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Ready to Learn 2024-2025 Farmers Market Program Guide

Table of Contents

Introduction & Context	2
How Iowa PBS Implemented the Program + Activity Guide	3
Recommended Packing/Staffing List	7
Adaptations	8
Adaptations for Market Bucks	10
Recipe Examples	12

Introduction and Context

Perry, Iowa, was chosen as our Ready to Learn (RTL) 2024-2025 Learning Neighborhoods Grant Community. In addition to family nights, community events, and bimonthly lessons to childcare and afterschool care programs, Iowa PBS Education was asked by the Chamber of Commerce to have a presence at its weekly Farmers Market. The program was designed just a few months before an act of community violence at Perry High School that left 2 dead and 6 injured and was then followed closely by a closure of the town's primary employer, which left 1,300 people without jobs and financially affected 60% of the town's population. The program was timely due to these events, but was already designed beforehand to be a robust and explicit program that provides a community-based summer learning opportunity to help children learn about local farming and gardening, the food they eat, and their community. This was beneficial & timely in and of itself, and then [our research](#) showed us that the need for this program, and programs like this, was even greater than we originally believed.

Our program meets the many needs we discovered in our research. The Farmers Market Program fosters social skills needed for real-world connections, enriches an existing community event, and enhances knowledge of foods among participants. By funding a kids only currency to buy healthy, seasonal foods & promoting the availability of fresh produce by providing simple, seasonal recipes along with the currency, and encouraging the public to have fun at a source of local foods like a farmers market, this program directly addressed food insecurity while empowering families to make healthier choices. The Farmers Market Program integrates educational activities that are cross-curricular in all major traditional school subjects while also informing children and families about food sources, promoting financial literacy and healthy eating habits. This program not only serves as a way to make the marketplace more kid-friendly, but also as a vibrant, easy environment to foster diverse interactions among local residents.

Data proves this program's impact: For 8 weeks, Iowa PBS brought a minimum of two STEM activities families could freely engage with outside of the market program, totaling 16 exposures to STEM materials in a quarter of the student population that the farmers market did not otherwise ever have (chalk, water table play, a weigh scale for playing, STEM



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buildables, etc.). \$4,500 in Market Bucks were injected into the community, one whose rate of poverty exceeds the national average.

Furthermore, surveys stated that vendors felt closer to the children in their community & felt they were having good conversations with the children. They also stated they felt they were making a difference in the children's education due to the age of most of the kids, stating their belief that getting kids interested in fields at a young age helps them learn and value the field into adulthood. 100% of surveyed parents with children in the program reported that this program benefited their child's functional literacy skills and knowledge about food and agriculture.

And one vendor stated it was so beneficial that they believed, "Everyone should do this!"

Iowa PBS agrees. We believe our program can be a turnkey resource for communities to facilitate funded programming that directly benefits families & small businesses/farmers. Now the program premise and resources are available for you to use or replicate at your local farmers markets (or grocery stores, greenhouses, farms, and more!).

Program Example and Activity Guide

Below is a description of the resources that were created by Iowa PBS for 2024 to 2025. They are the pillars of the learning experiences and program as a whole.

Perry **Market Bucks** (\$1 bills) were created for children to purchase produce, honey, or eggs. Iowa PBS Ready-to-Learn allotted \$5 to \$10 per child with the idea being the provided currency would support families cooking the provided healthy & seasonal recipes together. We suggest having the participants complete another provided activity that's been included in these resources (such as a finished scavenger hunt sheet, word search, color by number, crossword, earn a 5-in-a-Row, a story problem or graph, try a new food, etc.) as a prerequisite to earning the Market Bucks. This aspect of the program supports financial literacy, everyday literacy, critical thinking, and citizenship skills. This was a crucial attraction, due to many families in the community being low income. We would highly recommend having a strict age range (ours being 3 -12 years in Year 2) posted around the table or booth, as well as thorough tracking of families' completion of the activities that earn their children the Market Bucks. The kid-friendly **spending ledgers** can also be provided, so that they may track their earned Bucks and expenses, furthering the financial literacy learning impact.

