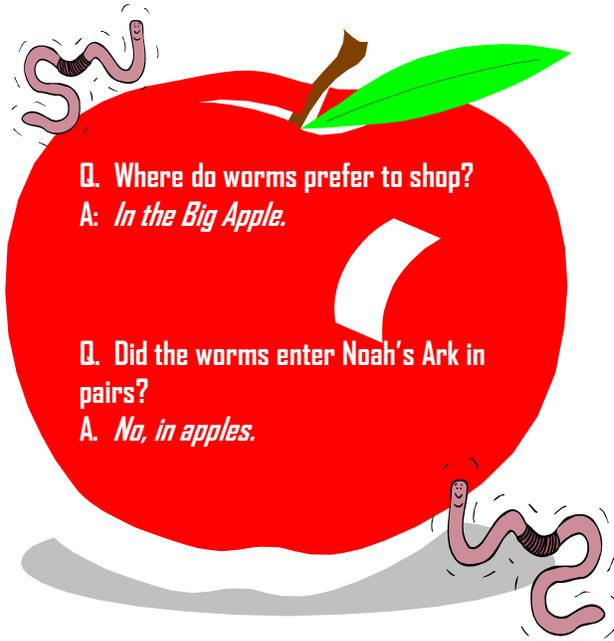




# Family Fun Page!!



Q. Where do worms prefer to shop?  
A: *In the Big Apple.*

Q. Did the worms enter Noah's Ark in pairs?  
A. *No, in apples.*

## Kids in the Kitchen!

Food is important to children, and knowing how to prepare it gives them a sense of pride and accomplishment.

You may be surprised at how many things kids can do in the kitchen!



If you help them follow basic safety rules, they can cut, grind, grate, beat, stir, mash, peel, wash, squeeze, strain, measure, and pour.

They can help you shop and plan menus. And they will be able to follow our simple "Kitchen Korner" recipes.

In the process, kids develop their small muscles and learn a lot about foods, words, numbers, time, safety, and following directions.

## Kitchen Korner!

### EASY APPLE BAKE

- 4 apples
- Cinnamon (to taste)
- 1/2 cup sugar
- 1/2 cup flour
- 1/2 cup butter, cut into small pieces



- Peel and slice apples into 1/4" slices; spread in shallow baking dish.
- Sprinkle with cinnamon.
- In separate bowl, combine flour and sugar. Mix in butter to form dough.
- Spread dough over top of apples (dough will be thick).
- Bake in 350° F oven for 15-25 minutes.

**MAKE IT WITH THE KIDS!**

## Read Up on Fruit!

Share a story about fruit with your children. Check out these books from the library:

- "Ten Apples Up On Top," by Dr. Seuss
- "From Appleseed to Applesauce," by Hanna Lyons Johnson
- "Oliver's Fruit Salad," by Vivian French

Then, stop by a farm market near you for a visit. You can pick your own fruit or buy fresh-picked produce! Use the "Guide to Gloucester County Farm Products" map to help you find a farm closest to you.



**NUTRITION FACT:** Cook with your kids! Children who help prepare and cook food are more likely to try new foods.



# Fruit Printing



This is a fun way to teach your children about several key concepts.

As you cut the fruit, talk about the math concepts of whole and half.

While dipping the fruit in paint and painting, you can discuss “too much” and “not enough.”

## What you need:

Apple, pear, peach, plum, or any other fruit (large enough for a child to grasp easily)

Knife

Water-soluble paint

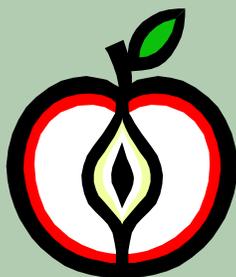
Paint brush

Styrofoam tray for each color (washed meat trays work well)

Paper

## What you do:

- Cut fruit in half and remove pit. (Don't remove core.)
- Spread a thin layer of paint on each tray with a paint brush.
- Have children dip fruit in paint and then print on paper several times.
- Discuss colors and shapes. If you print blue on top of red what do you get?
- Vary the spacing of the fruit prints. Talk about “near,” “far,” “on top of,” and “overlapping.”
- Now, lie an apple on its side and cut in half. Can you find the star? Try printing this way with the other fruits.



