

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 5: Summer Planting

Whether it's in your own garden, school garden, farmers market or local farm, experimenting with preparing, tasting or growing warm season produce can be a rewarding way to share time together.

During their last LiveWell Kids Garden lesson of the year, students learned about warm season crops. They prepared their garden beds for planting by removing old plants and amending the soil. They then planted seeds for warm season crops that they will harvest in the beginning of the school year.



Try some of these tips to add more fruits and vegetables to your meals:

- Plant a few of your favorite summer fruits, vegetables or herbs. Homegrown produce almost always tastes better than store bought, is immediately accessible, saves money and saves money and resources used to bring produce to our markets. The season is perfect for annual summer herbs on the windowsill.
- Summer is prime time for tomatoes. Whether it's large slicing tomatoes that you enjoy, or tiny pearls, *determinate* (ripening all at once) or *indeterminate* (continuous harvest), they are easy to grow in both containers or in the ground. Just give them well amended soil and plenty of sun, and they'll reward you with big flavor!
- Feeling like a no-fuss meal? Slice up any fruits, veggies, herbs, olives, pickled vegetables and cheeses (tofu, beans and meat work too) that you have on hand. Assemble them in rows on a large platter and lightly drizzle extra virgin olive oil, balsamic vinegar or balsamic syrup over them and serve with bread or crackers for mixing and matching possibilities. The whole family can enjoy sharing their favorite combinations.

Summer is a perfect time to explore fresh delicious cuisine, from other cultures at festivals, fairs, picnics, outdoor concerts and gatherings. Taking advantage of the seemingly endless variety of produce available to us in the summer months is a great way to challenge your and your family's culinary creativity!