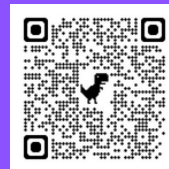


APRIL - TENDER STALKS OF SPRING

[Watch the story of The Mighty Asparagus!](#)

Nibble with Willow-For Parents



Goal: Explore stalks - asparagus, fennel and celery in family meals

RECIPE: Asparagus, Fennel & Celery with Hummus

Activities to do with your child:

- Shop for the ingredients together.
- Watch Willow's "Mighty Asparagus" Video

More Ways Children Can Help:

- Help washing the veggies
- Press minute buttons on the microwave to cook the asparagus.
- Scoop a portion of hummus into their plate
- Squeeze lemon into their hummus
- Dip their veggies into the hummus and eat them

Nurture your Child's Curiosity for Food:

- Are stalks hard? Yes
- What color are the asparagus, celery and fennel? Green, light green and white
- Which stalk is the lightest color? fennel
Which stalk is the darkest color?
asparagus

TIPS FOR PARENTS

DIVISION OF RESPONSIBILITY IN FEEDING

Parents decide:

WHAT, *WHEN*, and *WHERE* children eat their snacks and meals

Child decides:

HOW MUCH and *WHETHER* or not the child eats

Parent's jobs with feeding are to...

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.

Child's jobs with feeding are to...

- Eat the amount they need.
- Learn to eat the food they enjoy.
- Learn to behave well at mealtime.

-Ellyn Satter

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ASPARAGUS, FENNEL & CELERY WITH HUMMUS



INGREDIENTS

- 1 bunch** Asparagus
- 1 bulb** Fennel
- 3 ribs** Celery
- 1 container** Hummus

Optional:

- 1 lemon** to squeeze on top of hummus



Prep Time: 10 minutes
Makes 1 quart of hummus and a quart of veggies for dipping

Note: Children should use plastic or table knife for all child steps that require cutting/chopping.

1 CHILD

For Vegetables:

Help SNAP the asparagus ends off each stalk.

2 ADULT

COOK in the microwave for about 2 minutes, covered with a paper towel. Remove and cool.

3 ADULT

CUT the fennel bulb in half lengthwise. Place half cut side down and SLICE thinly. Discard the tough ends and set slices aside. Repeat with other half.

4 ADULT & CHILD

Adult CUT the celery ribs lengthwise into thinner sticks. Child helps CUT the sticks into 3 inch lengths for dipping.

5 ADULT & CHILD

SERVE the asparagus spears, fennel strips, and celery sticks with Hummus. NIBBLE and ENJOY!