

# You are the Expert

## GOOD SOURCES OF INFORMATION ON GARDENING

*Western Garden Book*, by the editors of Sunset. Encyclopedia-style book that covers many aspects of gardening and answers basic questions. There are editions for all parts of the country. Often available used.

*The Encyclopedia Of Organic Gardening*, Rodale Press. This is a comprehensive guide formatted like an encyclopedia. Just look up whatever you are interested in, from a particular plant or insect to intensive gardening or compost. Often available at used bookstores.

*Golden Gate Gardening*, by Pam Pierce. This is a complete guide to year-round food gardening in the CA Bay and Coastal areas.

*U.C. Ag and Natural Resources Catalog*, available through the University of California Cooperative Extension office. Check the phone book for the office near you or phone within California (800) 994- 8849 or web site <http://anrcatalog.ucanr.edu>. This is a source to check for the following and more books on gardening.

*The California Garden Web* includes links to basic principles of home gardening, planning your vegetable garden, getting ready to plant, caring for, harvesting and storing your vegetables, as well as herbs. [Cagardenweb.ucanr.edu/vegetables](http://Cagardenweb.ucanr.edu/vegetables)

3386 *Natural Enemies Handbook - The Illustrated Guide to Biological Pest Control*. \$45.00.

21385 *Wildlife Pest Control around Gardens & Home*, 122 pp \$18.00. Identification and control of pests, birds and mammals common in California.

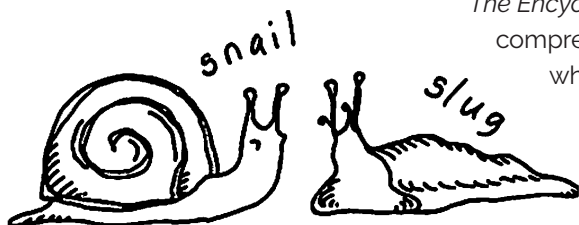
3332 *Pests of the Garden & Small Farm: A Grower's Guide to Using Less Pesticide*, 276 pp \$35.00. Practical, useful techniques to help the home gardener use less toxic pesticides, more biological controls, and other approaches to reduce pests.

8037 *Compost in a Hurry*, free to download.

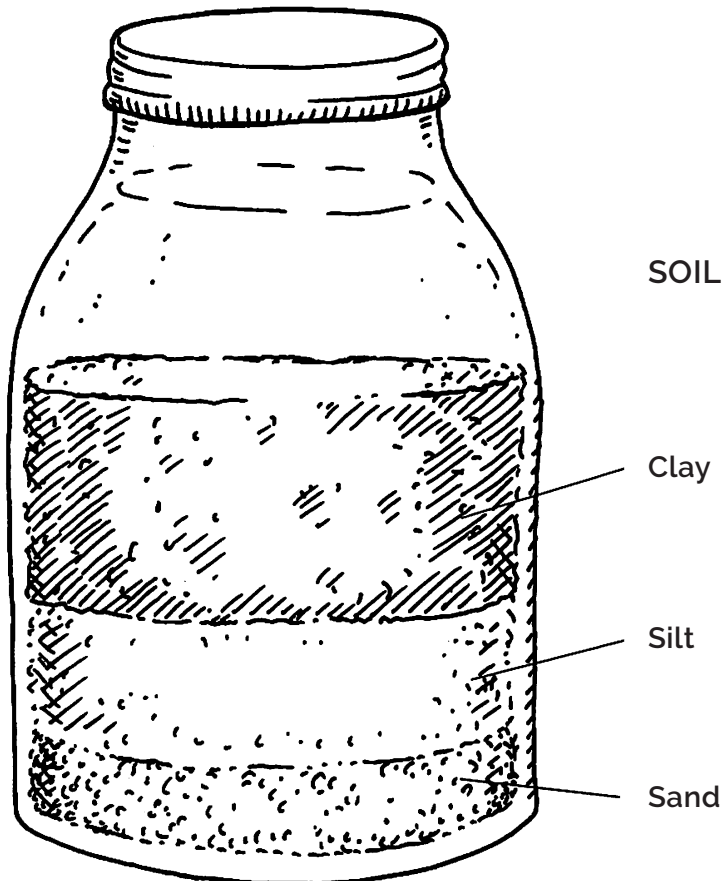
8159 *Growing Tomatoes in the Home Garden*, free to download.

8059 *Vegetable Garden Basics*, free to download.

3382 *California Master Gardener Handbook*, 700pp \$37.00



# Soil



## SOIL LAYERS:

Clay

Silt

Sand

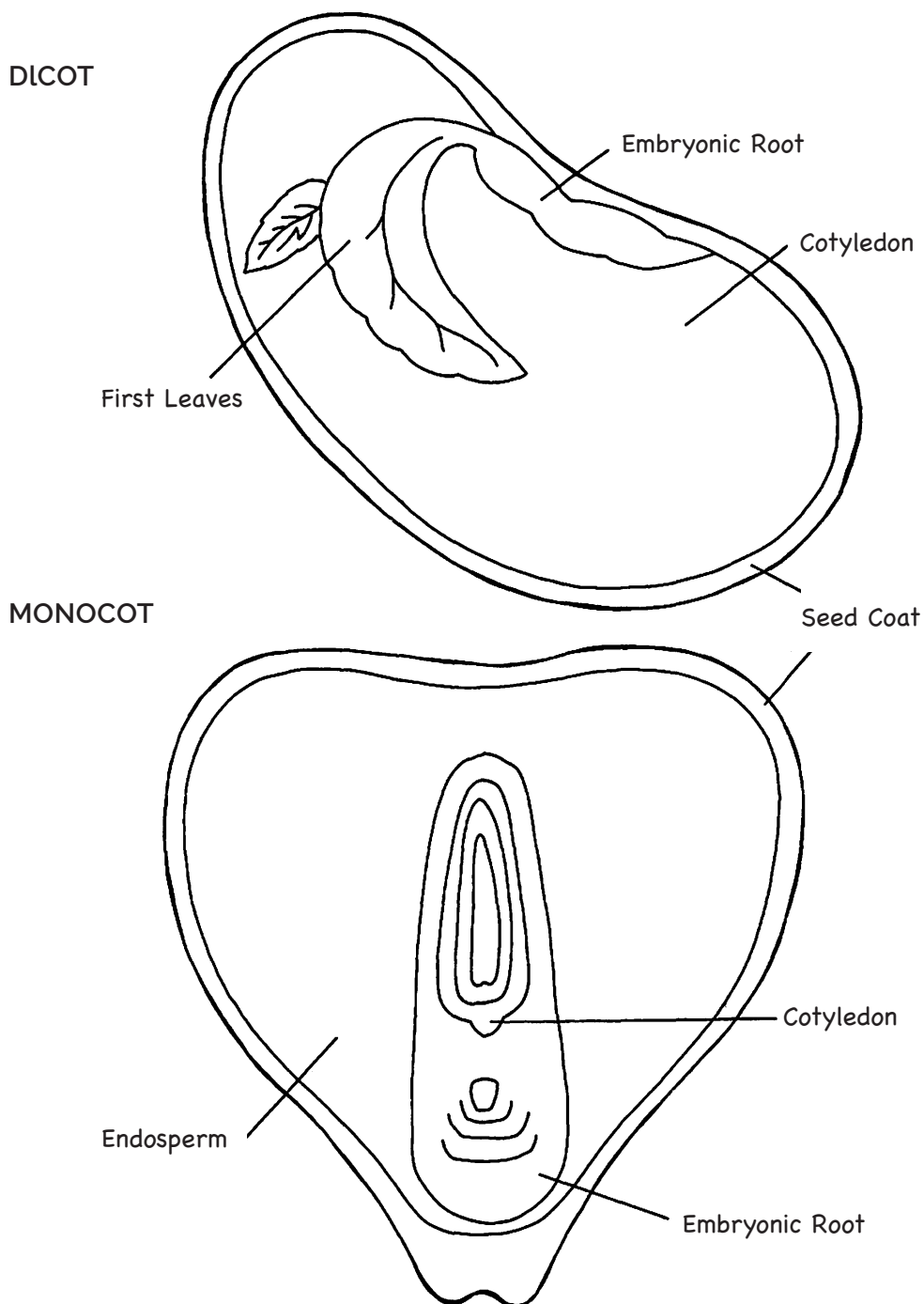
**Silt** and **Clay** have many small pores so water passes through slowly. Water may move through so slowly that parts of the roots temporarily don't get what they need.

**Sand** has many large pores, so water passes through readily. Little is retained for use by plant roots. Because of this, you will need to water and fertilize more often.

It is best for gardening to have soil that is a combination of silt, clay and sand-to allow nutrients, water and air to travel through a combination of large and small pores.