The local or Iowa-specific **seasonal recipes** (such as a rhubarb-strawberry smoothie, beet leaf salad, black bean stuffed sweet potatoes, watermelon salad, and many more) are offered to guide kids' spending after they have earned their Market Bucks. Space to make a shopping list is provided on the recipes (to support the functional literacy skills of list-making and following recipes). A few recipe examples are provided at the end of this document.

We suggest thoroughly communicating with vendors before each presence at the market about which recipes you'll bring. Participants will be seeking out those produce items, and

vendors appreciate having that knowledge beforehand so they can pack enough and prepare accordingly. It also helps coordinate which recipes to provide—for example, if no vendors have watermelon that are quite ready, and they can communicate that with you, it will help you bring other recipes that will be the most interesting and impactful for kids and families. Establish a means of direct communication with vendors.

Along with the Market Bucks, once the participants have earned them, a **Vendor Conversation Starter Game** was created to encourage children to interact with vendors in a meaningful way beyond the exchange of Market Bucks. Vendors were provided stamps (pens would work, too) to stamp the question when asked by the child. They were asked ahead of time if they'd be willing to participate. Because our market was small, all of our vendors were able to take the time to answer students' questions and stamp their sheets. For larger markets, this may have to be an honor system between the program host and the adults with the children. Incentives for 5-in-a-rows or whole-sheets were provided by Iowa PBS and the Perry Public Library (books & board games). However, earning the Market Bucks for a 5-in-a-row would work as a meaningful incentive as well, making the deeper interaction between vendors and kids a prerequisite. This option also helps the learning flow from one activity into another in direct connection. This would be a very effective smaller-scale structure of the program for smaller markets only able to facilitate the Market Bucks and Vendor Conversation Sheets.

Example questions in this activity include *"How do you protect your garden or farm from insects or pests? What is the hardest part about farming/gardening or crafting/baking? How long have you been doing this? Who taught you? Why is it important to know how to farm/garden craft/bake?"*

All of these teach children about agricultural and farming practices, intergenerational knowledge, learning anywhere and everywhere, and participating in social market customs.

To support younger children’s computational thinking (identifying items by specific characteristics, sorting by characteristic) and paying attention to surroundings, a ***Rainbow Treasure Hunt*** was added, also helping with learning the names of colors and foods.

Then, for older participants, to teach about gardening, early and late summer produce (in Iowa), what produce looks like before harvesting, how it’s harvested, and from which plants it descends, two ***garden facts crosswords*** (a take-home activity that supports computational thinking, synthesizing, literacy, & agriculture) were created.

Additionally, for K-5 grade levels, a compilation of ***gardening/cooking-themed story problems*** were written and grouped by grade and approximated math skills (according to Common Core Standards). They are all contextually rich in real-life scenarios (supporting functional literacy, critical thinking, & math skills). They provide an interactive in-person element for incentive, or are another printable take-home learning extension activity. Most story-problems include a quick, related extension activity that is cross-curricular, furthering the learning.

Other activities among the above developed activities and resources of this program include ***spending ledger*** sheets (encouraging financial literacy), as well as several other activities highlighting computational thinking and everyday literacy skills:

- ***Color by Number/Color by Math*** sheets
- ***Observational Graphing*** (making tallies and a bar graph comparing chosen items observed at a farmers market)
- ***Food Sorting and Matching*** (if foods are fruits v. vegetables, and how to tell)
- ***Farm Safety*** (how to approach livestock and be aware of farm equipment)
- ***Market Map Reading*** (how to read a map)

- **Word Search** sheets (literacy)

These are all further opportunities to earn Market Bucks or to use as take-home extension activities. Completing any of these activities should be a prerequisite to earn the Market Bucks, or a book, board game, or other small incentive (such as bookmarks, stickers, mini bubble wands, activity books, pencils/erasers, etc.).

Many other printable activities could be created and used as a prerequisite for earning Market Bucks and choosing a recipe, such as: trying a bite of a new vegetable at the table, answering a question (see marker board question examples in the next section), guessing the name of a food item without looking, tracking weather for a week, true or false sheets, correctly labeling the parts of a plant, or completing a farm-to-table sequencing exercise (put food processing events in the correct order). The opportunities are endless for varied *and* incentivized activities earning Market Bucks!

