

The LiveWell Kids program partners with Redondo Beach Unified and Hermosa Beach City School Districts to provide elementary students with interactive mindfulness-based nutrition and garden lessons to help them adopt healthy behaviors at an early age.

LiveWell Kids Garden Program

Module 1: Warm Season Harvest

Kids love discovering the magic of nature! The end of the warm season offers so many opportunities to observe our natural world and its wonders, from the pollination of blossoms, to a variety of fruits ripening on vines and branches. The garden excites both children and adults alike.

During their first LiveWell Kids garden lesson of the year, students harvested a variety of warm-season crops that were planted before the summer break. They prepared a recipe and mindfully tasted it as they learned about the health benefits in the food that was grown.



Here are some easy tips to help incorporate farm to table practices to your home:

- Try out fun tools, such as a spiralizer, that make produce fun to eat.
- Prepare dishes with less popular (and often delicious!) parts of plants, such as blossoms or tendrils.
- Have the kids help create different salad or veggie dressings by following a simple formula of “one part fat (any oil, such as avocado, olive or coconut) to one part acid (such as vinegars, or juice squeezed from citrus), then season with herbs or spices to taste. When they help create it, they are more likely to eat it!

The warm season is almost gone so enjoy the bountiful produce while you still can by creating fun and delicious meals as a family.