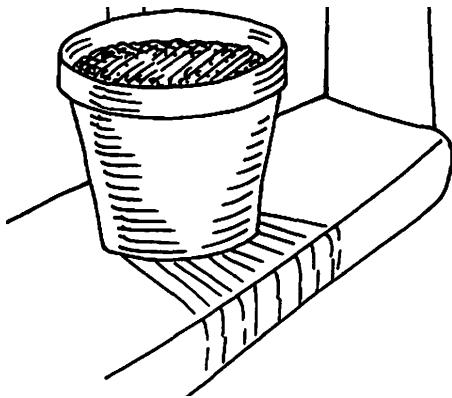
# Seed Magic

## Handout #1

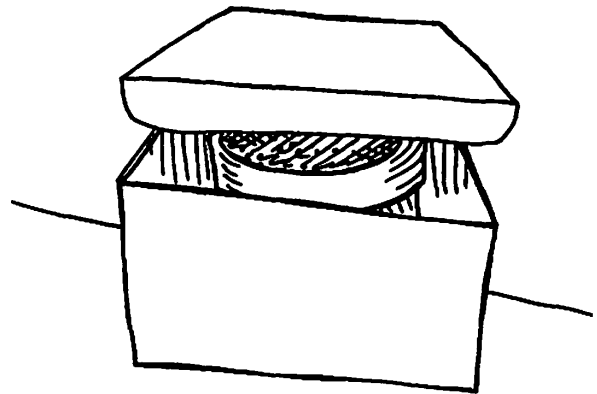


# Seed Magic - Growing Seeds

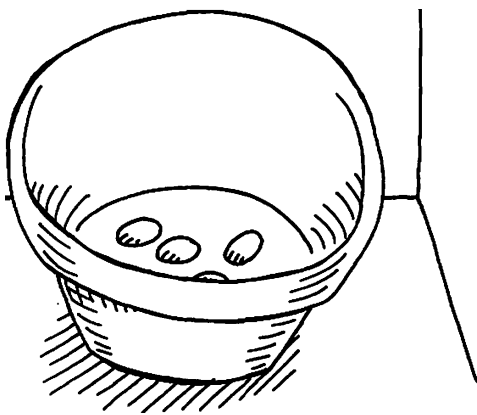
## Handout #2



without WATER



without LIGHT



without SOIL



without WARMTH or LIGHT

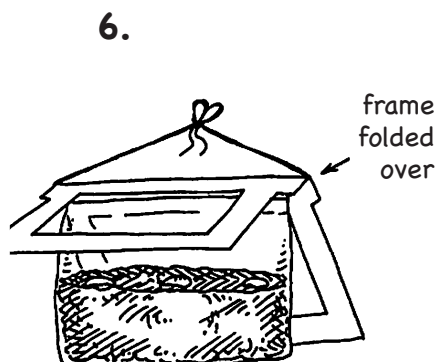
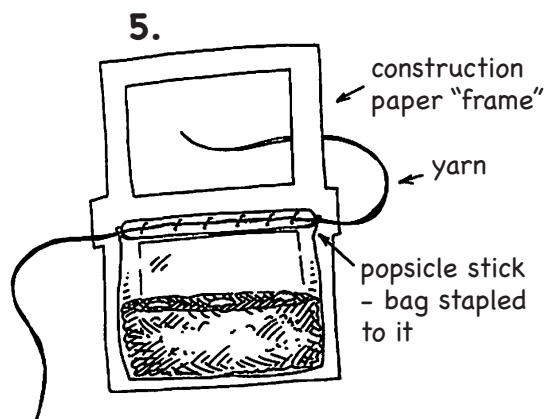
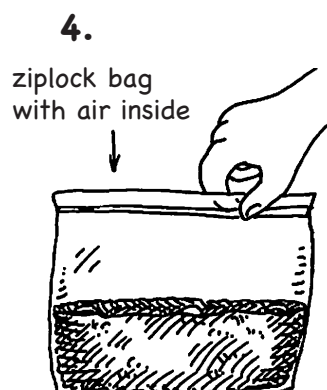
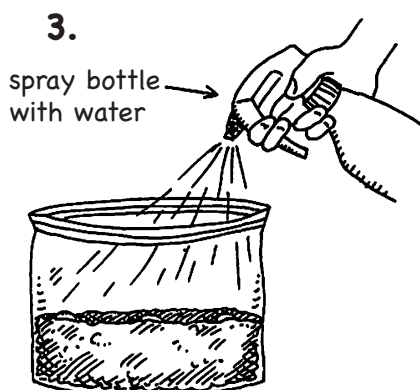
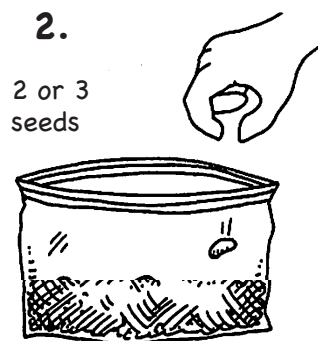
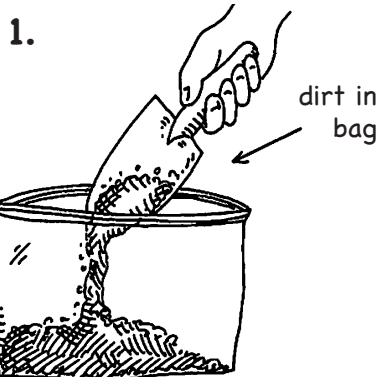
*CREDITS (ideas from) The Growing Classroom by Roberta Jaffe and Gary Appel, Addison Wesley 1990*



# Starting with Seeds

## CONSTRUCTING A ZIPLOCK GREENHOUSE

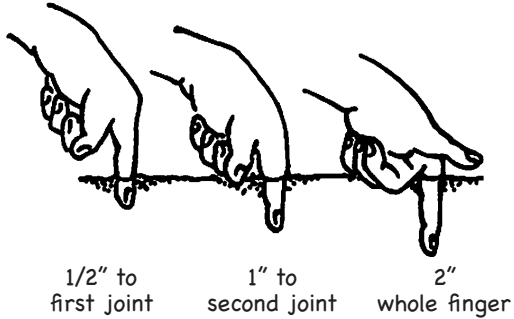
1. Put soil into ziplock bag.
2. Drop 2-3 seeds in, spaced apart.
3. Spray water into bag.
4. Close bag with air in it.
5. Create construction paper frame. Place popsicle stick and yarn at top edge; staple in place.
6. Fold paper house frame over bag.



# Ready, Set, Grow!

## PLANTING:

poke a hole as deep as your seed needs



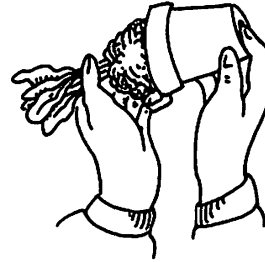
drop the seed in the hole



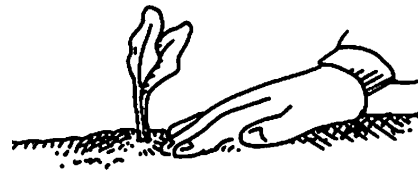
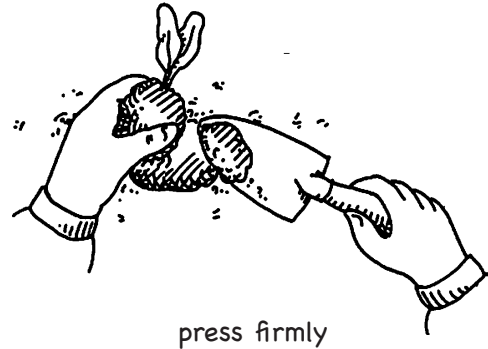
cover with soil and water well

## TRANSPLANTING:

dig hole, then gently remove from pot



place in hole, add soil



water well



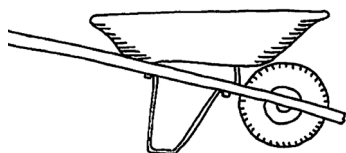
# Cool Tools

## TOOL RULES:

### Wheelbarrow

Do a skit that shows how important this rule is:

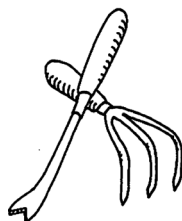
Walk when carrying tools or using the wheel barrow.



### Cultivator

Do a skit that shows how important this rule is:

If the area is crowded wait or move with extra care.



### Hoe and rake

Do a skit that shows how important this rule is:

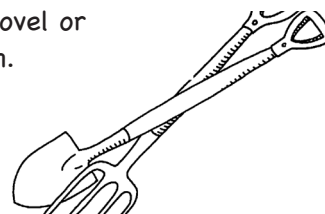
Tools on the ground should have blades and points facing down.



### Shovels and digging forks

Do a skit that shows how important this rule is:

Use digging tools like a shovel or spading fork with shoes on.



### Hoe

Do a skit that shows how important this rule is:

Keep them below shoulder level.



### Trowel, cleaning brush, and oily sand in bucket or tub

Do a skit that shows how important this rule is:

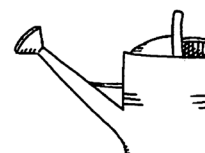
Clean tools before putting them away.



