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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

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #779,481 in Books (See Top 100 in Books) #114 in [Books > Children's Books > Education & Reference > Science Studies > Nature > Gardening](#) #213 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #262 in [Books > Children's Books > Education & Reference > Science Studies > Nature > Flowers & Plants](#)

Age Range: 8 - 12 years

Grade Level: 2 - 7

Customer Reviews

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.

I expected more for how to garden.

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