Other Educational Activities to Have at Farmers Markets

To not only provide program resources, but have their table be an educational and fun experience in and of itself, Iowa PBS also provided STEAM activities at the table, such as: blocks, buildables, water play fun, a scale and potatoes to practice weighing produce, a Guess the Vegetable Mystery Box (kids reach in to touch a seasonal produce item and try to guess the item's name), and a giant coloring mural for the kids (afterwards displayed around the community).





To integrate more collaborative literacy into our booth activities, a marker board was also set up with interactive prompts in both Spanish and English. Prompts could include sorting food-shaped magnets into the correct columns of a t-chart (does the food grow in the ground like a potato, or above like a tomato; does it grow in Iowa or no; etc.) or questions such as:

- What plants/fruits/vegetables did you see at the market today you had never seen before?
- What type of plant/fruit/vegetable do you want to grow yourself one day?
- How is a farmers market different from a grocery store?
- What is your favorite PBS show or character?
- What healthy food makes you feel the best in your body?
- What is your favorite part of the market?
- Which recipe was your favorite?
- How is the weather now that the seasons are changing?
- What is no longer at the market? What is new at the market?



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We also provided reusable shopping bags, clipboards to complete the activities while walking the market, books, erasers, compasses for map reading, notepads for shopping lists, and other list-making and writing utensils.

Packing and Staffing Recommendations

Though many resources are provided in this collection, we suggest narrowing down the selection of activities for each presence at the market to the following:

- **One activity** as a prerequisite **to earning Market Bucks** (or one for each age range with a limit of two activities) - to change *each week* to provide variability; enough for each participant
- **Two recipes** to choose from (allowing children choice, but not too much room for deliberation—this is helpful at the more crowded and busy times at the booth) - to change *often*, to provide variability; enough for each participant
- **One “free play” activity** for at least 4 to 5 kids to play with at a time (such as the coloring mural, water play table, or STEM manipulatives) - to change *each week* to provide variability
- **A marker board** with one or two prompts for families to interact with - to change *each week*
- The provided **participant tracking sheet**
- Kids’ **spending ledgers** - enough for each participant
- **Reusable shopping bags** - for first-timers only (as a sign up incentive); encouraged to remember to bring each time (just like they would try to do when going grocery shopping!)
- **A set amount of Market Bucks** (prewrapped in the set amount per participant)
- **Signage advising on the strict age range** of participants
- Signage advertising the super fun potential *incentives*
- Any other materials or incentives that embody the RTL learning themes of everyday literacy (lists, maps, recipes), World of Work, or Computational Thinking

We then recommend having at least 3-4 people at the table or booth:

- **One person with the tracking sheet** signing up new participants, marking returners, marking off completed activities - this would preferably be done by someone well-known in the community through a partnership (for example, our sign-up duty was completed by a very trusted and community-active children's librarian/retired paraeducator)
- **One person to provide instruction** to children on how to participate in the program
- **One person** to converse with the participants in an educational conversation about their **completed activities and run incentives** for any participants that have signed up or checked in, received materials and instruction, and are now only returning to receive incentives
- **One person facilitating 'free play' activities** (such as Guess the Vegetable, the coloring mural, the marker board prompts, or activities), **or supporting** the other three in introducing the program to newcomers and engaging with the children and families

Overall, the structure of the activity-to-incentive premise can be as challenging (complete full booklets or activity sheets for bucks) or as flexible (a single 5-in-a-row or scavenger hunt square, i.e. bite-sized activities) as needed or desired by the program host and the community at hand. Regardless, if the Market Bucks and incentives are being implemented, a strict age enforcement, a maximum choice of activities to *two* (2) activities/recipes, and the provided educational standards should be upheld throughout the program to ensure desired impact of the Market Bucks and market program.