## What's “Jersey Fresh”?!

When you “eat locally,” you support local farmers and stimulate the regional economy. You protect natural resources, too!

You also reap nutritional benefits because local products are usually fresher than products transported long distances. (And...because fresher products usually taste better...your little ones may be more likely to try them and **like** them!)

Help your children “eat locally” by teaching them which fruits are “Jersey Fresh” (that is...grown by New Jersey farmers).

Use Activity Sheet 8, “What Do You Know About Jersey Fresh?,” to teach your children about which “Jersey Fresh” foods you can find at local farm stands and grocery stores.

The parent's guide on the back will help you with some of the more difficult answers!

## Did you know?

One bushel of apples weighs 48 pounds and will make:

- 32 - 40 pints of canned or frozen apple slices
- 30 - 36 pints of applesauce





# Family Fun Page!!

## Reading & language Skills

Do you remember your children's very first word? Was it "mama," "dada," or perhaps something silly - like "no," or "train"?

From the moment your children utter their first words, they are making the connection between words and objects - and, to you.

Later, as more words become part of children's vocabularies, children begin to form sentences.

When children pick up books, they learn that the words they speak can also be words they see. The books mentioned throughout the Family Fun Pages strive to make that connection simple, interesting, and fun. (With a bit of local food flare!)



You can share in helping your children develop reading, speaking, and language skills by reading.

Children will want to hear stories again and again, and will be encouraged to read the books on their own, as first they develop letter and word recognition, and later put words together in sentences and stories.



Why not expand your children's reading experiences by checking out some of these books from your local library? They're great fun - and they tie-in with many of the activities mentioned on the Fun Pages!

- "Eating the Alphabet," by Lois Ehlert
- "The Giving Tree," by Shel Silverstein
- "Oliver's Fruit Salad," by Vivian French

## HAVE YOU EVER SEEN... A WHITE PEACH?

Give one a try. Stop by your local farm market and ask for a White Lady Peach.

## Kitchen Korner!

### PEACH BREAD PUDDING

- 2 eggs
- 1 cup milk
- 1/2 teaspoon vanilla
- 5 slices white bread, quartered diagonally
- 1 8 peach slices
- 1/3 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger or nutmeg



- Preheat oven to 350° F.
- Combine eggs, milk, and vanilla. Add bread quarters and peaches.
- In a small bowl combine sugar, cinnamon, and ginger or nutmeg. Reserve 1 1/2 teaspoons sugar mixture; set aside.
- Add remaining sugar mixture to peach mixture; mix well.
- Turn into a 10" x 6" x 2" baking dish.
- Sprinkle with reserved sugar mixture.
- Place baking dish in a shallow baking pan on oven rack.
- Pour hot water around baking dish to depth of 1 inch.
- Bake in 350° F. oven, 25 to 30 minutes.
- Serve warm.

**MAKE IT WITH THE KIDS!**

**NUTRITION FACT:** How much fiber do kids need? That depends on their age. As they grow and develop, they need more and more. Page 15-B will help you figure out how much!



# Family Fun Page!!

## Kids in the Kitchen!



Food is important to children, and knowing how to prepare it gives them a sense of pride and accomplishment.

You may be surprised at how many things kids can do in the kitchen!

If you help them follow basic safety rules, they can cut, grind, grate, beat, stir, mash, peel, wash, squeeze, strain, measure, and pour.



Children can help you shop and plan menus, too. And they will be able to follow our simple "Kitchen Korner" recipes.

In the process, kids develop their small muscles and learn a lot about foods, words, numbers, time, safety, and following directions.

## Who Would Have Thought?

A single bushel of corn, fed to livestock, produces:

- ◆ 5.6 pounds of beef
- ◆ 13 pounds of pork
- ◆ 19.6 pounds of chicken
- ◆ Or 28 pounds of catfish!

## Kitchen Korner!

### CORNY CORN MUFFINS

Vegetable oil spray or muffin/cupcake papers  
12-ounce package corn bread or corn muffin mix  
12-ounces whole-kernel corn (canned, frozen or fresh), drained  
3-6 slices bacon, cooked, drained, and crumbled (optional)

- Heat oven to 400° F.
- Spray a 12-cup muffin tin with vegetable oil spray, or line with muffin or cupcake papers.
- Prepare corn bread/muffin mix according to package directions.
- Add corn and, if desired, crumbled bacon and mix well.
- Spoon into coated muffin pan and bake for 15-20 minutes, until a toothpick inserted in a muffin comes out clean.



