

JANUARY – ROOTED IN THE EARTH

Watch Willow on
YouTube



“Nibble with Willow” at Home

Goal: Explore root veggies - beets, turnips, carrots - in family meals.

RECIPE: Root Salad

Activities to do with your child:

- Shop for root veggies together: beet, turnips, carrots and even radishes.
- Prepare the root salad together.
- Measure and pour the vinegar into salad.
- Mix the grated veggies with the vinegar.
- Watch "[Willow and The Mystery of the Root Gnome](#)" YouTube video.



Nurture Your Child's Curiosity for Food:

- Can you tell me which root vegetable is orange?
- Which one is red?
- Which root vegetable is white?
- Do root vegetables feel hard or soft?
- Say “1,2,3 Nibble!” and then taste the new food together.

TIPS FOR PARENTS

What Color is Your Child's Diet?

- Serve a variety of colorful fruits and veggies through out the day in order to add more and different nutrients to the family diet.
- Different nutrients associated with the colors of fruits and vegetables have disease-preventing properties.
- Children and adults should eat a rainbow of colors.

Green- Artichokes, Asparagus, Broccoli, Brussels Sprouts, Cabbage, Celery, Leafy Greens, Sugar Snap Peas, Spinach, Zucchini bok choy, mustard greens

White/Brown- Cauliflower, Garlic, Ginger, bamboo, Daikon, Mushrooms, Onions, Parsnips, Shallots, Turnips

Yellow/Orange- Carrots, Yellow Peppers, Yellow Squash

Purple/Blue- Olives, Purple Cabbage, Eggplant,

Red- Red Peppers, Radishes, Red Potatoes, Rhubarb, Tomatoes, Beets

ROOT SALAD



INGREDIENTS

- 2** Turnips or 1/4 head Cabbage
- 1** Beet
- 2** Carrots
- 1** Orange, juice only
(or 1/3 cup orange juice from carton)
- 2 tablespoons** Rice Vinegar
(substitute: apple cider vinegar or 1 tablespoon white vinegar diluted with 1 tablespoon of water)



Prep Time: 15 minutes
Makes 4-6 servings

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

1 ADULT

Scrub all the root vegetables well with a vegetable brush or rough sponge; it is not necessary to peel them.

2 ADULT & CHILD

Help GRATE the turnips, beets and carrots by child placing hands over adults' and grating up and down, counting to 3. Adults continue until all vegetables are grated and place in a mixing bowl.

3 CHILD

Help SQUEEZE or MEASURE the orange juice and vinegar; ADD to bowl. MIX well.

4 ADULT & CHILD

TASTE and adjust seasoning with salt and pepper.