



SUMMER





## Summer

is the season of abundance. It allows our senses to burst with colors, textures, flavors, and sounds. In the garden, seeds that were sown throughout the year grow to their fullest expression, showing us that with proper work, rest, watering, and patience, a beautiful garden will grow. During the summer months, Seed to Stomach offers learning opportunities using natural materials found in the garden...

June: Soil

July: Sun

August: Water

And in the kitchen, summer's bounty of fresh, vibrant produce straight from the garden helps us elevate meals that are packed with flavor and nutrients. From crisp salads to refreshing smoothies, we can taste summer in every bite! The Seed to Stomach summer recipes feature:

June: Eggplant

July: Zucchini

August: Peaches



## Field Trip

Denver Botanic Gardens  
Chatfield Farms is a 700-acre native plant refuge and working farm offering nature trails, bird-watching spots, and beautiful flower gardens.





## June: Exploring Soil in the Garden

### Activity: Mud Painting



#### Gather Supplies

- Samples of soil
- Water
- Old paint brushes
- Cups
- Large sheets of plain paper (watercolor paper works well)
- Baking sheets or plastic trays
- Tape
- Optional: String

#### Explore

- Tape your paper to an old baking sheet or plastic tray, this will help keep the paper in place as your child paints.
- Children can help make the paint – ask them how we might make mud, and let them experiment with getting the right consistency for painting. [touch icon: what does mud feel like?]
- Achieving the right consistency can take several attempts, depending on the type of soil you use – have several sheets of paper on hand to test the different mixtures.
- Keep an extra cup or other container available to dump out excess water if the mud paint gets too wet.
- Children can compare and contrast the different colors of mud paint.
- With paintbrushes and fingers, let the little artists create their dirty masterpieces.
- Allow the paintings to dry, and staple them to a long string creating a banner for a beautiful decoration made from nature.
- When cleaning up, remember to recycle the mud paint back into the ground.



## Did You Know?

Getting dirty and encouraging play in soil has been linked to decreased incidences of allergies and asthma, as well as increased immune system and gut health.





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## Play & Learn

Set up outdoor environments to allow for children to have free play exploring in and with soil. Allow them to get messy with a sensory soil potting table, making mud pies in an outdoor kitchen, and mud painting on the sidewalk or set up an easel with paper.



## Read a Book

Wonderful Worms Teach kids about the important role that worms play in the garden with this wonderful book by Linda Glaser.





## Activity: Soil Sensory Bin and Potting



### Gather Supplies

- Large plastic bin
- Soil
- Small clay plant pots
- Small garden spades or hand shovels
- Water
- Zucchini seeds

### Explore

- Fill the large bin with garden soil – enough so little hands can dig in.
- Introduce the hand shovels and demonstrate how to scoop and pour to fill the clay pots about halfway.
- Help children plant one or two zucchini seeds in each pot.
- Using their hands only, children can scoop up more soil to fill around the spaces in the pots.
- Water the pots as needed and place them on a sunny windowsill.
- Over the next few days, check for emerging plants in about a week. Continue to care for the potted seedlings and transplant them into the garden.





## Add a Song

### Parts of the Plants Original

#### Author Unknown

*(Sung to the tune of Head, Shoulders, Knees and Toes)*

Do you know the parts of plants, parts of plants?  
Do you know the parts of plants, parts of plants?  
All kinds of plants that grow and grow and grow.  
Do you know the parts of plants, parts of plants?

The roots hold the plant in place, plant in place.  
The roots hold the plant in place, plant in place.  
The roots store food water too.  
The roots hold the plant in place, plant in place.

The stem moves water up the plant, up the plant.  
The stem moves water up the plant, up the plant.  
The stem brings water to the leaves.  
The stem moves water up the plant, up the plant.

The leaves soak up the sun, soak up the sun.  
The leaves soak up the sun, soak up the sun.  
The sun helps the plant to grow and grow and grow.  
The leaves soak up the sun, soak up the sun.

The flower grows into a fruit, into a fruit.  
The flower grows into a fruit, into a fruit.  
Inside the fruit are little, tiny seeds.  
The flower grows into a fruit, into a fruit.





## June: Enjoying Eggplant in the Kitchen



Most people think that Eggplant is a vegetable, but it is actually a fruit that grows from the flower of a plant. The most common varieties are pear-shaped, have deep purple smooth skin, and soft white inner flesh.

A great way to expose our taste buds to a new food like Eggplant is to add it to a recipe with familiar flavors and textures. The Clayton Cooks Eggplant Parmesan recipe (on the next page) combines eggplant with fresh basil, mozzarella cheese, and marinara sauce to resemble many of our favorite Italian dishes.