Adaptations of the Activities

Though the program was created for and used at a farmers market, the activities and ideas are appropriate and just as meaningful in other environments. Iowa PBS envisions that these activities could act as supplemental activities for learning programs or day camps that have central themes of agricultural education, gardening, financial literacy, and food/nutrition. The created activities (especially the Vendor Conversation Starter game and Observational Graphing), either one or several at a time, would function well as a learning guide on field trips to: *grocery stores, pumpkin patches, apple orchards, restaurants (especially farm to table restaurants), school cafeterias, and even classrooms.*

If communities or day camps are unable to provide an in-person experience of a market, farm, garden, or food source for participants, the following virtual experiences from PBS and PBS Kids can act as the engagement or model piece of the learning experience:

- Alma's Way Farmers Market Episode: <https://pbskids.org/videos/watch/almas-way-clips/1385887/corn-at-the-community-garden-share/1545128>
- Farmers Market Experience: <https://iowa.pbslearningmedia.org/resource/1a5deb85-cc4e-4f9a-909a-fcac60cbd6cf/farmers-market-video-wpbt2-kidvision/>
- School Garden: <https://iowa.pbslearningmedia.org/resource/cc13.pd.sci.schoolgard/school-garden/>
- Career Profile: Farmer: <https://iowa.pbslearningmedia.org/resource/9fd52451-3c60-4362-85f9-d8f719e78f85/career-profile-farmer-james-petersen/>
- Career Profile: Weed Scientist <https://iowa.pbslearningmedia.org/resource/3a1aba6c-acb2-495c-ae48-24da930196c9/career-profile-weed-scientist-bob-hatzler/>
- Career Connections: Farmer: <https://iowa.pbslearningmedia.org/resource/fec2d948-e36b-4871-b4ff-18dd79d772c2/career-connections-farmer/>
- Food Access Series: <https://iowa.pbslearningmedia.org/collection/at-the-table/>

- America's Heartland Series (ag/farms by different crops):
<https://iowa.pbslearningmedia.org/collection/americasheartland/>
- Why Farmers Need Pollinators:
<https://iowa.pbslearningmedia.org/resource/why-farmers-need-pollinators/georgia-pollinators-live-exploration-video/>
- Farming & Changing Weather Patterns:
<https://iowa.pbslearningmedia.org/resource/nwtf-sci-notill/how-farmers-are-building-resilience-to-changing-weather/>

Iowa PBS envisions that community organizations (such as libraries, local businesses, Scouts or 4-H groups, etc.) could, however, also provide their own customized version of this program while tabling at a local market, using a large chunk of the activities, or small pieces of the program. Older students in the organizations (such as Cub Scouts, older students in 4-H or FFA) can even run this program for younger children and the community as a learning experience in and of itself.

If the Bucks or activities are too much of a lift for smaller communities and organizations that may not have the funding or volunteers to regularly table a farmers market, Iowa PBS encourages bite-sized pieces of the activities to be used as stand-alone pillars for spin-off programs. *Even just bringing a single recipe and/or free play activity to a market would be very effective.*

Examples of spin-off programs would depend on the learning objectives needed or desired by the organization's community. If the goal is learning how to cook for oneself or be exposed to fresh, seasonal produce, a kids' cooking class using one of the provided recipes, or samples of the recipe, would be effective. If everyday literacy (list making, reading instructions and maps, etc.) instruction would benefit students, a contextually rich real-life scenario on why and how to write shopping lists or to read maps of markets or grocery stores would be effective, and the recipes may help with facilitation. For financial literacy, the Spending Ledger would be useful with or without a market or supermarket context. If financial literacy is the desired learning topic at hand, the "[Teaching Kids to Manage Money Yields Big Returns](#)" article provides solid thought and activity suggestions.

And if learning about where food comes from and how farming or gardening works, having students interview a panel of hobby farmers, ag professionals, or gardeners from the local

neighborhood by using the Vendor Conversation Starter Game or Crosswords would be another way to use the resource without the presence of a farmers market. Using a hydroponic garden would also be a great way to make growing fresh food a real-life experience, as well as using raised portable garden beds or partnering with a community garden.

