

# Quick Bites

## Let's Grow Together

Growing vegetables in containers is a good way to teach your child where food comes from. Encourage your child to take an active role in the planting and watering process. This will provide your children with a sense of ownership of the plants, and they will actually want to eat their vegetables. Have fun growing together!

### Supplies

- Container at least 6 inches deep – Be creative!
- Potting soil mix from a garden center.
- Vegetable seeds or transplants – Look for compact varieties.
- Sunny porch or window sill.

### Seeds / Days to Harvest

- Radishes / 30-40 days
- Bush green beans / 55
- Lettuce & greens / 45-60
- Squash & cucumber / 50-70
- Baby carrots / 70
- Basil / 45-60

### Transplants

- Cherry tomatoes / 70-90
- Peppers / 60-90
- Eggplant / 80
- Onions / 30-60



### Container Garden Tips

- Plant large seeds (like beans) 1 inch deep and small seeds (like radishes) 1/4 inch deep.
- Water regularly, but let the soil surface dry after watering. Use your finger to check for moisture. Avoid water on leaves.
- Vegetables like it sunny. During the winter, south-facing windows provide the most light.
- Make holes in the bottom of the container for proper drainage.
- Feed the plant regularly with a liquid nutrient solution (available at most garden centers).
- Use a tray or container lid to catch water under the pot.
- Put plants outside if the weather permits.
- Read the seed packet for more growing tips.

### Activity Ideas

Have your child measure the plant's height on a weekly or daily basis, and show him or her how to chart the growth on graph paper.

## Kids in the Kitchen

This is an easy recipe for you and your child to make together. Supervision and assistance from an adult are necessary for a successful learning experience. Talking with your child throughout the experience will enhance learning as well as strengthen communication skills.

### Green Bean Stir-fry

- 1 pound fresh green beans with stems removed
- 1 small onion
- 1 tablespoon canola or olive oil
- 1 tablespoon balsamic vinegar\*
- Salt & pepper to taste

Add green beans and 1 tsp salt to boiling water, and cook until bright green and tender (3-5 min). Rinse beans with cold water and drain. Slice onion into thin strips and cook in skillet with oil over low heat until onion starts to brown (10-15 min). Add vinegar or lemon juice and cook an additional minute. Add beans and cook over medium heat until beans are warm. Add salt & pepper to taste.

\*Can substitute apple cider vinegar or lemon juice for balsamic vinegar.



### Talk as you work

- Do you think green beans are good for you?
- What are your favorite vegetables?
- Can you find a green bean seed?
- Where do you think pinto beans come from?
- Why do your eyes water when a raw onion is cut?
- Do you like onions better raw or cooked?

### Reflections after you eat the stir-fry

- Did you like the green bean stir-fry?
- What was the hardest part of making it?
- What other vegetables would be good in stir-fry?
- Do you think we could grow a green bean plant?
- How about other kinds of beans?
- Do you think dry beans from the grocery store would grow? Should we plant some and find out?
- What do you plant to grow an onion?



Access more information at  
[fcs.tennessee.edu/tncep](http://fcs.tennessee.edu/tncep).

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