**MAKE IT WITH THE KIDS!**

## HOW DOES YOUR GARDEN GROW?

Make a fun game out of learning how produce grows!

Corn stalks grow high, way up in the sky.  
*(Raise arms above head and sway back and forth.)*

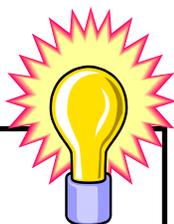
Watermelons are round, and grow on the ground.  
*(Make a circle with arms in front and fingers interlocking...then, point to ground.)*

But, under the ground, where no one can see...grow potatoes and onions and carrots -- all 3!  
*(Tap ground with finger, then raise 3 fingers consecutively. Finally, show 3 fingers you raised.)*

**NUTRITION FACT:** Kids need 5 or more servings of fruits and vegetables every day, at least 3 of which should be vegetables.



## Did you know...



New Jersey farmers grow more than 585,000 pounds of tomatoes every season. They grow slicing, plum, cherry, and grape tomatoes.

Gloucester County grows the most tomatoes, followed by Cumberland and Salem Counties.

"Jersey Fresh" tomatoes are available from July

## TOMATO EXTRAVAGANZA!

Here's a wonderful way to expose your children to the many different types of tomatoes that local farmers grow. (It's an easy way to teach your "little ones" that there are many different varieties of familiar foods, too.)

Use the "Guide to Gloucester County Farm Products" to locate a farm market near you that sells tomatoes.

Stop by the farm market (or even a local grocery store) with your children, and see how many different types of tomatoes you can find. Look for "Beefsteak" tomatoes, cherry tomatoes, and plum tomatoes. Can you find others? Did you see all red tomatoes? Or, were you lucky enough to see a few green or yellow tomatoes?

Take a few minutes to introduce your children to the farm market manager or farmer. Here are a few questions you and your children can ask to start a brief discussion with the farmer. (Or, if you're at the grocery store, you can ask the produce manager similar questions.):

- ♦ How many different varieties of tomatoes do you grow on your farm? How many varieties exist?
- ♦ What varieties are best for eating raw? Which are best for cooking?
- ♦ Do the different varieties taste, smell, look, or feel different? In what ways?

Before you leave, purchase a few different varieties of tomatoes and take them home for you and your children to taste together. Which were your favorites?

Tie in your tomato extravaganza to a new book. Read the book "Oliver's Vegetables," by Vivian French or "Growing Vegetable Soup," by Lois Ehlert with your children to reinforce the importance of taking new and inquisitive vegetable adventures!



## Vegetable Sorting Fun!

This is a fun way to teach your children about likes or differences by having them sort objects into two categories.

### What you need:

Magazine pictures of different vegetables  
Paste  
Construction paper  
Scissors



### What you do:

- ♦ Discuss with your children how farmers are better able to grow some vegetables than others because of New Jersey's special temperature or climate and soil. (These include tomatoes, sweet peppers, corn, and pole beans - both lima and string.) Meanwhile, some vegetables aren't strong enough to grow well in New Jersey's climate and soil to be profitable for farmers. (These include carrots, potatoes, and artichokes.)
- ♦ Show pictures of the different vegetables.
- ♦ Cut out an assortment of magazine pictures of various vegetables.
- ♦ Ask your children to sort the pictures according to those that grow in New Jersey and those that do not. *(Use the guide on Activity Sheet 34 if you need a little help!)*

**NUTRITION FACT:** Tomatoes are also loaded with phytochemicals. (Phytochemicals are substances in plants that are thought to reduce cancer and heart disease risk.)



# Family Fun Page!!

## Party Time!

Teach your child that a dairy food comes in several variations. Hold a milk, cheese, or yogurt tasting party. It's a great way to encourage your child to try new foods.

