germinate. Place one jar where it will get natural light and one in a dark cupboard.
- Another idea to investigate is whether seeds need water to germinate and how much. Set up three jars, and measure how much water goes into each so that one is fully wet, half wet, and one has no water.

Sing and Dance to Plant Songs



Visit this website to queue some tunes:

<https://www.prekinders.com/garden-plant-seeds-songs-kids>

Worms Playdough Mat

<https://www.prekinders.com/worms-play-dough-mats/>

If you have access to a printer, the link has downloadable counting mats. Each mat says, “There are [#] worms in the dirt.” Children will identify the number on each page, and count out the correct number of “worms” to place in the soil on the mat. To make the “worms,” children can pinch off pieces of playdough and roll it in their hands to form a little worm. Alternatives to playdough could be pipe cleaners, pieces of yarn, pieces of paper, get creative!

This activity pairs well with the read aloud *Yucky Worms* by Vivian French. Talk with your child about how worms help plants grow!



Study Seeds Craft

<https://tinyurl.com/urhz29n>



Cut open a fruit (or various fruits) and examine the seeds inside. What size are they? Color? Shape?

Try eating the fruit. What does it taste like?

After discussion and eating, wash and dry the seeds.

Using any art supplies you have available (colored paper, glue sticks, crayons, etc), illustrate or create a collage of the whole fruit and glue seeds onto the picture. If you've made more than one, compare and contrast different seeds.

Regrow Vegetables from Scraps

<https://tinyurl.com/so7ce72>

Did you know that you can grow a head of lettuce or a new stalk of celery in two weeks or less? No seeds required!

Plant List

Grow time 5–7 days to full regrowth with a high success rate:

- Celery
- Leeks
- Green onion
- Lettuces (romaine, iceberg, swiss chard, kale, bok choy, napa cabbage)

Instructions:

1. Put about 1 inch of water in a bowl, jar, or cup.
2. With lettuce, leeks, green onion, and celery, cut off the top edible part and leave about 3–4 inches at the base of the plant to be placed in water for regrowth.
3. Put the vegetable in water. Make sure the top is above the water.
4. Change the water daily or every other day.
5. You can transplant your vegetables into soil to encourage growth and provide extra nutrients.
6. Harvest veggies and use them in your favorite recipes.



Make a Micro Composter

<https://urbangardenersrepublic.com/composting-for-kids-activities>

Video to Introduce Compost (Composting for Kids with Peppa Pig):

<https://www.youtube.com/watch?v=8PEIbErayZg>

What Is Compost?

Compost is made from biodegradable materials, such as food scraps, grass cuttings, cardboard, and straw that rot and decompose easily. Rotting happens when biodegradable waste is broken down by different organisms like bacteria, fungi, worms, and insects. These organisms use the waste as food and help to turn it into compost. When this process is completed, a brown crumbly mixture is left behind. It looks and smells like soil. It is nature's way of recycling.



What You Need:

- Empty 2 liter bottle (make sure it's transparent)
- Scissors
- Raw food scraps (vegetable/fruit peels, tea bags, coffee grounds, raw leftovers)
- Soil
- Water spray bottle

Instructions:

1. Remove the label and rinse your bottle. Cut the top off the bottle (the end with the lid).
2. Put a handful of soil into the bottom of the bottle. Follow this with a handful of food scraps. Repeat this process until the bottle is full, finishing with a layer of soil. Once your bottle is full, spray the bottle with water (it shouldn't be too wet, but should be damp).
3. Place your composter in a sunny spot. When the top soil dries out, you should spray it with water to maintain a constant level of moisture.
4. Watch and wait as your food scraps decompose and turn to soil. You will need some patience—the whole process will take about 8 weeks. Take photos of the bottle once a week so that you can compare changes that take place from week to week.

Insect Investigation

<https://tinyurl.com/twtzpn2>

Hands-on nature activities like this one can increase children's connection to nature and increase their excitement for nature conservation.

Choosing the Right Spot

Find a safe area that is away from traffic and free of trash and hazardous materials. Parks, gardens, and backyards are great places to start. You may have more success looking for bugs in areas with plants or near water. Try searching in bushes or under logs and rocks.

What You'll Need:

- Weather-appropriate clothing
- Insect collecting tools such as a clean paintbrush, an insect net, a jar for insect-viewing

Insect Collecting Etiquette

- Only touch insects that you know are safe, such as roly-polys, ladybugs, and earthworms.
- Be gentle to insects: hold in a flat hand (no pinching!) and never touch an insect's wings; that can cause them to fall off.
- Always return insects back to their home in nature. Share what you've discovered through photos, drawings, and stories instead of taking things home.



How to Use Tools

Show children how to use the tools and then let them try. Give encouragement when they struggle before offering help, and only intervene if there is a safety concern.

Use a clean paint brush to gently brush insects into a flat palm or into an insect-viewing jar.