The opportunities for adaptation of the materials to a community or educational setting's needs are endless, and Iowa PBS encourages the modular use of any and all of the provided resources. We hope this compilation of resources inspires more related programs and activities!

Adaptations for Market Bucks

Because our program was funded by a grant, we were able to provide the Market Bucks, though the program was also designed to be just as educational, fun, and impactful even without the currency element.

Alternate options to still utilize the Market Bucks piece of the program even without a farmers market (or the staff to attend one) in their community would be:

- To hold a food drive in a prospective community, and then offer a simulated market or grocery store using the donated food
- To plainly simulate a Market with dramatic play materials and foods
- To have older students facilitate a simulated market with their own created goods (bracelets, crafts, drawings, services, donated food from classroom families)
- To have students research the roles of specific gardeners, farmers, bakers, or other professionals that sell goods at farmers markets and role play in a simulated market to use the Vendor Conversation Starter Games

However, for communities very interested in finding funding for a kids only currency such as this, our process was the following: (1) Write a contract with the local Chamber of Commerce (our community partner and host of the local market) stating: (2) The vendors would turn in the Market Bucks to the Chamber (as they currently do with SNAP, WIC, and other alternate currencies) (3) The Chamber would then invoice us for the amount received by their vendors once a month (4) The funds would be drawn from our grant and paid



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through our business office to the Chamber, who would then (5) locally reimburse the vendors.

Local benefactors, local grocery stores, area businesses, or local aligned educational organizations (FFA, 4-H, Scouts) are alternative sources of local funding for communities interested in having shopping and Market Bucks as a central part of their program.



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Closing

The farmers market is an exceptional example of a summer learning environment that facilitates learning from many examples of functional and everyday literacy. It provides a rich and immersive context for children to learn and practice problem solving skills, social skills, and critical and computational thinking, all while encouraging intergenerational exchanges about the food we eat and the trades we need. Iowa PBS is proud to offer a program that highlights and centers these opportunities for all other farmers markets big or small in the state of Iowa and beyond.

Program ideas curated in collaboration with the Perry Chamber of Commerce, loosely inspired by the national Farmers Market Coalition's (FMC) POP program (2017).

Recipe Examples

PBS Parents Oh Noah Guacamole:

INGREDIENTS:

2 ripe avocados
1 small onion
1 clove garlic
1 small tomato
¼ tsp. salt
¼ tsp. pepper
1½ Tbsp. lime juice

DIRECTIONS:

1. Peel avocados and remove the pits.
2. Peel and mince the onion and the garlic.
3. Chop the tomato.
4. Mash the avocados in a bowl (fun for kids) and then stir in the remaining ingredients to taste.
5. Serve with vegetables or corn chips.

INGREDIENTES:

2 aguacates maduros
1 cebolla pequeña
1 diente de ajo
1 tomate pequeño
¼ cucharadita de sal
¼ cucharadita de pimienta
1½ cucharadas de jugo de lima

INSTRUCCIONES:

1. Pela los aguacates y quita le la semilla.
2. Pela y pica la cebolla y el ajo.
3. Corta el tomate.
4. Aplasta los aguacates en un recipiente (esto es divertido para los niños) y revuélvelos con los otros ingredientes al gusto.
5. Sírvelo con vegetales o totopos de maíz.

Rainbow Kabobs:

INGREDIENTS:

- 1 of the following: red onion, red cabbage, or other purple-ish produce item
- 1 of the following: Red peppers, cherry tomatoes, beets, radishes, or other red produce item
- 1 of the following: Orange peppers, yellow peppers, summer squash, or other orange and yellow produce items
- 1 of the following: Green pepper, zucchini, broccoli, or green produce item
- 1 of the following: Potato, white onion, mushrooms, or other white produce item
- Kabob sticks
- Olive oil
- Salt & Pepper
- Other preferred seasonings

DIRECTIONS:

1. Wash and dry all produce items.
2. Cut produce items into bite sized pieces (~1-2 square inch sized pieces).
3. Carefully arrange on kabob sticks by color. Similar colored produce items should go next to each other on the kabob stick.
4. Example order: Red onion, red pepper, orange pepper, yellow summer squash, green pepper, potato
5. Drizzle the full kabob sticks with olive oil, and massage onto the vegetables.
6. Sprinkle a generous amount of salt and pepper onto the kabobs' vegetables. Add any other preferred seasonings.
7. With a safe adult, grill or bake the kabobs until the vegetables are cooked through (soft and slightly browned).

