

MARCH – SEEDS OF SPRING

Nibble with Willow-For Parents

[Watch Willow's Winter Animation!](#)



Goal: Explore seeds, cucumber and tomatoes in family meals

RECIPE: Cucumber & Tomato Salad

Activities to do with your child:

- Shop for cucumber and tomatoes together
- Make the salad together
- Read books about growing seeds at the public library
- Use the Willow finger puppet while exploring food
- Watch the "Willow's Spring Adventure" Cartoon

More Ways Children Can Help:

- Wash veggies
- Gather all kitchen tools: peeler, plastic knife, plates, bowls, etc. Teach your child where all those tools are stored.

Nurture your Child's Curiosity for Food:

- What does the tomato/cucumber feel like? Is it smooth or bumpy?
- Which one is red? Which one is green?
- Which is sweeter, the tomatoes or the cucumbers? Is the lemon sour?

TIPS FOR PARENTS

GROW A BEAN SEED WITH YOUR CHILD

Watching a seed sprout and what plants need to grow (water, sun, soil, and air) will connect children closer to food and will increase enjoyment of healthy eating.

How to Grow a Bean Seed with your child:

- Stuff a clear container with cotton balls or paper towels and moisten them with water.
- Place a few beans between the clear wall and the paper to observe the sprouting.
- Spray with water every day.
- Keep a journal. Which days can you spot...
 - the bean?
 - the first roots?
 - new leaves?



CUCUMBER & TOMATO SALAD



INGREDIENTS

1	Cucumber
12	Grape Tomatoes
1	Lemon

Special Item:

Vegetable peeler



Prep Time: 5 minutes
Makes 4-6 servings

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

1 ADULT

PEEL the cucumber & SLICE thinly.

2 CHILD

Help CUT cucumber segments in half, then stack 2 halves at a time and cut the halves in half. ADD to a bowl.

3 CHILD

Help CUT the grape tomatoes in half. ADD to the same bowl.

4 ADULT

CUT the lemon in half, REMOVE seeds.

5 CHILD

Help SQUEEZE the lemon over the cut veggies in the bowl. STIR well. NIBBLE and ENJOY!