



Garden Cuisine

5th & 6th Grade

Here at Red Butte Garden, we believe learning is fun and can happen anytime, anywhere. To help continue the fun at home, we've included an outline of the topics we'll study this week at camp as well as a list of additional activities, books, and other resources related to this week's theme. We hope you'll use this to engage with your camper and keep the learning process happening all summer long! Thanks for coming to Summer Camp, and we'll see you soon at the Garden!

CAMP THEME

When it comes to cooking, the Garden can provide inspiration for every part of a meal from appetizers to desserts. Each day this week we will cook a meal that uses fruits, vegetables and herbs that come from the Garden or that you may be able to find in your own home garden or your local farmer's market. Along with the topics below, be sure to ask your camper about what new task they have learned that day.

- **Monday** – Pinwheel Appetizers
- **Tuesday** – Mason Jar Salad
- **Wednesday** – Fruity Drinks
- **Thursday** – Rainbow Pizza Main Course
- **Friday** – Strawberry Cheesecake and S'more Trifle Desserts

ACTIVITY IDEAS

- Make a fruit salad – how many colors of the rainbow can you fit into your salad?
- Make frozen banana animal popsicles
<http://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/banana-animal-pops>
- Explore new recipes and cook dinner for your family!
<http://www.chopchopmag.org/recipes>

ADDITIONAL RESOURCES

- *The Forest Feast for Kids: Colorful Vegetarian Recipes That Are Simple to Make*, Erin Gleeson
- *National Geographic Kids Cookbook: A Year-Round Fun Food Adventure*, Barton Seaver
- *Cooking Class: 57 Fun Recipes Kids Will Love to Make (and Eat!)*, Deanna F. Cook