### Hose/Watering Can

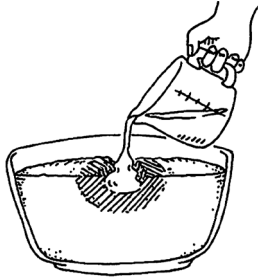
Do a skit that shows how important this rule is:

Make sure the hose is off so water is not wasted. Coil hoses neatly out of the way.



# Wet and Wonderful

## IRRIGATION METHODS:



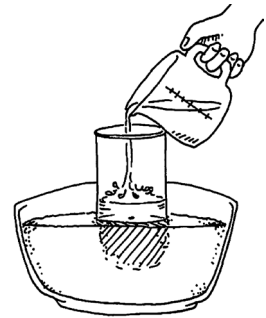
### 1. Furrow Watering

Fill bowl with soil and pack down. Make furrow. Water slowly with 1/2 cup of water. Note how water moves through soil.



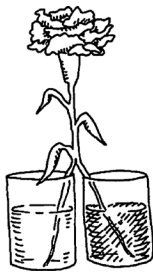
### 2. Spray Bottle Watering

Fill bowl with soil. Pack down. Using the spray can, water with 1/2 cup of water. Note how water moves through soil.



### 3. Drip Can Watering

Fill bowl with soil and pack down. Place can on soil near edge of bowl. Water slowly with 1/2 cup of water. Note how water moves through soil.



Carnation stem split part way with one half in red water and the other in blue water.



Small branch with leaves stuffed into a plastic bag and fastened there with a rubber band or twist tie. This branch is still attached to the plant!

# Edible Flowers

Here is a list of flowers to eat that you can choose from to grow in your garden:

## Savory Herbs:

These are strong, use in small quantities

- basil
- bee balm chamomile chives
- dill
- garlic chives lavender lemon verbena mustard (hot) nasturtium oregano



## Sweetly Floral:

adds a perfume-like sweetness; let some soak in a glass of water and enjoy.

- apple blossom carnation or pink (small varieties, not hothouse ones) day lily
- geranium (pelargonium) honeysuckle
- lemon blossom lilac
- orange blossom petunia
- plum blossom rose
- violet

## Mild Herbs:

More a sweet than pungent flavor, some slightly bitter

- borage
- calendula
- chicory clover
- red dandelion
- elder flower
- hibiscus
- passionflower
- salad burnet
- yarrow

## Mild Floral:

subtle and delicately sweet; add for color and faint flavors

- gladiolus
- hollyhock
- johnny jump up
- pansy
- peony
- poppy (petals only)
- primrose
- sunflower
- squash blossom
- tulip
- viola

# Edible Flowers

## Stuffed Nasturtiums

(Serves 6-8)

### Ingredients:

½ cup ricotta

¼ cup finely chopped walnuts

1 tablespoon cinnamon

### Directions:

1. Mix ingredients together and roll into small balls.
2. Place balls inside nasturtium flowers, top with a Johnny-Jump-up.

Here are some alternate designs to choose from for the take-home flower pots:

- 4 Johnny Jump-ups around edges, 1 calendula and 1 Forget-Me-Not in the center
- 3 purple petunias on boarder, 3 multicolored giant pansies in-between with one scented geranium center.
- 6 apricot and yellow violas planted all around 3 Iceland Poppies.



# Compost

Here are the nutrients you can get from various compostable materials (Don't forget kitchen scraps they are always good for the compost pile);

## Nitrogen:

- manure (bird is best, then horse, then cow)
- grass clippings
- leaves (especially oak)
- alfalfa hay

## Phosphorus:

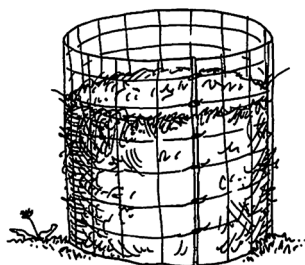
- manure (bird is best, then horse, then cow)
- wood ashes
- wool waste
- hair (from a beauty parlor)

## Potassium:

- wood ashes
- kelp
- alfalfa hay

## Trace minerals:

- just about everything you add will provide some (food scraps – non-meat and non-dairy)
- wood ashes
- leaves

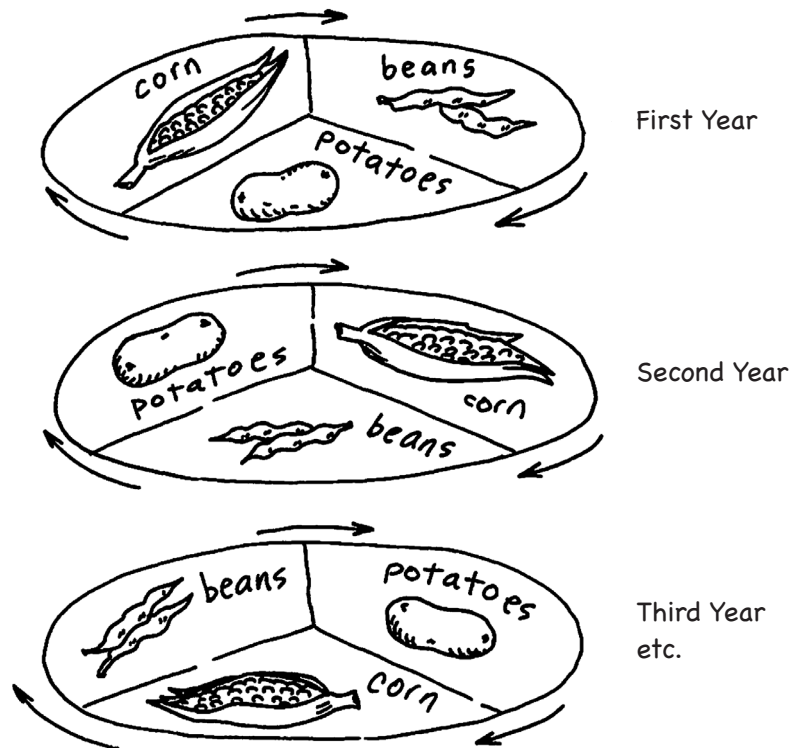


To build a classic compost heap the ingredients are layered into a pile that is then covered over with soil or straw (see illustration). An easy way to compost is to make a cylinder of wire and just toss everything in as you collect it. It's nice to have a pile of leaves or sawdust nearby to sprinkle over the top so you don't have to look at yesterday's leftovers. All compost piles need water, as wet as a rung out sponge is the moisture level you try for. They will decompose quickly if you chop all the ingredients, keep them moist, stir them once a month or so, mound them back up and cover them. As time progresses deep dark rich compost soil will appear ready to be spread on the garden.

This is a brief overview of an interesting topic. Composting is a great gardening activity. There is a lot of information about composting if you check with your U.C. Cooperative Extension office-check this web site, <http://anrcatalog.ucdavis.edu> to download publication 8037, "Compost in a Hurry." Check with a local garden club, nursery or look in the library. Do some research and you can learn a lot more about composting.

# Rotation

CORN | BEAN | POTATO ROTATION:





# Companions

## THE GUIDE TO COMPANION PLANTING

Vegetable	Plant with	Don't Plant with
Beans	potatoes, carrots, cucumbers, cauliflower, cabbage, summer savory, most herbs and veggies	onion, garlic, gladiolas
Beans (pole)	corn, summer savory	onions, beets, kohlrabi, sunflower
Beets	onions, kohlrabi	pole beans
Cabbage Family (cabbage, Cauliflower, kale, kohlrabi, broccoli)	potatoes, celery, dill beets, onions, lavender	strawberries, pole beans, tomatoes
Carrots	peas, leaf lettuce, chives, onions, leek tomatoes	dill
Corn	potatoes, peas, beans, squash	
Cucumbers	beans, corn, peas, radish, sunflowers	potatoes, aromatic herbs
Eggplant	beans	
Leek	onions, carrots, celery	
Lettuce	carrots, radish, strawberries (mix seeds and grow all at once) cucumbers	
Onion/Garlic	beets, strawberries, tomato, lettuce, savory, beans	peas
Peas	carrots, turnips, radishes, cucumbers, corn, beans most herbs and veggies	onions, garlic, potatoes
Potato	beans, corn, cabbage, marigold, horseradish (plant at patch corners)	squash, cucumber, sunflower, tomato, raspberry
Radish	peas, nasturtium, lettuce cucumbers	
Spinach	strawberries	
Squash (pumpkins)	nasturtium, corn	
Strawberry	bush beans	
Sunflower	cucumbers	
Tomatoes	chives, onion, parsley, nasturtiums, carrots, limas, marigold	kohlrabi, potato, cabbage, fennel
Turnip	peas	