Read a  
Book

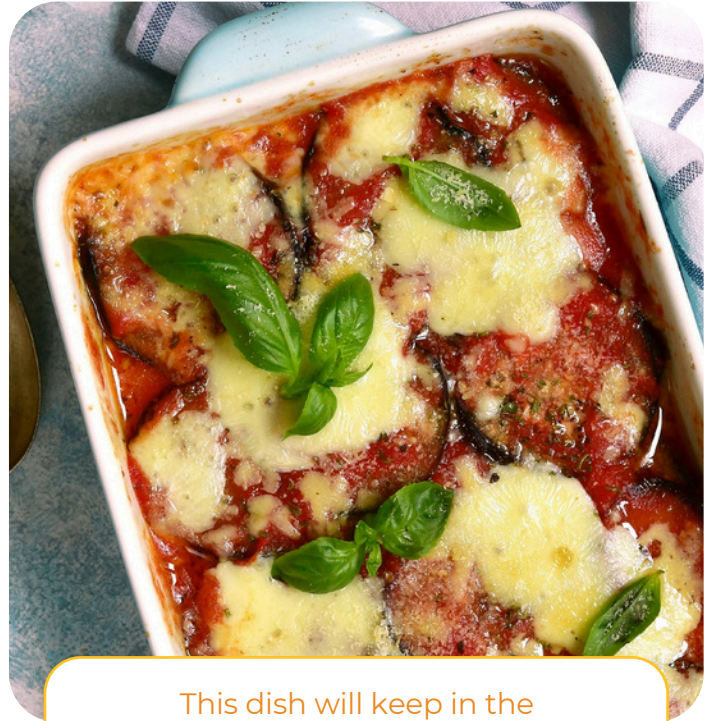
The Vegetables We Eat Help kids learn about vegetables with this gorgeously illustrated book that shows that vegetables come from different parts of plants.

# Eggplant Parmesan

25  
Mins

## 11 Ingredients

- 2 eggplants, sliced into ½" thick rounds
- 1/3 cups thinly sliced basil
- 2 large eggs; or 2 Tbsp. ground flax soak in 6 Tbsp. water for 5 minutes
- 1 cup flour
- 1 cup parmesan cheese
- 1 Tbsp. Italian seasoning
- Salt and pepper to taste
- 3 cups marinara sauce
- 2 cups shredded mozzarella cheese
- Cooking spray
- 2 Tbsp. water



This dish will keep in the refrigerator for 2-3 days.

## Directions

1. Preheat oven to 425°F
2. Line two large baking sheets with parchment paper and coat with cooking spray.
3. In a bowl whisk together flour, ½ cup parmesan, Italian seasoning, salt, and pepper.
4. In another bowl, whisk eggs with 2 Tbsp. water and season with salt and pepper.
5. Dip an eggplant slice into the egg wash, then sprinkle with parmesan mixture over each side of the eggplant slice.
6. Place eggplant on baking sheet.
7. Repeat to coat all eggplant slices.
8. Spray tops lightly with cooking spray.
9. Bake until soft inside, and golden and crisp on the outside, about 30 minutes, flipping halfway through.
10. In a large baking dish add 1 cup marinara sauce and spread evenly.
11. Add an even layer of baked eggplant slices.
12. Add another cup of sauce.
13. Sprinkle with 1 cup mozzarella, ¼ cup of Parmesan cheese, ¼ cup fresh basil.
14. Top with another layer of baked eggplant slices and spread remaining 1 cup of sauce.
15. Top with the remaining cup of mozzarella cheese, parmesan cheese, and fresh basil.
16. Bake until top is bubbly and golden, about 15 to 20 minutes.







## July: Exploring the Sun in the Garden

The light and heat of the sun allow people, animals, and plants to live and thrive, controlling how and when plants, trees, fruits, and vegetables grow. The sun is so bright we should never look directly into it, but the sunlight does play an important role in keeping us healthy and happy.

### Activity: Sun Portraits



#### Gather Supplies:

- Large sheets of paper (butcher paper on rolls works best)
- Four rocks or other weighted objects
- Markers
- Paint
- Sidewalk chalk

#### Explore

- On a sunny morning, have the children work in teams of two or three.
- Outdoors, place large sheets of paper on the ground and use the rocks or weighted objects to keep them in place.
- Using sidewalk chalk, trace the outline of each sheet of paper to revisit them later in the day. Label them for each child, and mark an X where they stood for their portrait.
- One child stands to cast a shadow while another traces it to create a portrait, taking turns until each has a shadow portrait of themselves.
- Using paint or markers, each child can then color their shadow, adding hair, clothing, shoes, and other items to personalize them.
- Later in the afternoon, bring the portraits back outside and place them in the same places they were in the morning, and have the children stand in the same place they stood in the morning.
- What looks different from morning to afternoon? Is the sun in the same place as it was in the morning?



