Family Fun Workshop #3
Garden Delights

Goal

Using Motivational Interviewing (MI, see link below) participants will be encouraged to garden indoors or outdoors to increase fruit and vegetable consumption. Depending on where the workshop takes place, participants will have the opportunity to harvest produce to contribute to a communal salad OR plant a green onion to start scrap gardening. Participants will gain some knowledge of scrap gardening and vegetable seasonality.

Objectives

Participants will

- Discuss the importance of eating fruits/vegetables.
- Review MyPlate.
- Discover ways to eat more fruits and vegetables at home.
- Understand produce seasonality.
- Prepare a seasonal salad.
- Understand the benefits of gardening and involving children in the process.

Key Talking Points

- MyPlate is a tool that may be helpful in increasing consumption of fruits and vegetables.
- Children may be more curious about trying a new fruit or vegetable if they garden.
- Involving children in produce preparation (washing/chopping/mixing) will make it more likely for them to try fruits and vegetables.
- The goal is to eat 5 or more servings of fruit and vegetables per day.
- Introducing fruits and vegetables in different ways and adding them to favorite recipes helps children eat more fruits and vegetables.

Materials

- MyPlate Poster (link below)

SNAP-Ed
Division of Food & Energy Assistance
This material was funded by USDA's Supplemental Nutrition Assistance Program SNAP.
This institution is an equal opportunity provider.

- Family Fun Ed Flyer #3
- Colorado Produce Calendar
- Recipe materials
    - Head of romaine
    - Green onions
    - Cherry tomatoes
    - Yellow pepper
    - Dressing
        - Olive oil
        - Large lemon zested and juiced
        - Cup of Greek yogurt
        - Salt and pepper (optional to taste)
- No Garden on Site Materials
    - 4-oz cups
    - Soil
    - Green onion for scrap gardening
- Nutrition education reinforcement item (NERI) - optional

Introduction

- Parents sign in as they arrive.
- Introduce yourself. Tell participants what you are going to do/cover during the workshop.
- Ask participants to introduce themselves. Use an icebreaker activity. Example: Share a vegetable or fruit they would like to grow one day.

MyPlate Discussion

- Introduce MyPlate utilizing the MyPlate poster and facilitate a discussion about the visual representation. Ask, “What do you notice about this picture?” “What is surprising?” “Do we tend to eat like this?”
- Explain that the MyPlate tool encourages people to include fruits and vegetables on at least half their plates.
- Encourage participants to consider barriers or challenges to eating more fruit and vegetables with their meals.
- Explain to participants that the goal of MyPlate is not to take away their favorite foods but to add more nutrition to the foods they like. “Small changes can make a big difference.”

Colorado Produce Discussion

- Using MI, guide a discussion about Colorado produce and why shopping based on seasonality may be beneficial.
- Share Colorado Produce Calendar (link below)

Garden on Site

- Using MI, guide a discussion about the participant's experiences with gardening on site or at home.
- Explain that children may enjoy fruits and vegetables more when they help garden and prepare them.
- Wash the produce with the assistance of garden staff or participants.
- Cut fruits and vegetables for a salad.

No Garden on Site

- Using MI, guide a discussion about the vegetables they like to eat and barriers to eating them more frequently.
- Cut the bottoms off green onions that will be used to grow from "scraps".
- Work with families to place the root end with a few inches of the white bulb in a cup with soil.

Salad and Dressing Recipe

- Everyone washes their hands.
- Participants cut harvested vegetables and/or vegetables brought by the facilitator.
- Participants are encouraged to allow children to do the vegetable cutting, opening of cans, all as they are able, depending on age.
- Prepare salad dressing.
- Using MI, guide a discussion around the salad and dressing, focusing on what families liked and disliked, and how it could be altered depending on the availability of fruits and vegetables.

Summary (5 mi)

- Give each participant Family Fun Flyer #3 and spend a few moments going over each of the talking points.
- Distribute NERI (if applicable).

Links

- Motivational Interviewing: https://motivationalinterviewing.org/understanding-motivational-interviewing
- MyPlate poster: chrome-https://www.myplate.gov/resources/graphics/myplate-graphics
- Colorado Produce Calendar: https://ag.colorado.gov/sites/ag/files/documents/ColoradoProduceCalendar_0.pdf

Garden Delights

- Gardening can be a way to get kids to try new foods.
- Aim to eat 5 or more servings of fruits and vegetables per day.
- Serve fruits and vegetables at meals and snacks.
- Try to make half your plate fruits and vegetables.

Tomato and Cucumber Salad

Ingredients:

Salad

- 4 large tomatoes, cubed
- 1 large cumber, chopped
- 1 cup red onion chopped
- 1 cup green pepper, chopped
- 1 cup parsley, chopped

Dressing

- ⅓ cup apple cider vinegar
- 1 tablespoon olive oil
- 2 cloves olive oil
- 2 cloves garlic minced
- ½ tablespoon salt
- 1/2 teaspoon ground black pepper
- ½ teaspoon sugar

Directions:

1. In a large bowl, combine the salad ingredients. 2. In a small bowl, mix the dressing ingredients together.
3. Pour the dressing over the salad. Mix well.
4. Refrigerate for at least 1 hour before serving.

Gardening Activities

Did you know children who garden are more likely to try new foods?

Many scraps from vegetables can be planted and will produce a fruit or veggie you can eat. Simply plant them in soil and place them in a sunny window; you can also plant them outdoors in a garden or pot.

- Plant these bottoms: green onion, romaine lettuce, celery
- Plant these tops and enjoy the leafy greens: carrot, parsnip, beet, turnip
- Place herb leaves like basil and cilantro in water to grow new plants

SNAP-Ed
Division of Food & Energy Assistance

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.