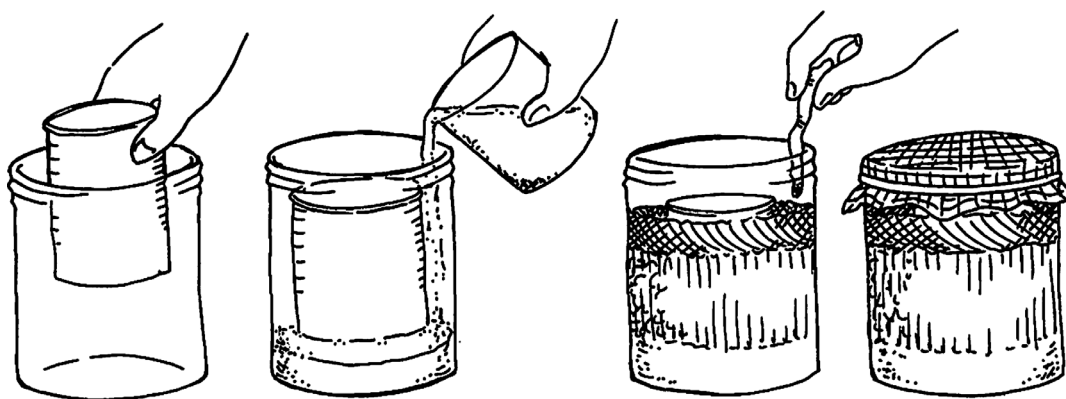
*Adapted from The Growing Classroom, Addison Wesley, 1990*

# Worms

## Handout #1

### HOW TO BUILD A WORM HOTEL

1. Place can open end down in center of jar. (The can will encourage the worms to stay out at the edges of the jar where you can see them.)
2. Place a 1-2 inch layer of sand in the jar, keep can in the center of jar.
3. Next make a layer of garden soil deep enough so the jar is  $\frac{2}{3}$  full. Be sure can doesn't move. LIGHTLY pack soil so it fills the container. You don't want it packed tightly!
4. Fill jar up with potting soil, pack lightly. Leave 1-2 inches of jar empty. Draw a picture of your "hotel" on your handout showing the layers of sand, garden soil and potting soil.
5. Make a SNUG fitting black cover for the hotel. Hold it with tape.
6. Dampen the soil thoroughly. Be sure it's not soggy.
7. Make small mounds of different worm foods on the surface around the edges.
8. Gently place the worms on the potting soil. Leave the jar covered for a week before looking in on the hotel guests.



# Worms

## Handout #2

### DRAWING & WRITING ALL ABOUT WORMS

1. What color are your worms? \_\_\_\_\_  
\_\_\_\_\_
2. Do they look like your drawing? \_\_\_\_\_  
\_\_\_\_\_
3. Make another drawing.
4. Do you see the lighter color wide band where the baby worm eggs come from? \_\_\_\_\_
5. Draw your worm hotel:
6. How might it look next week? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Worms

*Handout, continued*

7. Draw the hotel again:

8. What differences do you see? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. Did they eat all their food? Did they like one food better than another? \_\_\_\_\_

\_\_\_\_\_

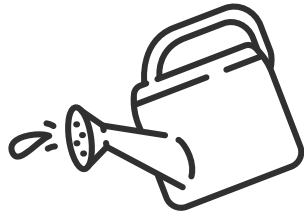
\_\_\_\_\_

10. Why do you think worms would be good to have in the garden? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Gardening Workout

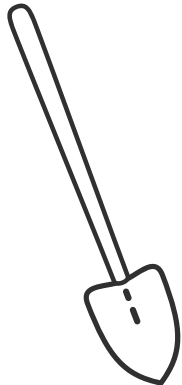


## Watering Plants

Body Parts using:

Hands

Arms



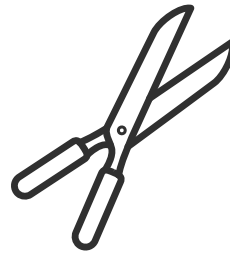
## Shoveling

Body Parts using:

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## Trimming Plants

Body Parts using:

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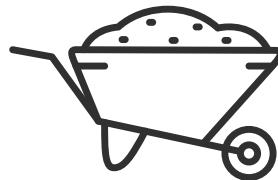
## Raking Leaves

Body Parts using:

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## Pushing a Wheelbarrow

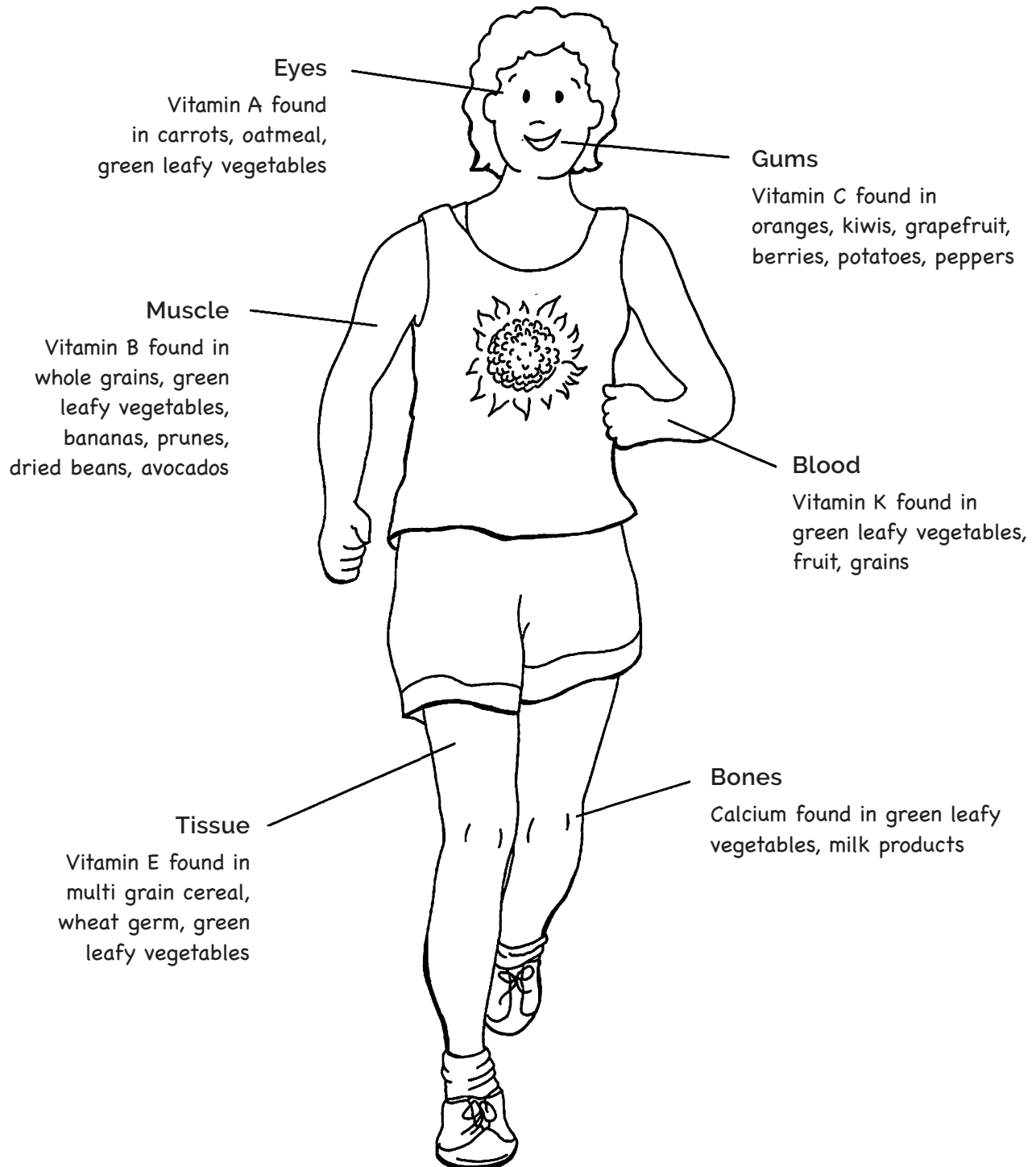
Body Parts using:

