



## Garden Chefs

### 5<sup>th</sup> & 6<sup>th</sup> Grade

Here at Red Butte Garden, we believe learning is fun and can happen anytime, anywhere. To help continue the fun at home, we've included an outline of the topics we'll study this week at camp as well as a list of additional activities, books, and other resources related to this week's theme. We hope you'll use this to engage with your camper and keep the learning process happening all summer long! Thanks for coming to Summer Camp, and we'll see you soon at the Garden!

#### CAMP THEME

This week at camp we'll discover the edible plants that grow in the Garden, and how to include them in our cooking creations. Each day we'll learn a new culinary skill and then make a healthy snack using our new knowledge. Be sure to ask your camper about:

- **Monday** – Chop/Dice/Slice, Tomato Salsa
- **Tuesday** – Herbs, Cheddar Cheese & Chive Popcorn
- **Wednesday** – Fruits/Preserving, Pineapple Jam & Fruit Kabobs
- **Thursday** – Vegetables/Blending, Hummus
- **Friday** – Frozen Treats, Frozen Yogurt Blueberry Bites

#### ACTIVITY IDEAS

- Continue exploring different recipes with your young chef
  - <http://tinyurl.com/KCooking>
- Sign up for a kid's cooking class
  - <http://tinyurl.com/KidsCookClass>
- Grow a pizza garden
  - <http://tinyurl.com/GrowPizzaGarden>
- Have your camper choose one ingredient (fruit, vegetable, or herb) at the grocery store and cook something using it.

#### ADDITIONAL RESOURCES

- *There's a Chef in My Soup!* by Emeril Lagasse
- *Rutabaga the Adventure Chef* by Eric Colassal
- *How Did That Get in My Lunchbox?* by Chris Butterworth