## Did You Know?

The sun is our best natural source of vitamin D, needing as little as 15 minutes of indirect sunlight a day to make a difference in your health. Early morning or late afternoon sunshine is less intense and safer for your skin and, of course, always wear sunscreen when in the sun for longer periods of time.



## Add a Song

### Bright Yellow Sun

*Original Author Unknown*

*(Sung to the Tune of Row, Row, Row Your Boat)*

Bright sun shining down,  
Shining on the ground.  
What a lovely face you have,  
Yellow, big and round



## Talk About It

We can't touch the sun, but we can still feel it...



Activity: Sun Seeking Plants



## Did You Know?

Plants crave sunlight so much that they will bend to follow it.

### Gather Supplies

- Sunflower seeds
- Small clay pots
- Garden soil
- Window with sun exposure
- Small popsicle sticks

### Explore

- Plant seeds and keep them watered in a sunny warm window; they will sprout in 7 – 10 days.
- Once the seedlings have grown a few inches tall, place them on a sunny windowsill.
- Ask the children to observe if the stem of the plant is leaning, and if so, toward which direction. Place a small popsicle stick in the soil to mark the direction.
- Throughout each day, as the sun moves across the sky, encourage the children to make observations about the movement of the plant as it follows the sun. Turn the pot after each observation so to make the plant move and bend with the sun.
- When seedlings are strong enough, usually about six inches tall, plan a transplanting day to place the sunflowers outdoors in the ground. When planted in a sunny location, observing them move to follow the sun can become a daily summertime activity. Be sure to harvest the seeds at the end of the summer stored in a cool, dry place over the winter, you will be ready for next summer.



## Read a Book

**A Seed Grows** A vibrant book that follows a sunflower from seed back to seed; the perfect, simple explanation of a plant's life cycle.



## Play & Learn

Prepare a bin with everything we use to enjoy being outside safely in the sun. Add clothing, hats, and sunglasses to encourage play and dialogue around sun safety.



## July: Enjoying Zucchini in the Kitchen



Zucchini, which is also called summer squash, is a fruit that grows from the flower of a plant. Zucchini is ready to be harvested when the fruit becomes large and dark green in color and when the flowers turn from white to a bright orange or yellow. Remember the zucchini seedlings we started in June? If they were transplanted to the garden, you may have fruits ready to harvest now.

Zucchini is easy to grow and can generate a lot of fresh squash to enjoy. A delicious way to enjoy zucchini is to bake them into muffins. When we think of sweet muffins, we often first think of banana, blueberry, or apple, but Zucchini muffins are packed with vitamins and nutrition and are just as tasty. Grab all those Zucchini from the garden, and be prepared to have your tastebuds wowed when you make the Clayton Cooks Zucchini Muffins (recipe on the next page).



## Read a Book

**Eating the Alphabet** Every page reveals a mouth-watering arrangement of foods. The words are shown in capital and lowercase letters set in bold type for easy reading.



# Zucchini Muffins

15  
Mins

## 13 Ingredients

- 2 ½ cups packed shredded zucchini
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ¼ cup packed brown sugar
- 2 tsp vanilla
- ½ cup maple syrup
- 1/3 cup oil
- 2 eggs; or 2 Tbsp. ground flax soak in 6 Tbsp. water for 5 minutes
- 1 cup water



These will keep in an airtight container for up to 5 days or wrap individually with plastic wrap and store in the fridge or freezer up to 3 weeks.

## Directions

1. Preheat oven to 350 degrees
2. In a large bowl, whisk together flour, sugar, cinnamon, baking powder, baking soda, and salt.
3. Whisk eggs into oil, then stir in vanilla, maple syrup, and water. Stir wet ingredients into dry ingredients until just combined (mixture will be very thick and somewhat dry).
4. Fold zucchini into batter until incorporated.
5. Fill muffin tins  $\frac{3}{4}$  full.
5. Bake for 20-22 minutes until an inserted toothpick comes out clean.





## August: Exploring Water in the Garden



Water covers the majority of the earth's surface, and as it moves, it creates a water cycle that is essential for all living things -- plants, animals, and people.



### Add a Song

#### The Water Cycle

*Original Author Unknown*

*Sung to the tune of She'll be Coming Around the Mountain*

Water travels in a cycle, yes it does  
Water travels in a cycle, yes it does  
It goes up as evaporation  
And forms clouds of condensation  
Then comes down as precipitation  
Yes it does.



### Did You Know?

Plants are almost entirely composed of water. They require water as one of their main forms of food to give them their shape and size.



### Read a Book

Worm Weather Join in the rainy-day fun, as kids splash through the puddles, affecting another weather enthusiast, a nearby worm.