### What you need:

3 different variations of the same dairy product (like 3 types of milk, cheese, or yogurt)

### What you do:

- Explain to your child that milk from dairy cows is used to make many dairy foods that we eat every day— from regular milk to flavored milks, cheeses, and even yogurt. (Watch the video “Dairy Farming for Kids” in the From Our Farms dairy box with your child to learn how we use milk.)
- Try some new foods at a dairy tasting party. Select three variations of the same food. (Try to choose at least one or two new or unfamiliar dairy products among the three.) You might try these:
  - White, chocolate, and strawberry milks
  - Swiss, Cheddar, and mozzarella cheeses
  - Strawberry, peach, and cherry yogurt
- Or, choose three different types of dairy products...a cheese, a milk, and a yogurt for your child to taste.
- Have your child rank the different foods on a scale of 1 to 3, with 1 being her favorite and 3 being her least favorite. As your child ranks each food, ask her to tell you why she rated one higher than another.



## Read Up on Cows & Dairy Foods

Check out these cow-themed books from your local library:

Cock-A-Doodle Moo — Bernard Most  
The Cow That Went Oink — Bernard Most  
My Farm — Alison Lester

What a Wonderful Day to Be a Cow — Carolyn Lesser  
George Washington's Cows — David Small  
Barnyard Dance — Sandra Boynton Active  
The Milk Makers — Gail Gibbons

## Kitchen Korner!

### BLUE COW

4 cups blueberries, fresh or frozen  
1/2 cup sugar  
1 cup orange juice  
4 cups frozen yogurt or vanilla ice cream  
2 cups crushed ice  
Whole berries for garnish  
Fresh mint leaves for garnish (optional)



- Crush/puree berries with a potato masher or a food processor. (If berries are frozen, partially thaw before crushing.)
- Combine puree with remaining ingredients; blend until smooth; and pour into chilled glasses.
- Garnish with 2-3 berries, and fresh mint leaves if desired.

**MAKE IT WITH THE KIDS!**

**NUTRITION FACT:** Milk, cheese, and yogurt are packed with protein, calcium, and vitamin D, which help build and strengthen a growing child's bones, teeth, and muscles.



## Time for a Barn Dance

Help your children imagine that they live on a farm. They want to invite all of their friends to a party filled with music, singing, and dancing. Where can they hold their party? How about the barn!



Historically, life on the farm was filled with hard work. But, barn dances were a time for fun. Everyone enjoyed a barn dance. Friends who didn't see each other very often had a chance to chat. Young men and women met and fell in love. People of all ages "kicked up their heels" and danced.

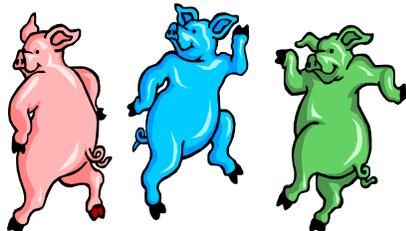
Do you and your little ones wonder what a barn dance was like? Find out by reading "Barn Dance," by Bill Martin, Jr. This is a story about a magical night when all of the farm animals come to a barn dance. The animals do some of the same things people did at real barn dances.



Help your children look for the answers to these questions while you are reading for clues about what a real barn dance was like:

- ♦ What musical instrument is played at the barn dance?
- ♦ What kind of dances do the animals do?
- ♦ How do the animals know what dance steps to take?

After you read the story, have your children draw a picture of a barn dance. It can be a dance with people or animals. Just make sure it's in a barn!



## Take Good Care of Your Dairy Foods

It's important to handle milk and other dairy foods carefully to keep them tasting fresh and safe from harmful bacteria.

Be sure to follow these safe handling and storage tips and you're sure to have great-tasting, safe dairy foods.



- ♦ Check containers for leaks or other damage when shopping for dairy foods.
- ♦ Check the "sell-by" dates. If dairy products have been correctly stored, you can usually use the products a few days after the sell-by date.
- ♦ Make milk and other perishable dairy foods the last items you pick up before leaving the store — especially in hot weather.
- ♦ Take dairy foods home and refrigerate immediately.
- ♦ Store dairy products like milk, cream, yogurt, and cottage cheese in their original containers. Always close lids tightly.
- ♦ Refrigerate cheese in its original wrapper. After opening cheese, store it in the refrigerator in an air-tight container.
- ♦ Store milk in the coldest part of the refrigerator — avoid storing it on door panels.
- ♦ Avoid exposing milk, cream, and other products to bright light. Light can affect flavor and nutrients.
- ♦ For best flavor, always serve milk cold!



**NUTRITION FACT:** The most important rule of thumb for children's snacking? Snacks should serve as supplements to regular meals, not replacements.