

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

LiveWell Kids Garden Program Module 4: Cool Season Harvest

Winter's bounty offers an exciting blend of fruits and vegetables, including root vegetables, tubers, legumes, crucifers, winter squashes and a variety of greens. Endless possibilities of delicious soups, stews and other creative meals can be enjoyed during the cool season.

During the fourth LiveWell Kids Garden lesson, students harvested a variety of cool season crops, including root vegetables that they planted before the winter break. Following a recipe, they prepared and mindfully tasted them as they learned about their health benefits.



Here are some ideas that you might want to try at home as a family:

- Visit your local farmer's market and allow each child to pick out a produce item that they've never tried before. Challenge them to find a simple preparation for it as part of a meal at home. This could be as easy as thinly slicing a vegetable and drizzling a little lime juice over it.
- Grow an herb in a kitchen window or your yard. Meal preparation can be more fun, delicious and pesticide free when you pick your own freshly grown herbs. Sometimes growing your own herbs leads you to experiment with using them in new and different ways simply because they're there!
- Try a new preparation of a familiar item, such as slow roasting radishes. Changing up your techniques can create new appreciation for otherwise predictable flavors.
- Empower your child to come up with a meal for the family. Research recipes together and create a dish that they can help prepare.

Exploring the variety of cool season's offerings can be fun and sometimes surprising as you and your family expand your palate to appreciate the numerous choices available this time of year.