



# Farm to CACFP

August 6, 2019



Delaware  
Department of Education



# Crazy Containers

Growing plants in a container instead of planting them directly in the ground



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# Gardening.....

- Engages all senses
- Encourages healthy eating
- Enhances fine motor development
- Introduces children to science
- Fosters a bond
- Teaches responsibility and patience
- Develops planning and organization skills
- Involves math skills





# Possible Containers

- Large pot
- Kiddie pool
- Barrel
- Water trough
- Raised bed





# Possible Containers

- Gardening bag
- Window box





# Recipe Gardens

- Pizza – tomatoes, basil, oregano, peppers and onions
- Salad – lettuce, carrots, radishes, tomatoes, and cucumbers
- Salsa – Tomatoes, garlic, cilantro and peppers
- Taco- tomatoes, cilantro, hot peppers, onions
- Smoothie – Kale, berries, mint



# Supplies Needed

- Container of your choice
- Plants, herbs, or seeds
- Potting soil
- Jumbo craft sticks
- Markers



# Other Activities

- Create/decorate plant labels
- Decorate the containers
- Gardening Journal – writing or pictures
- Recipe cards for families
- Harvest party





# PARTY TIME!!!

## PIZZA OR SALSA??