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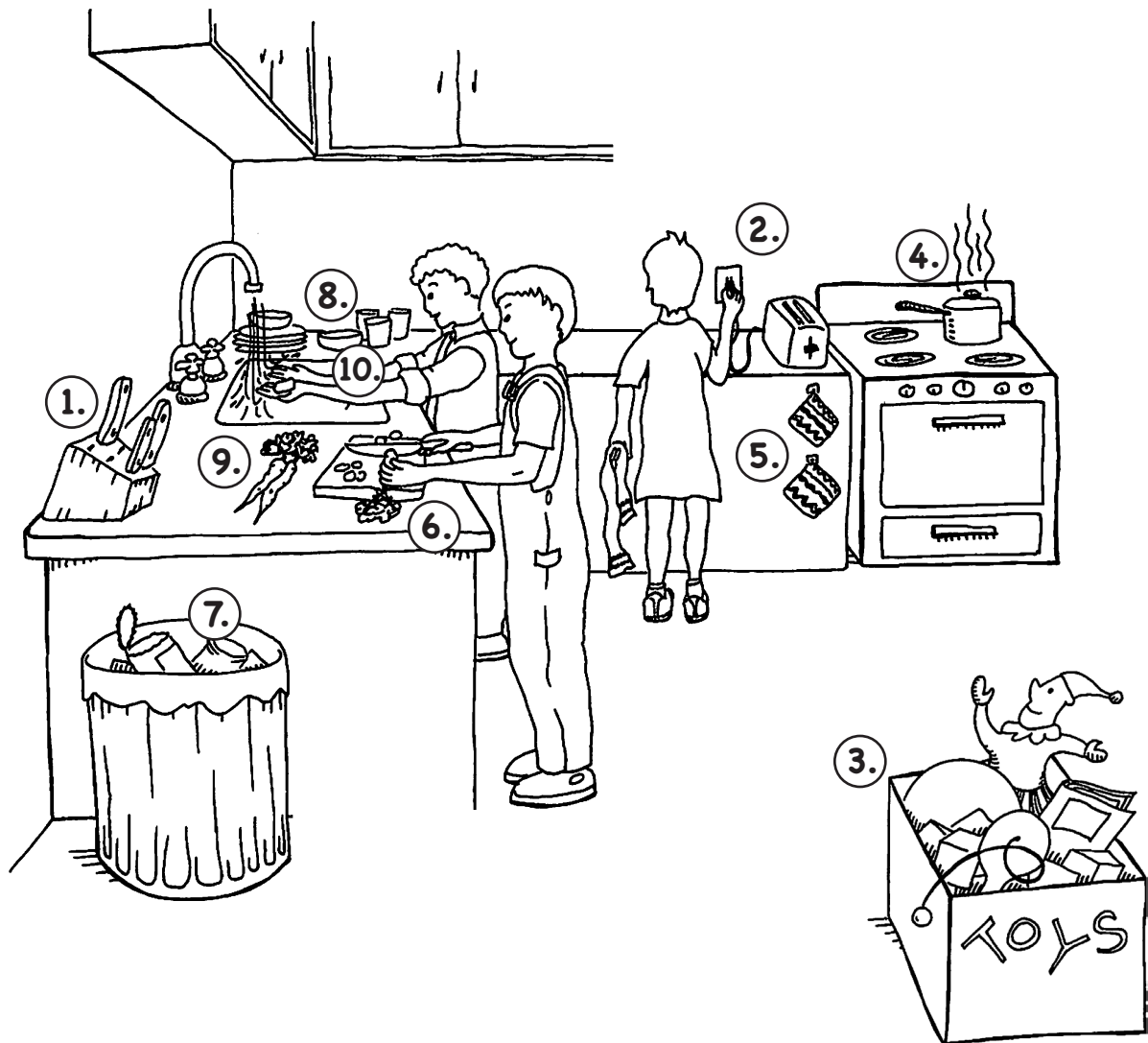
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# Vitamin Values



# Safe and Clean



## Safe Kitchen Key

- |   |  |
|---|--|
| 1. Knives in Butcher Block  | 6. Someone Cutting Properly at Cutting Board |
| 2. Someone who has Dried their Hands, with Towel, Plugging in Toaster | 7. Open Can Lid in Trash                     |
| 3. Toys Stacked Neatly to One Side                                    | 8. Dirty Dishes Stacked Safely (Not Tall)    |
| 4. Pan on Stove with Handle Turned In                                 | 9. Clean, Organized Counter Top              |
| 5. Pot Holders Hanging Away from Burners                              | 10. Someone Washing Hands with Soap          |

# Eat Your Plants

## Leaf

Uses sunlight and chlorophyll to convert  $\text{CO}_2$  and water to sugar; gives off water to regulate temperatures; gives off  $\text{O}_2$ ; some can produce new plants.

## Stem

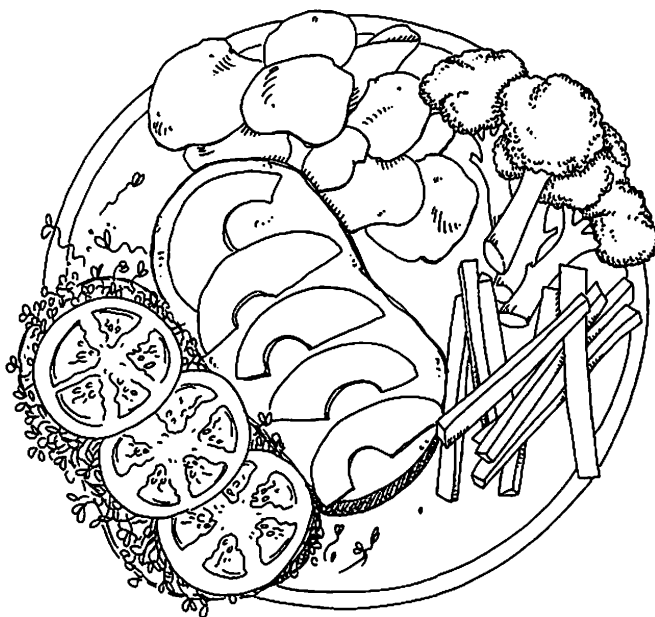
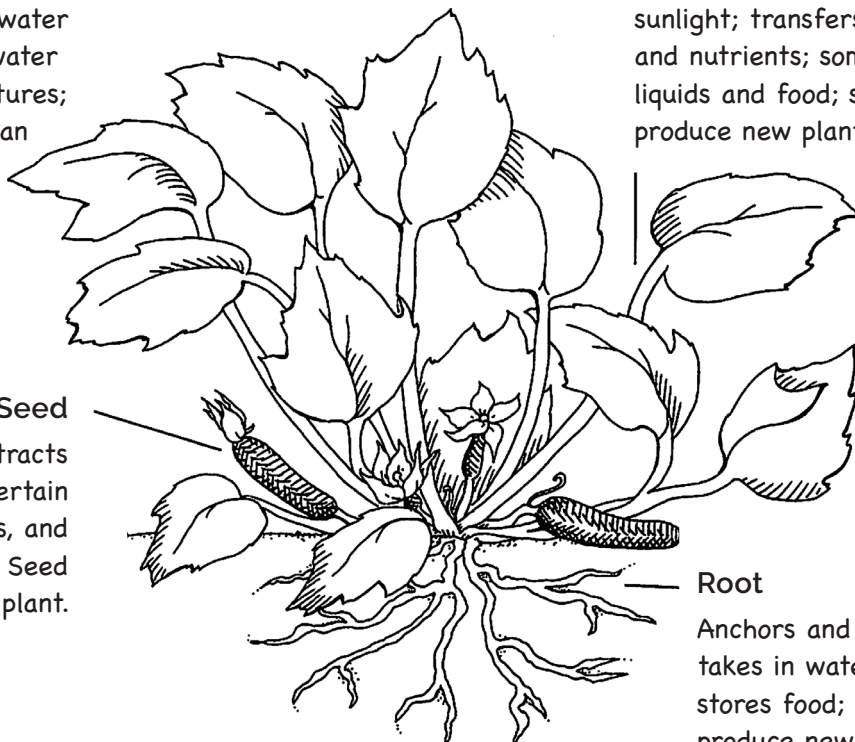
Supports leaves to get sunlight; transfers water and nutrients; some store liquids and food; some can produce new plants.

## Flower/Fruit/Seed

Produces seed; attracts and feeds certain birds, insects, and other pollinators. Seed produces new plant.

## Root

Anchors and supports plant; takes in water and nutrients; stores food; some can produce new plants.



## Plant Parts Meal:

avocado sandwich with sprouts and tomato  
baked potato chips  
carrot sticks  
broccoli flowerets



# Fabulous Fruits

## Fruit Salad

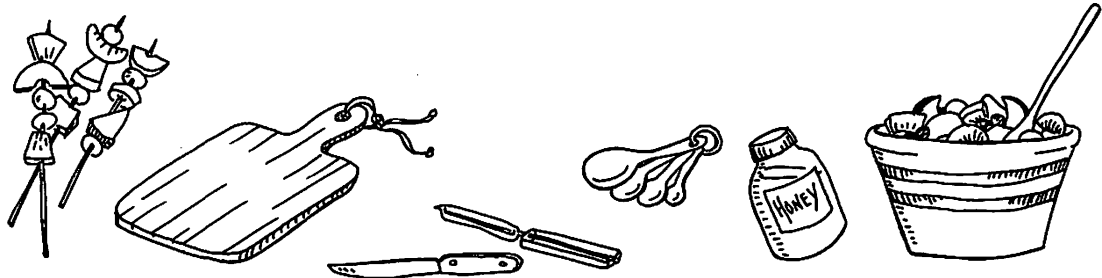
(about 10 small servings)

### Ingredients:

3 apples  
2 bananas  
2 oranges  
1-2 cups other fruits in season  
(such as: apples, pears, bananas,  
grapes, melons, pineapple,  
nectarines, strawberries, kiwis,  
oranges or tangelos)  
honey

### Directions:

1. Wash and dry all the fruit. Peel and core as needed. Cut into small pieces. Put all the fruit in a bowl and sprinkle with lemon juice. This keeps them from turning brown. (The brown is not bad for you – it just isn't pretty.)
2. Mix some juice from the bowl with a tablespoon of honey and stir it into the fruit.
3. *Optional:* Add three tablespoons of plain or flavored yogurt; sprinkle on some chopped almonds, raisins and/or coconut



## Fruit Kabobs

### Ingredients:

Assorted fruits in season (such as:  
apples, pears, bananas, grapes,  
melons, pineapple, nectarines,  
strawberries, kiwis, oranges or  
tangelos)  
Lemon juice

### Directions:

1. Wash and dry all the fruit; peel those that need peeling; cut rinds from melon. Core apples and pears, pit nectarines.
2. Using a cutting board, cut fruit into bite-sized chunks. Be sure the pieces are large enough so they don't fall apart.
3. Put all pieces in a bowl and toss with a bit of lemon juice. This keeps them from turning brown. (The brown is not bad for you - it just isn't pretty.)
4. Place chunks on the skewer sticks and arrange on a serving plate. Make enough for twice the number of your total group.

