



Sprouting Chefs

1st & 2nd 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

Delicious food isn't the only thing growing at Red Butte – we're sprouting young chefs, too! This week we'll discover the edible plants that grow in the Garden, and how to include them in our cooking creations. Each day we'll focus on a different cooking skill, and make a new and delicious homemade snack. Be sure to ask your camper about the following:

- **Monday** – Chopping, Fruits, Vegetables, Pico de Gallo
- **Tuesday** – Freezing, Herbs, Popsicles, Ice Cream
- **Wednesday** – Mixing, Dried Fruit, Seeds, Nuts, Trail Mix
- **Thursday** – Blending, Hummus, Fruit Salsa
- **Friday** – Grilling, Herbs, Tomatoes, Personal Pizza

ACTIVITY IDEAS

- Continue exploring different recipes with your young chef
 - <http://tinyurl.com/KCooking>
- Sign up for a kid's cooking class
 - <http://tinyurl.com/KidsCookClass>
- Grow a pizza garden
 - <http://tinyurl.com/GrowPizzaGarden>
- Have your camper choose one ingredient (fruit, vegetable, or herb) at the grocery store and cook something using it.

ADDITIONAL RESOURCES

- *There's a Chef in My Soup!* by Emeril Legasse
- *Rutabaga the Adventure Chef* by Eric Colassal
- *How Did That Get in My Lunchbox?* by Chris Butterworth

