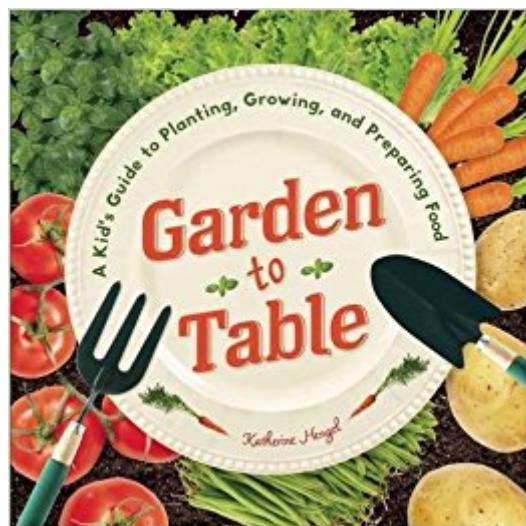


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# Garden To Table: A Kid's Guide To Planting, Growing, And Preparing Food



## **Synopsis**

Fill your plate with fresh, self-sustained produce that comes straight from your garden. Step-by-step planting, care and harvesting tips give the beginning gardener a good basic understanding of the growing process. Over 30 delicious recipes made with basil, carrots, green beans, leaf lettuce, potatoes, and tomatoes, complete with step-by-step photos, bring your homegrown foods to the table to share with others. Incorporating unique flavors and easy-to-grow veggies, these simple recipes will have you asking for seconds!

## **Book Information**

Lexile Measure: 620L (What's this?)

Paperback: 144 pages

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Product Dimensions: 0.5 x 8.8 x 8.5 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #814,311 in Books (See Top 100 in Books) #104 in Books > Children's Books > Education & Reference > Science Studies > Nature > Gardening #224 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #269 in Books > Children's Books > Education & Reference > Science Studies > Nature > Flowers & Plants

Age Range: 8 - 12 years

Grade Level: 2 - 7

## **Customer Reviews**

Gr 4-7 "This attractive guide instructs readers in the cultivation of basil, carrots, green beans, lettuce, potatoes, and tomatoes. Instructions for growing the produce have been given with container gardening in mind, offering a practical alternative for readers with limited space, but they could easily be adapted for those with garden plots. The overall presentation is top-notch, providing clear, concise instructions heavily complemented by the book's visually rich format. High-quality photographs accompany every cooking term, ingredient, and kitchen tool as well as practically each step of the growing process and recipes. While maintaining the focus on the freshly grown foods featured, the recipes do sometimes call for prepared ingredients readily available in grocery stores.

The recipes themselves are an eclectic blend of some classic staples such as salsa, salad, and oven fries, and more unusual fare: pickled carrots, basil cake, and sushi rolls. All are appealing, and most seem quite manageable by kids with minimal adult supervision. A sophisticated volume that is sure to garner kid interest while whetting appetites, this is a great tool for bridging the world of agriculture with culinary sustenance. Gardening and cooking collections would benefit from this title, and it would be an ideal guide for those wishing to start a new venture with kids.â "Rebecca Gueorguiev, New York Public Library