# Ravenous for Roots

## Group 1

### Finger Salad

#### Materials:

knife, cutting board, serving tray

#### Ingredients:

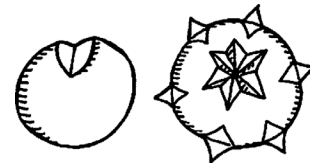
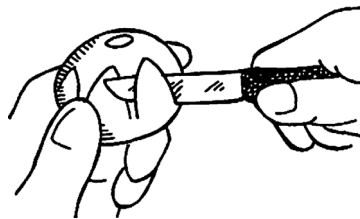
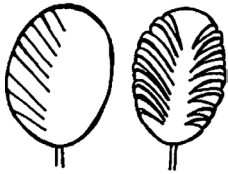
1 turnip

3 medium carrots

1 bunch of radishes

#### Directions:

1. Scrub turnips.
2. Peel skins off turnips. Slice them into "match sticks."
3. Scrub carrots, slice into bite size sticks.
4. Cut tops off of radishes, scrub and cut or serve whole.



## Group 2

### Mashed Potatoes

#### Materials:

hot plate, knife, masher, pot, bowl, serving spoon, cutting board, cup or mug

#### Ingredients:

4 large potatoes

water

salt, pepper and margarine to season

#### Directions:

1. Chop up potatoes, put in large pot.
2. Cover with water and boil until tender.
3. Pour water off, saving about 1 cup of it. Mash with a masher or fork.
4. Add back enough liquid to make a smooth, creamy texture.
5. Season with margarine, salt and pepper as desired.



# Ravenous for Roots

## Group 3

### Sauteed Parsnips

#### Materials:

Electric fry pan, knife and cutting board, cooking spoon/serving spoon, measuring cup and spoons

#### Ingredients:

3 medium parsnips  
1 medium onion  
4 Tbs olive oil or margarine  
2 Tbs soy sauce  
 $\frac{1}{3}$  cup water

#### Directions:

1. Scrub parsnips; slice into  $\frac{1}{4}$  inch rounds
2. Chop onion fine.
3. On medium heat, saute parsnips and onion in olive oil.
4. When onion is clear, add water and soy sauce.
5. Cover and let simmer on low heat until parsnips are tender.



## Group 4

### Baked Sweet Potatoes

#### Materials:

microwave, knife, cutting board, plate to serve from

#### Ingredients:

sweet potatoes  
margarine  
salt and pepper for garnish

#### Directions:

1. Scrub potato clean. Cut off  $\frac{1}{2}$  inch from ends
2. Bake or microwave until tender.
3. Cut into small serving sizes. Eat like a baked potato.
4. Season with margarine, salt and pepper as desired.



## Group 5

### Yams with Apple

#### Materials:

microwave, knife, cutting board, covered casserole, measuring cup and spoons, plates

#### Ingredients

2 medium yams  
2 large green apples  
 $\frac{1}{2}$  cup brown sugar  
3 Tbs margarine

#### Directions:

1. Scrub 2 medium yams; slice into  $\frac{1}{4}$  inch rounds.
2. Wash, core and slice two large green apples.
3. In a covered microwave or oven-safe casserole: Layer yam rounds, cover with apple slices, sprinkle on 1 Tbs brown sugar and dot with margarine.
4. Repeat until all yams and apples are used or you pan is full.
5. Microwave on high for 5 minutes at a time. Turn dish, check for doneness (done when tender all the way through.)

# Sumptuous Seeds



**Almonds**

Some people make nut butter from me. I have lots of calcium so I'm good for bones and teeth. You can buy me roasted, slivered and blanched.



**Sesame Seeds**

I'm made into oil and used to season foods. You can get me at McDonald's. A lot of vegetarians make sure they eat me so they will get protein and calcium.



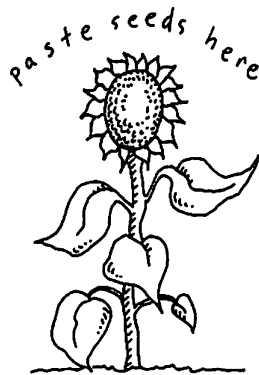
**Pumpkin Seeds**

I'm often eaten around Halloween time. I've got lots of calcium in me. You can roast and eat me sometime!



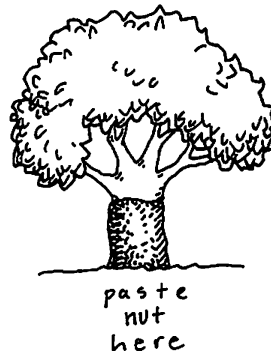
**Filbert**

You can call me Hazel. I grow on trees that sometimes look like bushes! Sometimes I'm ground up and used to flavor coffee.



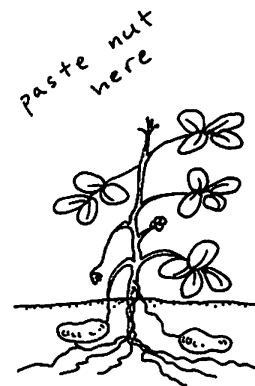
**Sunflower Seeds**

I'm very nutritious. My plant has a sunny outlook on the world. Birds like me as much as people.



**Walnuts**

There are lots of my kind of tree growing on roadsides. Some might call me a builders - nut. I am the most commonly used nut for baking.

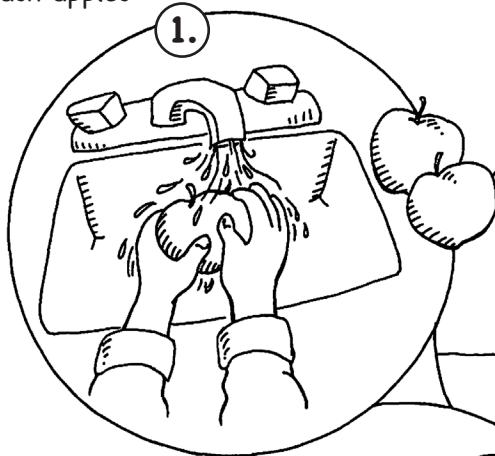


**Peanuts**

I grow underground. I love baseball. I'm good spread on celery.

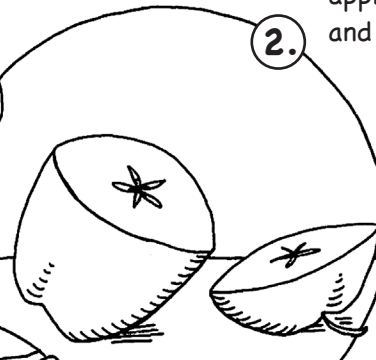
# Apples - Walking Apple Feast

Wash apples



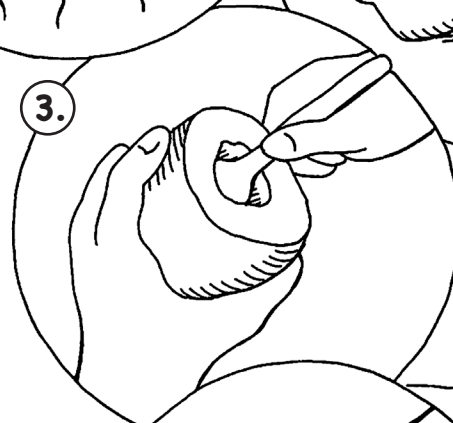
1.

Cut top 1/3 off of apple. Save top and bottom.



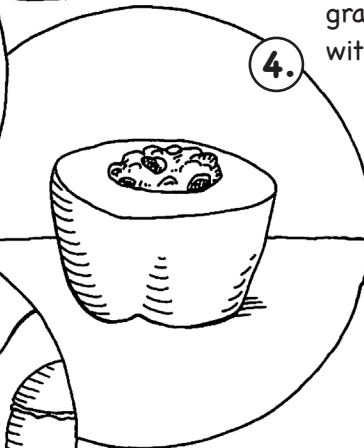
2.

