Planting seeds today, growing healthier communities tomorrow
www.GrowingGreat.org

GrowingGreat empowers children and their parents to make healthy food choices and grow their own gardens, especially in low-income, inner-city neighborhoods. We provide hands-on PreK-12 nutrition education and garden education with a focus on literacy and scientific inquiry, taught in Spanish and English.

Our Impact

80% increase in children **reading nutrition labels**

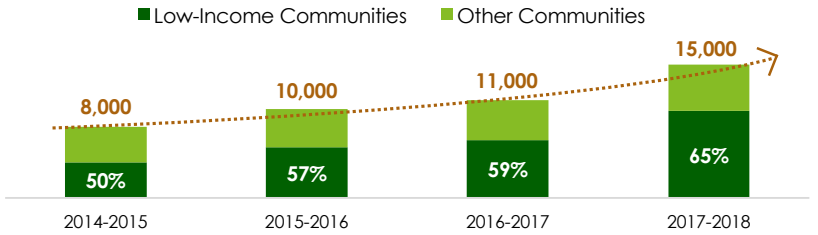
60% increase in children's **healthy eating habits**

36% increase in preschool teachers **offering hands-on nutrition activities regularly***

* 2x/month or more

GrowingGreat was planted in Manhattan Beach in 1999 and has grown to Greater Los Angeles and beyond, including Kansas, New York, North Carolina, Pennsylvania, Tennessee and Wisconsin.

Children Impacted Per Year



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Enjoy this recipe from Chef David LeFevre

KALE AND QUINOA SALAD

David LeFevre is Executive Chef/Owner of MB Post, Fishing With Dynamite, & Arthur J, and Iron Chef Gauntlet Star, Season 2

- ❑ 2 bunches Tuscan black kale
- ❑ 1 cup quinoa
- ❑ 2 cups water
- ❑ 2 baby carrots
- ❑ 1 baby red beet
- ❑ 1 baby yellow beet
- ❑ 3 breakfast radishes
- ❑ 2 baby turnips
- ❑ 2 ounces toasted pine nuts
- ❑ 1 ounce picked tarragon leaves
- ❑ Fresh squeezed juice of 2 lemons
- ❑ 2 ounces extra virgin olive oil
- ❑ Salt and pepper, to taste

1. Put the quinoa in a heavy-bottom pot and add 2 cups water with salt, to taste. Bring the quinoa and water to a simmer and cook for 3 minutes. Remove from heat and cover the pot with plastic wrap and allow the mixture to steam in a warm place for 20 minutes. When finished, the quinoa should be toothsome but not hard.
2. While the quinoa is steaming, wash the kale well and remove the stem. Cut the kale into thin strips and set aside.
3. Wash, peel and shave all of the remaining vegetables carefully, using a mandolin. As you are slicing the vegetables, add them to a bowl of ice water to keep them crisp. (They will curl a bit and keep a nice crisp texture.)
4. When the quinoa is cool, mix it together with the shaved kale and all of the prepared vegetables in a mixing bowl. Toss together with salt, fresh cracked pepper, lemon juice and extra virgin olive oil.
5. Arrange the salad into a serving bowl and finish with the toasted pine nuts.

Chef's Note: Farmers market vegetables should be peeled and sliced paper-thin.

Try this GrowingGreat activity with your child

PLAY WITH YOUR FOOD: What do seeds need to grow?

You will need:

- ❑ Dried pinto beans
- ❑ Cotton balls
- ❑ Water
- ❑ Resealable bag
- ❑ Sunny window
- ❑ Tape

1. Study the beans. How are they different from refried beans you have eaten?
2. Dampen 3 cotton balls with water and put them, along with 3 beans, into the bag, sealing it shut.
3. Tape the bag to a sunny window. Check the bag once a day. What changes do you observe?