Brochetas de arcoíris:

INGREDIENTES:

- 1 de los siguientes: cebolla morada, repollo rojo u otros productos agrícolas de color morado
- 1 de los siguientes: Pimientos rojos, tomates cherry, remolachas, rábanos u otros productos agrícolas rojos
- 1 de los siguientes: Pimientos naranja, pimientos amarillos, calabazas de verano u otros productos agrícolas de color naranja y amarillo
- 1 de los siguientes: Pimiento verde, calabacín, brócoli o productos vegetales agrícolas verdes
- 1 de los siguientes: Patata, cebolla blanca, champiñones u otros productos agrícolas blancos
- Palitos de brocheta
- Aceite de oliva
- Sal y pimienta
- Otros condimentos preferidos

INSTRUCCIONES:

1. Lave y seque todos los productos agrícolas.
2. Corte los productos agrícolas en trozos pequeños (~1-2 pulgadas cuadradas).
3. Colóquelos con cuidado en palitos de brocheta por color. Los productos agrícolas de colores similares deben ir uno al lado del otro en el palito de brocheta.
4. Orden de ejemplo: Cebolla morada, pimiento rojo, pimiento naranja, calabaza de verano amarilla, pimiento verde, patata
5. Rocíe los palitos de brocheta enteros con aceite de oliva y masajee las verduras.
6. Esparza una cantidad generosa de sal y pimienta sobre las verduras de las brochetas. Agregue cualquier otro condimento preferido.
7. Con la ayuda de un adulto, ase u hornee las brochetas hasta que las verduras estén bien cocidas (lo



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suficientemente blandas como para que un tenedor pueda pincharlas fácilmente, y ligeramente doradas).

Zucchini Fries

INGREDIENTS:

Olive oil
Zucchini
Carrots (optional)
Seasonings of your choice

DIRECTIONS:

1. Preheat oven to 425 F.
2. Wash zucchini well, then cut into 3-inch sticks, making sure they are even in thickness.
3. Line a baking tray with baking paper and a light layer of olive oil.
4. SEASON! – Go with the usual salt & pepper and branch out to one or two of the following (Choose Your Own Adventure-style): paprika, cumin, cayenne, crushed red peppers, thyme, rosemary, sage, etc.
5. Grab a bowl, and lightly mix your fries with a tablespoon or so of olive oil (not too much) and the herbs and spices you chose.
6. Spread your seasoned fries over your lined tray and roast, tossing halfway through, for about 20 minutes or until golden and slightly browned at the edges.

Patatas fritas de calabacín

INGREDIENTES:

Aceite de oliva
Calabacín
Zanahorias (opcional)
Condimentos de su elección

INSTRUCCIONES:

1. Precalienta el horno a 425 F.
2. Corta el calabacín en palitos de 3 pulgadas, asegurándose de que tengan el mismo tamaño.
3. Forra una bandeja de horno con papel de horno y espolvorea con una ligera capa de aceite de oliva.
4. CONDIMENTACIÓN – Opta por la sal y la pimienta habituales y añádalas a una o dos de las siguientes (estilo "Elige tu propia aventura"): pimentón, comino, cayena, pimientos rojos triturados, tomillo, romero, salvia, etc.
5. Mezcla ligeramente los bastones de calabacín con aproximadamente una cucharada de aceite de oliva (no demasiado) y las hierbas y especias.
6. Extiende las verduras sazonadas sobre la bandeja forrada y ásalas, revolviéndolas a mitad de cocción, durante unos 20 minutos o hasta que estén doradas y ligeramente doradas en los bordes.