Gold Award Winner for the 2015 USA Best Book Awards in Children's EducationalGold Award Winner for the Foreword Reviews' 2014 IndieFab Book of the Year in Juvenile Nonfiction"With so many drive-thru and grocerâ ™s freezer food options, itâ ™s easy for kids to get disconnected from where their food actually comes from. With Garden to Table: A Kidâ ™s Guide to Planting, Growing and Preparing Food, kids will learn what it really takes to get their favorite foods on their plates&#151;from seed to frying pan."&#151;Daily Parent, "The 15 Best Cookbooks for Kids""Ranging from hearty soups to yummy desserts, several kid-tempting recipes utilizing the fresh ingredient end each section, effectively bringing home the garden-to-table concept. Cooking terms are defined at the bookâ ™s beginning, and a photo glossary introduces ingredients and kitchen tools. Full-color close-up photos illustrate each phase of planting and preparing, while also depicting a bounty of fresh produce and delicious-looking dishes. Use this appealingly presented and user friendly guide as a classroom resource."&#151;Curriculum Connections, School Library Journal"This vibrant instructional manual and cookbook celebrates the satisfaction of making food, from its most basic form in the garden to culinary creations in the kitchen. ... Parents, teachers, activity group leaders, and young gardeners and chefs will find plenty to read&#151;and plant and cook&#151;together." &#151; Booklist"...these six common garden inhabitants are the perfect introductory plants to get kids interested in cultivating their own plot of land and preparing their own food. ... Accompanied by clear, colorful photographs, the instructions for growing, harvesting, and cooking the food is perfectly suited to young readers. The yummy recipes provide a satisfying conclusion to the work kids put into their gardening endeavors." &#151; Foreword Reviews"Budding gardeners who love to cook will find a treasure trove of information here." &#151; Kirkus Reviews"...kids will certainly embrace this simple, easy-to-use, and craftily laid out photographic guide to planting their own herbs and vegetables, harvesting them, and preparing their own dishes with them... This is a highly recommended and timely title that offers a wonderful introduction to the entire garden to table process.â • &#151;Â Cats Meow, Baker & Taylor April Issue"For our

Fatherâ™s Day family lunch, the kids and I prepared Big-Time Basil Parmesan Dip and Tempting Twice Baked Potatoes. And both dishes were delicious! The recipes include lots of pictures and my primary school kids only needed a little help along the way. Having been written by an American author, I was a little concerned that this book wouldnâ™t cater for an Australian audience and seasonal differences. Now, having read the book, I can declare my concerns unfounded! Sure, there are a couple of terms that may need a translation • but other than that this book is universal."Gardening 4 Kids (Australia) Previous Reviews for 6-Book Series" The instructions are succinct and easy to understand and are accompanied by clear color photographs and illustrations." School Library Journal, Series Made Simple (April 2012)

This book is absolutely amazing. It shows everything that a person needs to buy seeds, plant, nurture, harvest and get a vegetable onto the table to eat. Great for kids. Illustrations invaluable. Many adults would respond to the common sense way to grow crops and eat well. Recipes included are easy to make and delicious. Would give the book more than five stars if it was possible.

A lovely book which I purchased with the intention of donating to my neighborhood school. The school has gardens that are tended by students and meals are prepared with the produce.

I expected more for how to garden.

This is an excellent book to get young people started, both in gardening and cooking. It does not talk down to young readers but gives information in simple straightforward directions. Most steps are accompanied by photos. There are symbols in the recipes to ask for help if sharp knives or hot objects and even nuts are involved. Six pages illustrate cooking terms such as; whisk, slice, grease. Other pages show ingredients and kitchen tools. Four garden products are shown: basil, carrots, green beans, leaf lettuce, potatoes and tomatoes. Each section tells about it and shows different varieties, then instructions are given and illustrated on how to plant the seeds or seedlings, stages of growth and then harvesting and Q&A. Five or six recipes are given. Some of the recipes were not that appealing to my grandsons, others were big hits. They showed no interest in basil-lemon cake, citrus zest beans or raisin salad; but an ALT (avocado, lettuce and tomato) sandwich was a big hit, as was bean and ham soup and caprese melt using the basil and tomato. This is written for grades 2-7. Children, schools and families would enjoy using this book.

This is a step by step PHOTO guide to planting, harvesting, and cooking. Depending on maturity, Three to Five year olds with adult supervision would also enjoy following the step by step photo. Great for Guides and Scouting groups. My favorite part is the "stages of growth: what to do & when to do it. I would post photos but keeps disliking my photos. Just imagine a time lapse video yet in drawings cutting through the ground that the reader sees the roots. Carrots and potatoes diagrams are neat. Also lacto-ovo-vegetarians will love this book because of the 35 recipes only three use chicken broth which can be easily substituted for vegetable broth and two just leave out the small amount of pork. This book is perfect for inspiring kids to eat vegetables and be closer to nature.

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