Hollow out the core.



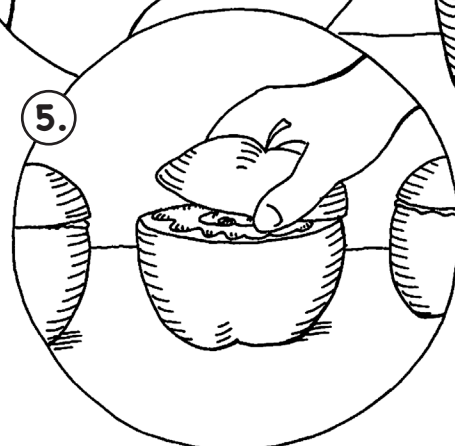
3.

Moosh some peanut butter with raisins and sunflower seeds or granola. Fill the hole with this mixture.



4.

Glue apple top back on with more peanut butter. You can prepare these then store them in a plastic bag for a hiking trip sometime.



5.

# Wonderful World of Wheat

## Honey Wheat Bag Bread

*A very easy option is to use instant soup mixes that have a variety of noodles, grains and seeds in them. Boil water, add mix, and enjoy! Be sure to discuss what ingredients came from wheat and other grains.*

**WASH HANDS FIRST! THESE FIRST TWO HAVE EVERYONE HANDLING THE FOOD.**

### Materials (per group of 4):

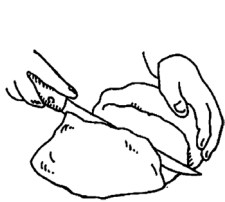
1 two-gallon heavy freezer bag  
Measuring cup  
Tablespoon  
4 Small aluminum loaf pans  
Clean surface to knead on  
Towel or plastic wrap

### Ingredients:

4 cups All-purpose flour  
3  $\frac{3}{4}$  cups Whole wheat flour  
2 pkg Active dry yeast  
2  $\frac{1}{2}$  cups Warm water (105° - 115°F)  
 $\frac{1}{4}$  cup Honey  
 $\frac{1}{4}$  cup Nonfat dry milk  
3 Tbs Oil  
1 Tbs Salt

### DIRECTIONS:

1. Put these into the plastic bag: 1 cup all-purpose flour, 1 cup warm water, 2 pkgs yeast, 2 tablespoons honey.
2. Seal the bag with as little air inside as possible. Lay it on a table and take turns mixing the ingredients together with fingers.
3. When completely mixed let rest 15 minutes.
4. Add the rest of the water, honey, dry milk, salt and just 2 Tbs oil (1 Tbs oil is for greasing the pans).
5. Work this together in the bag taking turns as before.
6. Gradually add all of the whole wheat flour. Add all-purpose flour until the mixture is stiff and pulls away from the bag. Turn dough out on a floured surface, divide into two balls and continue to knead for 5 minutes. Add more flour if necessary.
7. Cover with plastic or damp towel and let rest 10 minutes.
8. Separate into four equal pieces and shape into a loaf shape (see illustration). Place loaf seam-side down in greased pan. It should rest for about 30 minutes. If the loaf falls before it can be baked, it can be kneaded and shaped again – allow to rise until doubled, then cook.
9. If you have time and an oven, bake the loaves for everyone to take home.
10. Bake 30-35 minutes in a 375° F oven.



# Wonderful World of Wheat

## Navajo Fry Bread

### Materials:

bowl, spoon, measuring spoons,  
and measuring cup  
electric fry pan or stove access  
plate  
2 paper towels butter knife

### Ingredients:

1 cup flour  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  cup lukewarm water  
8 Tbs margarine for frying  
honey or jam for spreading on  
finished bread

### Directions:

1. Combine dry ingredients and mix well.
2. Add the water and mix well.
3. Knead the dough, pushing with the heel of your hand. Dust with flour if it's too sticky.
4. Make little golf balls of dough and pat until it's  $\frac{1}{4}$ " thick.
5. Cook in hot margarine (hot, but not smoking). Fry until brown; drain on paper towels.

## Simple Noodle Smorgasbord

### Materials:

a pot  
a hot plate or electric fry pan  
colander  
measuring spoon  
stirring spoon  
plates, forks and napkins  
can opener\* (optional)

### Ingredients:

4 - 6 cups water  
 $\frac{1}{4}$  tsp salt  
2 cups pasta, any kind

### Directions:

1. Get water with salt boiling, add pasta and cook until just done (read the package and don't overcook!). Drain the noodles and toss with your choice of toppings:

### Simple Garlic Pasta

4 tablespoons butter and 1 teaspoon garlic granules

### Clams And Pasta

4 tablespoons butter, small can chopped clams,\* 1 teaspoon garlic granules

### Macaroni And Cheese

$\frac{1}{2}$  cup cream, 1 cup shredded cheese (cheddar, romano and/or parmesan)

### Lemon Spice Pasta

4 tablespoons butter,  $\frac{1}{2}$  teaspoon nutmeg, 1 tablespoon lemon juice

# Greens Galore

## Kale with Coconut Milk

(Kenya, Uganda)

### Ingredients:

$\frac{3}{4}$  cup Water  
1 lb Fresh kale, cleaned  
and chopped  
1 medium Onion  
3 large Tomatoes  
1 cup Canned coconut milk  
salt

### Directions:

1. Wash kale, trim/tear off bruised spots.
2. Simmer kale in  $\frac{3}{4}$  cup water 4-5 minutes.
3. Add onions, tomatoes, milk, and salt. Stir well.  
Cook uncovered 20 minutes. Serve hot.

## Spinach Stew

(Central African Republic)

### Ingredients:

2 small Onions, chopped fine  
2 Tbs Oil  
2 Tomatoes, chopped  
1 Green bell pepper  
2 lbs Fresh spinach (or two  
packages frozen spinach)  
1 tsp Salt  
 $\frac{1}{4}$  tsp Cayenne pepper  
4 Tbs Peanut butter

### Directions:

1. Cook onions until golden in 2 Tbs oil.
2. Stir in tomato and green pepper. Simmer 5 minutes.
3. Thin peanut butter with 2 Tbs warm water.
4. Add all other ingredients. Cook for 10-15 minutes. Add water if necessary  
to prevent scorching and sticking.

(This is traditionally served over rice or other cooked grain.)

*Recipes adapted from:*

Cooking the African Way by Constance Nabwire and Bertha Vining Montgomery, *Lerner Publications*, 1988.

Recipes: African Cooking, *Time Life Books*, 1970.

African News Cookbook African Cooking for Western Kitchens, Ed. Tami Hultman, *African New Service Inc.*, 1985.



# Greens Galore

## Okra and Greens

(Gabon)

### Ingredients:

- 1 small Onion, chopped fine
- 2 Tbs Oil
- 1 lb Shredded collards  
(or turnip greens)
- 16 Okra
- ½ cup Pine nuts
- ½ tsp Cayenne pepper

### Directions:

1. Clean and chop greens.
2. Saute onions until golden in 2 Tbs oil.
3. Add remaining ingredients plus about ¼ cup water.
4. Simmer until nuts and greens are tender, about 20 minutes.

## Red Cabbage with Apples

(South Africa)