Watermelon Salad:

INGREDIENTS:

- 1 small watermelon, or ½ a large watermelon, cubed
- 1 medium cucumber, cubed
- 2 ½ Tablespoons honey
- 2 ½ Tablespoons lime juice
- 1 ½ Tablespoons olive oil
- 2 pinches salt

Optional:

- A handful of finely chopped fresh mint or basil (or both)
- A handful of crumbled feta cheese

DIRECTIONS:

1. Wash the watermelon and cucumber before cubing.
2. Mix the cubed watermelon and cucumber in a large bowl.
3. In another smaller bowl, whisk the honey, lime juice, olive oil, and salt together. Whisk well.
4. Pour over the watermelon and cucumber and stir until the produce is covered in the honey-lime mixture.
5. Add the optional fresh herbs or cheese, if you so desire.
6. Serve immediately.

Ensalada de sandía

INGREDIENTES:

- 1 sandía pequeña, o ½ sandía grande, en cubos
- 1 pepino mediano, en cubos
- 2 ½ cucharadas de miel
- 2 ½ cucharadas de jugo de lima
- 1 ½ cucharadas de aceite de oliva
- 2 pizcas de sal

Opcional:

- Un puñado de menta o albahaca fresca picada finamente (o ambas)
- Un puñado de queso feta desmenuzado

INSTRUCCIONES:

1. Lave la sandía y el pepino antes de cortarlos en cubitos.
2. Mezcle la sandía y el pepino en cubos en un bol grande.
3. En otro bol más pequeño, mezcle la miel, el jugo de lima, el aceite de oliva y la sal. Bata bien.
4. Vierta sobre la sandía y el pepino y revuelva hasta que el producto esté cubierto con la mezcla de miel y lima.
5. Agregue las hierbas frescas o el queso opcionales, si así lo prefiere.

Salsa Verde

INGREDIENTS:

7 medium tomatillos; husked
2 poblano peppers, or other preferred pepper
4 Anaheim peppers, or other preferred pepper
6 scallions
1 jalapeno
9 garlic cloves, peeled
1 tsp cumin
1 tsp coriander
olive oil
1 Tbs honey
2 tsp red wine vinegar
Splash lemon or lime juice
Salt and cracked black pepper

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Wash and dry tomatillos, peppers and scallions and place in a large bowl with garlic.
3. Coat with olive oil and sprinkle with salt, pepper, cumin and coriander.
4. Place on a prepared baking sheet.
5. Roast in oven for 35-45 minutes, or until peppers are blistered.
6. Cool until safe to handle.
7. Remove stems and seeds of peppers, and reserve any cooking liquid in the blender.
8. Place roasted peppers, tomatillos, scallions, garlic in blender.
9. Add honey, lemon/lime juice, vinegar and salt and pepper to taste.
10. Blend to desired consistency.
11. Adjust flavor with salt, pepper and vinegar.

INGREDIENTES:

7 tomatillos medianos; sin cáscara
2 pimientos poblanos u otro pimiento preferido
4 pimientos Anaheim u otro pimiento preferido
6 cebollinos
1 jalapeño
9 dientes de ajo, pelados
1 cucharadita de comino
1 cucharadita de cilantro
aceite de oliva
1 cucharada de miel
2 cucharaditas de vinagre de vino tinto
Un poco de jugo de limón o lima
Sal y pimienta negra molida

INSTRUCCIONES:

1. Precaliente el horno a 425 grados.
2. Lave y seque los tomatillos, los pimientos y los cebollinos y colóquelos en un bol grande con el ajo.
3. Cubra con aceite de oliva y espolvoree con sal, pimienta, comino y cilantro.
4. Colóquelo en una bandeja para hornear preparada.
5. Ase en el horno durante 35 a 45 minutos, o hasta que los pimientos estén bien cocinados.
6. Deje enfriar hasta que sea seguro manipularlo.
7. Retire los tallos y las semillas de los pimientos y guarde el líquido de cocción en la licuadora.
8. Coloque los pimientos asados, los tomatillos, los cebollinos y el ajo en la licuadora.
9. Agregue miel, jugo de limón/lima, vinagre y sal y pimienta al gusto.
10. Licue hasta obtener la consistencia deseada.
11. Agregue sal, pimienta y vinagre al gusto.

