

# Lil' Sprouts Newsletter

## Week 5

Has a grownup ever told you to “eat your greens, they’re good for you!” without telling you why or how they’re helping your body? Well eating greens isn’t just something your parents want you to do so that you can clean your plate or get to dessert, it turns out those leaves ARE really good for your whole body! Dark leafy greens like chard, kale, arugula, bok choy, spinach, collard greens, and even some kinds of lettuce have lots of vitamins and minerals that each help your body in a special way. Let’s learn about some of them:

- Vitamin A: helps our eyes work well, especially when it’s dark!
- Vitamin C: helps our bodies heal quickly and fight off bugs that make us sick
- Vitamin E: helps our body stay strong and not get hurt
- Vitamin K: helps our bodies heal quickly
- Folate: helps our body to keep making new cells to keep us healthy and alive for a long time
- Magnesium: gives us energy and helps us use our muscles
- Potassium: Helps us build more muscles and keeps our heart healthy
- Iron: helps keep our red blood cells healthy so they can bring oxygen all over our bodies
- Calcium: keeps our teeth and bones strong and helps stop bones from breaking

Sometimes dark leafy greens can taste bitter and might make you say “yuck” but cooking or eating greens with other things that are sweet, salty, spicy, or sour will help make your greens taste delicious and exciting!



broccoli



parsley



kale



collard greens



spinach



leafy lettuce.



chard



dandelion greens



bok choy

## Recipes and Tips!

### Collard Roll-Ups

- 2 bunches collard greens, stems cut off
- 1/3 cup orange juice
- 3 tablespoons tahini
- 1 clove garlic, minced
- 2 cups cooked brown rice
- 1 (15.0-ounce) can adzuki, chickpeas, black, or other beans rinsed and drained
- 1 red bell pepper, finely chopped
- Carrots or other veggies, grated or chopped
- 2 teaspoons toasted sesame seeds
- Salt to taste



Cook collard greens in boiling water for 5 minutes or until tender. Remove and drain in a colander. Take the 12 biggest leaves and put them on a cookie sheet covered in paper towels or a clean cloth. Chop up the rest of the leaves and squeeze out any extra water. Whisk together orange juice, tahini, and garlic, then add collards, rice, beans, bell pepper, any other veggies, salt, and sesame seeds and mix well. Make the roll-ups by spooning ~1/3c of rice filling into the middle of each large leaf. Fold two sides in, then roll it up like a burrito. Next time, put any kind of filling inside!

### Green Machine Smoothie

- 2 cups leafy greens (like spinach, kale, chard)
- 2 cups liquid (like water, nut/dairy milk, orange juice)
- 3 cups fruit (like bananas, berries, mangos, pineapple)



Blend liquid and greens in a blender. Add fruit and blend again until smooth. Enjoy!

# Word Search

M G A C H X Q M J P P S C Z H X P Z U R  
O H K V K N D Q U B A C P R C O V X M Q  
S D R A L L O C Q I M R S I T I C I U K  
R V X D I W X C K I C P S A N H K R I A  
C H L O R O P H Y L L L S L A A G O S Y  
E K E T A L O F I Y K S A R E F C N E F  
N A U J K P E I X X I L D C O Y E H N E  
J L A G U S D S J U X S L V R A B Y G J  
I E Z E L W L Y M A H F Q W I D L E A O  
S R O H K Y W P C G H F H B U X W D M E

Can you find all of these words? Calcium; Collards; Chard; Chlorophyll; Folate; Iron; Kale; Magnesium; Parsley; Potassium; Spinach

## Activity Corner

### Build a Root Viewer

What you'll need:

- Empty, clear glass jar or clear plastic cup
- Cotton balls or paper towels
- Dry beans (the kind you can eat)
- Water and a sunny window

Fill the bottom few inches of the cup/jar with cotton balls or scrunched up paper towels. Pick out a few beans that are not split, broken, or otherwise damaged. Wedge 2-3 beans between the cotton balls/paper towel and the side of the jar/cup (this will cause the beans to grow against the side of the jar so that you get the best view!). Add water so that the paper/cotton is wet, but not soaked through. There shouldn't be a lot of extra water at the bottom of the jar. Put the cup/jar on a sunny shelf or windowsill and watch the beans grow! Water as needed (every few days) to keep everything moist. Within the first 2-3 days the bean should first start to look wrinkly, then will sprout roots, then a few days later will sprout a stem and leaves. You can also try changing some of the conditions and observing how the plant grows differently! Try paper towels versus cotton balls, a sunny window versus in the fridge or outside, or different kinds of beans.



### Make a Leaf and Flower Print

What you'll need:

- Fresh flowers and leaves
- rubber mallet or hammer
- White or light colored 100% cotton fabric, recently washed and dried
- Safety goggles
- Wax paper
- Newspaper

Take a walk and pick any flowers or leaves that you like. Brightly colored ones will work best. At home, find a workspace that can be pounded with a hammer. Put down a thick layer of newspaper, then a piece of wax paper on top, then the fabric on top of the wax paper (this will keep the ink from the newspaper from being transferred onto the fabric). Arrange the flowers and leaves however you want on top of the fabric. Place another sheet of wax paper on top of the flowers and leaves. Hammer all over the fabric, making sure to hammer across all of the flowers and leaves. Thick flowers and leaves will need to be hammered harder. Take the wax paper off and check the fabric. You can add more flowers and leaves if you want! Once done take off all of the little bits of plant, then wash the fabric in cold water and iron to set the pigment.

