



HEALTHY ROOTS FOUNDATION

PRESENTS

MAKE YOUR OWN ORGANIC PIZZA GARDEN

OBJECTIVES:

- 1. Reduce, Reuse, Recycle:** Children will learn the value of reusing everyday materials to reduce waste.
- 2. Organic Gardening:** Children will understand the process of planting seeds and the benefit of planting, growing and consuming organic vegetables.
- 3. Nutrition:** Involving children in a family project, where they are responsible for growing and caring for the seed, will create and foster excitement for trying new vegetables.

WHY ORGANIC?

Organic farming is defined as the process of producing foods naturally, using no synthetic chemical fertilizers or genetically modified organisms. Among the many benefits of eating organic food, the most cited one is that eating organic food reduces your exposure to potentially hazardous chemicals.

source: healthychild.org

MATERIALS NEEDED:

- Newspaper
- Scissors
- Organic Soil
- Garden Shovel
- Organic Tomatoes, Sweet Bell Peppers, and Basil Seeds
- Popsicle Stick
- Identifying Label
- Paper Bag



INSTRUCTIONS:

1. Use old newspaper and a cylinder shaped object (i.e., glass bottle) to create a paper pot. Cut several pages of newspaper, the height of your pot, using a bottle as your guide. Wrap the paper around the bottle and use your fingers to tuck in the ends at the bottom to make the base. Slide paper pot off bottle and press down the inside of the pot. Quickly fill with organic soil to steady your pot.
2. Choose your seeds to plant and bury in soil.
3. Add water.
4. Make a label for your pot and place it on a popsicle stick.
5. Place popsicle stick in your pot and place in a paper bag to protect it until you get home!

Step by Step Craft Instructions: <http://www.instructables.com/id/How-to-make-organic-planting-pots-using-old-news/?ALLSTEPS>

AT HOME:

Carefully remove your pot from your paper bag and find a sunny spot for your seedling. Water sparingly each day. When you have significant growth, you can plant your seedling including the pot, directly into the ground.

RECIPE EXTENSION:

How exciting to care for your seed, watch it grow and then be able to actually use it to make a delicious, healthy and nutritious snack! This is another great family activity that promotes nutrition, working together, and builds healthy habits.

FRESH TOMATO AND

Roasted Red Pepper Pizza

Courtesy of Junior League's Kids in the Kitchen

Difficulty: Medium

1 unbaked whole-wheat pizza crust

2 teaspoons olive oil

3 tablespoons chopped fresh basil leaves

1 cup shredded mozzarella cheese (4 ounces)

2 large, fresh plum tomatoes, thinly sliced

1/2 cup sliced red bell pepper, roasted

- Preheat the oven to 450F.
- Brush the pizza crust with olive oil.
- Sprinkle the crust with basil.
- Top the pizza crust with half the cheese.
- Add the tomatoes and the roasted red bell pepper.
- Top with the remaining cheese.
- Place the crust on the middle rack of the oven.
- Bake for 8 to 10 minutes, or until the pizza crust is lightly browned.



KEEP LEARNING!

REDUCE, REUSE, RECYCLE

- **50 Simple Things Kids Can do to Recycle**
By Earthworks Press
- **Compost! Growing Gardens from your Garbage**
By Linda Glaser

WHY ORGANIC?

- **Healthy Child Healthy World**
By Christopher Gavigan (<http://healthychild.org/>)

NUTRITION

- **Food Rules:** *By Michael Pollan*
- **100 Days of Real Food:**
<http://www.100daysofrealfood.com/>
- **Junior League's Kids in the Kitchen**
<http://kidsinthekitchen.org/>
- **Raise Healthy Eaters:**
<http://www.raisehealthyeaters.com/>