Clean Up and Reflect on Experience

- Return all insects to where they were found. Look around to make sure no litter or personal belongings are left behind.
- Use "I notice...", "I wonder...", and "It reminds me of..." statements to model scientific thinking.
- As you're cleaning up, talk together about the experience: what you found, what was surprising, their favorite things. Share stories, photos, or drawings with family and friends.

FULL RECIPE FOR

Healthy Carrot Muffins

Adapted from Cookie and Kate

Makes 12 muffins

Ingredients

- 1 $\frac{3}{4}$ cups whole wheat flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground nutmeg
- 2 cups grated carrots (about 3 large carrots)
- $\frac{1}{2}$ cup chopped walnuts (optional)
- $\frac{1}{2}$ cup raisins, tossed in 1 teaspoon flour
- $\frac{1}{2}$ cup maple syrup or honey
- 2 eggs
- 1 cup plain yogurt
- 1 teaspoon vanilla yogurt



Instructions

1. Preheat oven to 425°F. If necessary, grease your muffin tin with butter or non-stick cooking spray.
2. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda, salt, ginger, and nutmeg. Blend well with a whisk. In a separate, small bowl, toss the raisins with 1 teaspoon flour so they don't stick together. Add the grated carrots, chopped walnuts, and floured raisins to the other ingredients and stir to combine.
3. In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt and vanilla and mix well.
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are okay). Divide the batter evenly between the 12 muffin cups. Bake muffins for 13 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.

FULL RECIPE FOR

Cheesy Kale Bites

Adapted from Yummy Toddler Food

Makes about 14 (serving size is 2)

Ingredients

2 bunches kale, stems removed (about 6 lightly packed cups or 4 ounces of leaves)
½ cup frozen peas, thawed OR roasted almonds
OR sunflower seeds
½ cup shredded mozzarella cheese
¼ cup shredded parmesan cheese
¼ cup cornmeal
1 egg
½ teaspoon Italian herb seasoning



Instructions

1. Preheat oven to 375°F. Line a baking sheet with foil sprayed with nonstick spray or parchment paper. Set aside.
2. Place the kale into a wide skillet with 1 cup water. Cover and heat over medium for about 5 minutes or until the kale is wilted. Drain, let cool briefly, then squeeze dry. You should have about 1 cup blanched kale when slightly packed into a measuring cup.
3. Finely chop kale. You can do this with a knife or use a food processor or blender.
4. Use a 1-tablespoon measuring spoon to portion out the mixture, scooping it up and gently pushing it out of the spoon with your finger onto the prepared baking sheet.
5. Bake for 18–20 minutes or until firm to the touch and just starting to turn golden brown on the bottom. Serve warm with salsa or ketchup.

Note: these bites store well, so you can make them ahead and store them in the fridge for up to 5 days. Heat briefly for 15 seconds in the microwave before serving.

FULL RECIPE FOR

Kale Chips

Adapted from Super Healthy Kids

Makes 4 servings

Ingredients

4 cups kale (about 1 bunch)

2 tablespoons olive oil or vegetable oil

$\frac{1}{4}$ teaspoon salt



Instructions

- 1.** Preheat oven to 375°F. Chop kale into $\frac{1}{2}$ -inch pieces.
- 2.** Place kale in large bowl. Pour oil directly into hands and massage the kale leaves until they're evenly coated in oil. Sprinkle with salt.
- 3.** Place on baking sheets and bake for 10 minutes until crispy, turning the chips halfway through. Serve immediately.

FULL RECIPE FOR

Pink Beet Pancakes

Adapted from The Natural Nurturer

Makes 20 small pancakes

These fun pink pancakes are quickly mixed in your blender, are super kid-friendly, full of healthy beets, naturally sweetened, and can easily be made gluten free.

Equipment Needed: Blender

Ingredients

2 cups rolled oats, uncooked
1 ½ teaspoons baking powder
¼ teaspoon salt
2 large eggs
½ cup plain yogurt
2 teaspoons pure vanilla extract
4 ounces beets, cooked and peeled
(about 1 medium beet or ¾ cup chopped beets)
½ cup unsweetened applesauce
or mashed ripe banana
3 tablespoons maple syrup or honey
2 tablespoons vegetable oil

Instructions

1. Combine oats, baking powder, and salt in a blender. Blend until oats become a fine powder.
2. Pour the oat flour mixture into a bowl and set aside.
3. In the now empty blender, combine remaining ingredients (beets, eggs, oil, yogurt, vanilla, syrup, applesauce). Blend until smooth and well combined. Add the oat flour mixture into the blender and blend again. Stop a few times to scrape the sides of the blender to ensure everything is well mixed.
4. Heat a pan or other skillet over medium-low heat. Add a little cooking oil to the pan. When the oil is hot, portion out the batter into small pancakes.
5. Cook until you see small bubbles forming on the top of the pancake and the edges seem dry, about 2–3 minutes. Flip and cook the other side for another 2–3 minutes. Place cooked pancakes onto a plate and continue with the remaining batter.
6. Enjoy warm pancakes with topping of choice. Let cool completely before storing leftovers in an air-tight container in fridge for 4–5 days, or longer in freezer.