### Read a Book

Drop: An Adventure through the Water Cycle With delightful panache and a steady stream of funny one-liners, Drop takes readers on an adventure through the water cycle and beyond. Filled with irresistible artwork, funny asides, and a steady sprinkle of kid-enticing facts, Drop is the story about water everyone has been thirsting for.



## Activity: Making Watercolor Paints with Fresh Produce



### Gather Supplies

- Fruits and vegetables that are deeply colored, such as carrots, red cabbage, beets, strawberries, spinach, or citrus fruits.
- Powdered Confectioner's Sugar
- Boiling Water
- Strainer
- Spoons for stirring and measuring
- Small bowls
- Paintbrushes, sponges, cotton balls
- Sturdy watercolor paper – heavy enough to prevent the paint from soaking through the paper.

### Explore the Colors of the Garden

- Yellow
  - Freshly grate the peel of two lemons
  - Pour two tablespoons of boiling water over the grated lemon and let sit for 10 minutes
  - Strain the lemon peel from the juice
  - Mix one teaspoon of the juice with six teaspoons of powdered sugar
- Orange
  - Shred one cup of carrots
  - Pour two tablespoons of boiling water over the shredded carrots and let sit for 10 minutes
  - Press and smash the carrots with the back of a spoon
  - Strain the carrot shreds from the juice
  - Mix one teaspoon of the carrot juice with six teaspoons of powdered sugar
- Red
  - Finely chop four strawberries
  - Place the chopped strawberry in the strainer over a bowl and mash it with the back of a spoon
  - Mix one teaspoon of the strawberry juice with six teaspoons of powdered sugar
- Green
  - Chop one cup of raw spinach finely
  - Pour boiling water over the spinach to completely cover it and let sit for five minutes
  - Press and smash the spinach with the back of a spoon
  - Strain the juice from the spinach
  - Mix one teaspoon of spinach juice with six teaspoons of powdered sugar
- Purple
  - Chop one cup of red cabbage finely
  - Pour boiling water over the chopped cabbage to completely cover it and let it sit for 10 minutes
  - Press and smash the cabbage with the back of a spoon
  - Strain the juice from the cabbage
  - Mix one teaspoon of cabbage juice with six teaspoons of powdered sugar.



Use sponges, paintbrushes, and cotton balls to create fruit and vegetable watercolor art.



## August: Enjoying Peaches in the Kitchen



Peaches are a delicious and juicy fruit that grows on trees. They have one large seed in the middle called a pit, and their yellow-orange skin is covered with small hairs known as peach fuzz.

Smoothies are a great way to get nutrient dense fruits like peaches, and vegetables into our diets. They are also great snacks, healthy desserts, and can be used as an easy meal on the go. A great way to prepare to make smoothies ahead of time is by freezing your fresh produce in a Ziplock bag and also freezing liquid ingredients in ice cube trays. Then, everything is ready to pop into the blender for a treat the whole family will enjoy. A summertime favorite is the Clayton Cooks Peaches and Cream Smoothie recipe (on the next page)...enjoy!



### Did You Know?

Nearly  $\frac{3}{4}$  of the human brain is made up of water? Drinking water is critical for healthy brain development in children (one year of age and older) as well as maintaining brain health in adults.





**Hydration Stations** are a fun and easy way to encourage drinking more water with endless color and flavor combinations.



You will need:

- Clear Water Dispenser – large enough to make several gallons at a time.
- Knife
- Water and ice
- Fresh sliced fruits and herbs

Put it all together

- Start by washing and slicing fresh fruit and herbs to fit in your water dispenser. Children can help using plastic knives, always with adult supervision.
- Place the chopped fruit and herbs in your water dispenser.
- Add water and ice to fill the dispenser, and enjoy!

### Flavor Combination Ideas:

- Peach - Sage
- Watermelon - Basil
- Strawberry - Grapefruit
- Pineapple - Coconut
- Ginger - Kiwi
- Raspberry - Rosemary
- Lavender – Blueberry
- Blackberry – Pomegranate
- Orange - Mint
- Strawberry - Basil
- Cumber - Cilantro
- Lemon - Lime

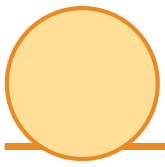


## Tip

Make ice cubes with hydration station water to use all the time, mix with other flavors, or add to the intensity of the flavors.







# Peaches and Cream Smoothie



## 7 Ingredients

- 2 cups fresh, frozen, or canned peaches
- ½ ripe banana
- Handful of spinach
- 1-2 cup(s) favorite nondairy milk or cow's milk
- 2 tsp. vanilla extract
- 1-3 Tbsp. maple syrup



## Directions

1. Put all ingredients in a blender
2. Mix until the smoothie is at the desired consistency adding more milk and/or ice if needed

