



Sprouts!

"Connecting our babies and toddlers to nature and their food"

Program Journal



week 1: strawberry day!



The kids and parents loved helping us pick strawberries in the field today for our smoothies. Strawberry fields forever!

Strawberry Smoothie

Ingredients:

- 2 pints of strawberries
- 1 bunch of bananas
- coconut milk
- agave
- ice

Directions: Add all ingredients to blender and and blend thoroughly. Add agave to taste.

week 2: corn day!

Today we listened to one of our instructors, Caydi, tell us a folktale about ancient corn people. We then made corn husk dolls together and followed with the delicious corn drink, Atole. The kids loved it!

Atole

Ingredients:

- 3 cobs of sweet corn
- any type of milk desired (in one batch we used soy, in the other we used almond)
- cinnamon
- ice
- salt

Directions: Add corn and ice to blender and then add enough milk to create the correct consistency. Blend thoroughly and then add cinnamon and salt to taste.

week 3: carrot day!

Carrot Apple Beet Juice

Ingredients:

- 1 bunch of carrots
- 2 apples
- 1 large beet

Directions: Cut up carrots, apples, and beets to sizes that will fit into juicer. Juice all ingredients. Stir.

Enjoy!



Harvesting carrots from the field was so much fun! Everybody loved helping to loosen the dirt with the pitchfork and it was amazing to see the wonderment in the children's eyes as beautiful orange carrots were pulled straight from the ground!

week 4: squash day!

For today's wander, we went and harvested squash from the field. We had four different types growing: Red Kuri, Butternut, Spaghetti, and Cheese. It was fun listening to parents share their favorite squash recipes with one another.

3 Squash Puree

(Butternut, Cheese, Red Kuri)

Ingredients:

- 6 baked and peeled squash
- cinnamon
- coconut milk
- salt
- maple syrup

Directions: Bake squash whole at 375 for 2 hours. Make sure to stick holes into squash before baking to allow air flow. Cooked squash should be extremely tender and can be tested with a fork. Allow squash to cool and then peel and cut squash into manageable pieces. Add squash to blender and then add enough milk to create a creamy consistency. Add maple syrup, cinnamon, and salt to taste. Blend thoroughly and enjoy!

week 5: pomegranate day!

Pomegranate Juice

Ingredients:

- 10 pomegranates
- water

Directions: Separate seeds from pomegranate shell. This step is not absolutely necessary, however the more rind that you include in the juicer, the more bitter your juice will taste. Juice pomegranate seeds and add water to dilute to taste.



Today we explored different uses for pomegranate juice. We were able to create pomegranate trees using the juice and our fingers. Everyone went home with pink hands that day!

week 6: pumpkin day!



Today was all about pumpkins! We harvested pumpkins from the field, scooped out their seeds to feed to our chickens, and enjoyed a yummy pumpkin puree.

Pumpkin Puree

Ingredients:

- 2 baked and peeled pie pumpkins
- pumpkin pie spice
- maple syrup
- coconut milk

Directions: Bake pumpkins whole at 375 for 2 hours. Make sure to stick holes into pumpkins before baking to allow air flow. Cooked pumpkins should be extremely tender and can be tested with a fork. Allow pumpkin to cool and then peel and cut into manageable pieces. Add pumpkin to blender and then add enough milk to create a creamy consistency. Add maple syrup and pumpkin pie spice to taste. Blend thoroughly and enjoy!

Kale Smoothie

Ingredients:

- 2 bunches of kale
- 1 bunch of bananas
- maple syrup

Directions: Cut apples into manageable pieces and separate kale leaves from the stems. Add all ingredients to blender and blend thoroughly. Add syrup to taste. Enjoy!

week 7: kale day!

Kale is such a nutritious leafy green. We were able to harvest some from the children's garden for our snack and then plant our very own Kale sprouts that we were then able to take home!

week 8: tomato day!



Tomato Carrot Juice

Ingredients:

- 10 heirloom tomatoes
- 2 bunches of carrots

Directions: Cut tomatoes and carrots up into manageable pieces and juice. Stir thoroughly and enjoy!

A big harvest was today's highlight. We collected cherry and heirloom tomatoes that we then made into a yummy juice that everyone loved!

week 9: persimmon day!

Today, in addition to gathering ripe Fuyu persimmons for our smoothie we also got to pick out pinecones from the redwood circle. The kids (and some parents!) learned that pinecones make excellent bird feeders!

Persimmon Strawberry Smoothie

Ingredients:

- 5 ripe Fuyu persimmons
- 1 bag of frozen strawberries
- coconut milk

Directions: Cut up persimmons to a manageable size. Add all ingredients to blender. Blend thoroughly and enjoy!

••••• a few memories •••••

"Indiana started the Sprouts program crawling and ended it walking. The program allowed him to explore so many aspects of the farm and helped develop his sense of curiosity and adventure. His confidence has grown so much in these 8-9 weeks and the farm has been a BIG part of that. Indiana's grandma joined us and it was a whole family experience!"

-Leslie McNabb, mother of 1 year old Indiana

"Elianna gets so excited when it is time to harvest food. She can't wait to tell Dada how she held the baskets and picked fruits like strawberries and tomatoes."

-Adrianna Simone, mother of 2 year old Elianna

"Feeding the chickens has been a highlight for Kate. The water station has also been a favorite activity. The opening and closing songs are so fun and they are a favorite of Kate's."

-Chelsie Luebke, mother of 1 year old Kate

"Watching Mireya become braver about trying new things. She started being pretty timid about the chickens. Now she constantly asks if it's a 'chicken day'."

-Tricia Klein, mother of 2 year old Mireya.