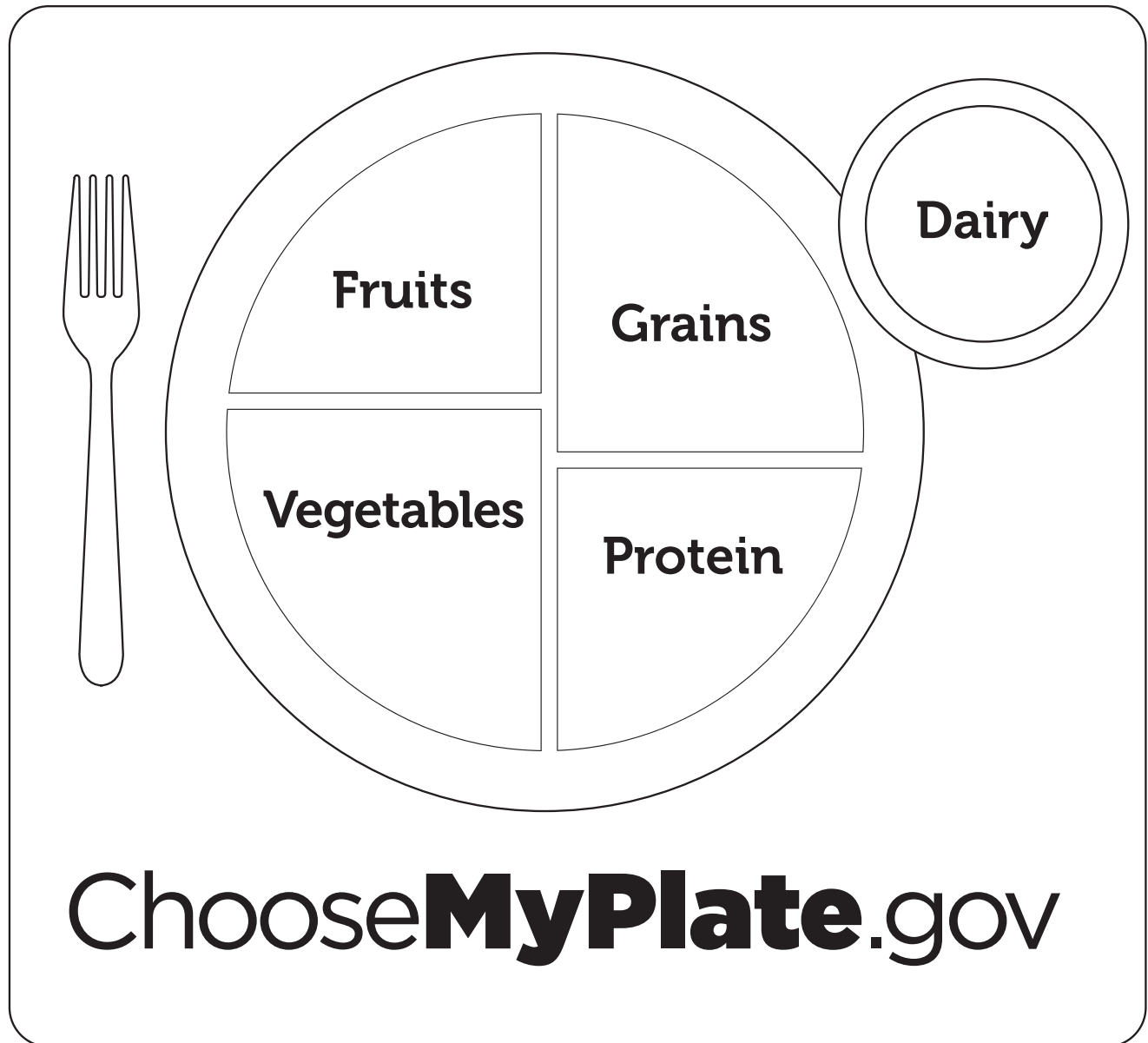
### Ingredients:

- 2 lb Red Cabbage, cored and  
shredded thin
- 1 Large Onion, chopped
- ¼ cup Oil
- 2 Tbs Sugar
- ½ cup Water
- 2 Tart Green Apples, cored and  
cut into ¼ inch slices
- ½ tsp Nutmeg
- 1 ½ tsp Salt Dash of Pepper
- 2 Tbs (malt) Vinegar

### Directions:

1. Pare, clean and chop onion, apple and cabbage.
  2. Saute onion in oil until golden.
  3. Add all other ingredients except vinegar, cover and simmer until  
cabbage is cooked.
  4. Add vinegar and cook for a minute or two. Serve hot.
- (Traditionally cooked with bacon and bacon drippings, this recipe is  
altered for TWIGS group use.)

# MyPlate, My Colorful Plate



# Sippin' Soda

## Lemonade

### Ingredients:

- 1 cup fresh squeezed lemon juice
- 2 quarts water
- 2 ½ Tbs honey

### Directions:

1. Mix honey and water, stir until dissolved.
2. Squeeze the lemons to make 1 cup of juice, add and stir.

## Sangria

### Ingredients:

- 1 quart grape juice
- Juice of 2 oranges
- Juice of 1 lemon
- 1 orange, washed then sliced thin
- ½ lemon washed then sliced thin
- 1 quart carbonated water  
(club soda, mineral water)

### Directions:

1. Mix all ingredients and chill.

## Orange Chiller

### Ingredients:

- 1 cup nonfat dry milk powder
- 2 cups water
- 1 cup ice
- 1 cup water
- 1 (6 ounce) can of frozen orange juice concentrate
- 1 Tbs sugar

### Directions:

1. Mix together well. Should be stirred before serving.

## Tropical Smoothie

### Ingredients:

- 6 Bananas
- 3 cups Plain Yogurt
- 3 cups Orange or Pineapple Juice
- 10 Ice Cubes
- 1 ½ cup Water
- 2 Tbs Sugar
- 1 ½ cup Fruit (your choice)

### Directions:

1. Blend all ingredients together in a blender. You will have to do a couple batches to get it all blended.

## Liquado Drinks

### Ingredients:

- Choose one:
- ½ watermelon seeded and cut off rind
- 1 cantaloupe
- 2 baskets strawberries
- ½ pineapple

### Directions:

1. Blend in blender with 2 cups of water.
  2. Strain then and add to 1 quart water. Serve chilled or over ice.
- (You don't have to strain it, if you don't it's even better for you because you get the fiber.)

# Staying Fit with Fiber

## Some Fiber-Full Nibbles:

Carrots, green pepper, broccoli, tomato, cauliflower, turnip, celery, cucumber, zucchini, jicama, green beans, radishes.

## Dip, Dip, Dip those Veggies

### REFRIED BEAN DIP

1. Mix about  $\frac{1}{4}$  cup cooked or canned pinto beans with  $\frac{1}{2}$  teaspoon chili powder.
2. Mash with fork until very soft. If needed, add a little water.

### CHEESE 'N CHIVES DIP

1. Mix  $\frac{1}{2}$  cup cottage cheese with 1 tablespoon finely chopped chives, thin with 1-2 tablespoons buttermilk and put through the blender.

### VEGGIE GARDEN DIP

1. Mix together 1 cup nonfat plain yogurt,  $\frac{1}{4}$  cup light mayonnaise,  $\frac{1}{4}$  cup finely chopped radishes,  $\frac{1}{4}$  cup finely chopped green onion.
2. Add a dash of garlic powder and dried parsley.
3. Chill for one hour.

### YOGURT CURRY DIP

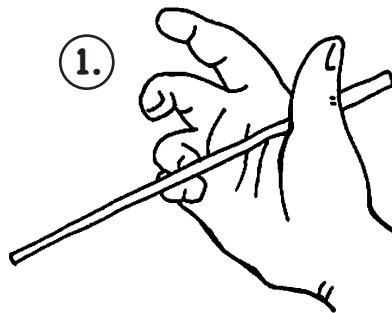
1. Mix  $\frac{1}{4}$  cup yogurt with  $\frac{1}{2}$  teaspoon of curry powder.

# Stir Fry Fun - Using Chopsticks

Think of chopsticks as tongs. One always stays still and the other one moves. Try different ways. Find the one that's easiest for you.

## HOW TO USE CHOPSTICKS:

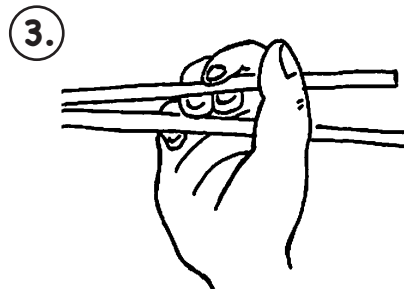
Put one chopstick between your thumb and first finger. Hold it steady with your third and fourth fingers. This chopstick will always stay still.



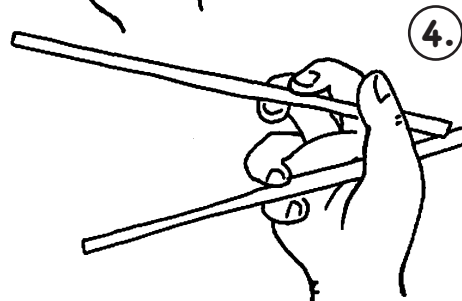
Hold the other chop stick between the tip of your thumb and the ends of your first two fingers. This is the chopstick that moves up and down.



Hold the lower stick steady while you move the upper one. Don't hold the sticks too tightly; a little pressure will do.



Now try to pick up a piece of food using the tips of your chopsticks. It's fun!



# Stir Fry Fun

## Stir Fry Meal

### Ingredients:

- 1 Tbs Cornstarch
- ½ tsp Ground ginger
- ⅛ tsp Garlic powder
- 1 tsp Soy sauce
- ⅓ cup Water
- 2 Tbs Oil
- ⅓ cup Carrots, sliced thin
- ⅔ cup celery, sliced thin
- 2 cups broccoli, separated into flowerets, stems cut thin
- ⅓ cup onions, cut thin
- 1 cup bean sprouts

### Directions:

1. Mix the cornstarch, ginger, garlic powder, soy sauce and water in a cup and set aside.
2. Clean and cut the veggies. They should be sliced thin and about equal sizes. Be sure they are dry so the oil won't splatter.
3. Heat the frying pan on high. Add oil.
4. When the oil smells hot, add the clean, dry carrots, onions and celery
5. Cook one minute, stirring constantly.
6. Add the broccoli, cook for two minutes. Keep stirring!
7. Add the liquid mixture and cook until bubbly.
8. Add the sprouts and put the lid on the pan. Cook for 2 more minutes.
9. CAREFULLY open lid (keeping face away from steam) serve and EAT! Try using chopsticks.