



Growing Together

Written by Ruth Spiro
Illustrated by Paola Escobar

"An exceptional portrayal of a community's commitment to nurturing their garden and one another."
—School Library Journal



Grow plants from kitchen scraps

Note: While these may not produce edible vegetables or fruit, it's still fun to watch the roots and plants grow!



Green Onions

After cutting off the green tops, place the bottom white part (where the roots are) in a shallow dish of water. Set the dish in the sun and in about a week watch for new green sprouts!



Avocado

Rinse the pit, wrap in a damp paper towel and place in a plastic sandwich bag. Set in a dark, cool spot and after a week or two check for roots. (The pit will crack open.)

Rest the pit on top of a narrow glass or jar filled with water so only the roots and bottom of pit are submerged. You'll soon see a stem grow from the top, and then leaves! When the stem looks tall and sturdy, plant the pit in a pot filled with soil.

Lemons

Rinse the seeds and set on top of an inch or two of potting soil in a shallow container. Mist with water, cover with plastic wrap and set in a sunny window. Remove the plastic when green sprouts appear and keep soil slightly moist.



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Make a Rainbow Salad

Red: Tomatoes, bell peppers

Orange: Carrots, bell peppers

Yellow: Bell pepper

Green: Spinach, kale, lettuce, peas, zucchini

Blue/Violet: Purple cabbage, onion, beets

- Choose your favorite vegetables from each color group. (Or try something new!)
- Wash, slice, and chop into bite size pieces. (Sharp knives should be handled by grown-ups only.)
- Cover a large platter with the greens, then arrange prepared vegetables in the shape of a rainbow.
- Top with your favorite salad dressing or try this simple lemon vinaigrette:

Whisk 1/4 cup lemon juice, 1/4 teaspoon garlic powder, 1 teaspoon dijon mustard into 1/3 cup olive oil. Add salt, pepper and fresh or dried herbs like parsley, dill or basil, to taste.



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