

# MARCH – SEEDS OF SPRING

“Nibble with Willow” at Home

[Watch Willow on YouTube](#)



**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
- Gather all kitchen tools: peeler, plastic knife, plates, bowls, etc.
- Teach your child where these tools are stored.
- Make the salad together.
- Find and read books about growing seeds.
- Watch the "[Willow's Spring Adventure](#)" YouTube video.

### Nurture Your Child's Curiosity for Food:

- What do the tomato/cucumber feel like? Are they smooth or bumpy?
- Which one is red? Which one is green?
- Which is sweeter, the tomatoes or the cucumbers?
- How does the lemon taste?
- Say “1,2,3 Nibble!” and then taste the new food together.

## TIPS FOR PARENTS

### Grow a Bean Seed With Your Child

Planting a seed and watching it sprout is like magic to a child. Choose a seed to plant and help nurture it, discovering what seeds need: water, sun, soil. This will increase your child's enjoyment of eating fresh foods.

### How to Grow a Bean Seed With Your Child:

- Stuff a clear glass jar or container with moist cotton balls or paper towels.
- Place a few beans between the clear container wall and the moist paper.
- Have your child spray with water every day.
- Help your child 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

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!



**Prep Time:** 5 minutes  
Makes 4-6 servings

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