Pumpkin Smoothie:

INGREDIENTS:

- 1 frozen banana
- 1 cup of ice
- 1 cup milk of choice
- ½ cup vanilla yogurt
- ½ cup fresh pumpkin puree
- ¼ tsp pumpkin pie spice or cinnamon
- 1Tbs honey (or to taste)

DIRECTIONS:

1. With a safe adult, carefully cut the stem off of a pumpkin and pull off so there is a hole in the top large enough for you to reach inside.
2. Scrape and scoop out the insides of the pumpkin into a small bowl until you have ½ cup (one large smoothie's worth).
3. Remove the pumpkin seeds from the pumpkin insides in the bowl.
4. Add your frozen banana, the pumpkin, and the rest of the ingredients to a blender.
5. Blend the ingredients (or mash well with a potato masher if you don't have a blender).
6. Taste your smoothie, being careful of the blender. Add more honey or more spices if you so desire and blend again.
7. Pour into a glass, add a straw or spoon, and top with cinnamon. Enjoy!

Batido de calabaza

INGREDIENTES:

- 1 plátano congelado
- 1 taza de hielo
- 1 taza de leche de elección
- ½ taza de yogur de vainilla
- ½ taza de puré de calabaza fresco
- ¼ cucharadita de especias para pastel de calabaza o canela
- 1 cucharada de miel (o al gusto)

INSTRUCCIONES:

1. Con la ayuda de un adulto, corte con cuidado el tallo de una calabaza y sáquelo de modo que quede un agujero en la parte superior lo suficientemente grande como para que pueda alcanzar el interior.
2. Raspe y saque el interior de la calabaza en un tazón pequeño hasta obtener ½ taza (el equivalente a un batido grande).
3. Retire las semillas de calabaza del interior y colóquelas en el tazón.
4. Agregue el plátano congelado, la calabaza y el resto de los ingredientes a una licuadora.
5. Licúe los ingredientes (o tritúrelos bien con un pasapuré si no tiene licuadora).
6. Pruebe su batido, teniendo cuidado con la licuadora. Agregue más miel o más especias si así lo prefiere y vuelva a licuar.
7. Vierta en un vaso, agregue una pajita o una cuchara y cubra con canela. ¡Disfrute!



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Potato Salad

INGREDIENTS:

2 lbs. red potatoes, scrubbed
1/4 c. red wine vinegar
salt and pepper
1/2 c. mayonnaise
1/2 c. celery, chopped
1/4 c. red onion, chopped
3 hard boiled eggs, peeled and diced
2 Tbsp. sweet pickle relish
2 tsp. mustard
2 Tbsp. chives, minced, plus more for garnish

DIRECTIONS:

1. Boil potatoes in salted water until they are tender.
2. Drain, let them cool slightly.
3. Cut them into cubes.
4. Place the warm potato cubes in a large bowl and toss with vinegar.
5. Add salt and pepper to taste.
6. Refrigerate until cooled, about 20 minutes.
7. Toss cooled potatoes with remaining ingredients, and add more salt and pepper if desired.
8. Garnish with fresh chives and enjoy!

Ensalada de patatas

INGREDIENTES:

2 libras de patatas rojas, lavadas
1/4 taza de vinagre de vino tinto
sal y pimienta
1/2 taza de mayonesa
1/2 taza de apio, picado
1/4 taza de cebolla morada, picada
3 huevos duros, pelados y cortados en cubitos
2 cucharadas de salsa dulce de pepinillos
2 cucharaditas de mostaza
2 cucharadas de cebollino picado y más para decorar

INSTRUCCIONES:

1. Hierva las patatas en agua con sal hasta que estén tiernas.
2. Escorra, deje enfriar un poco.
3. Corte en cubos.
4. Coloque los cubos de papa calientes en un tazón grande y mezcle con vinagre.
5. Agregue sal y pimienta al gusto.
6. Refrigere hasta que se enfríe, aproximadamente 20 minutos.
7. Mezcle las papas frías con los demás ingredientes y agregue más sal y pimienta si lo prefiere.



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8. ¡Decore con cebollino fresco y disfrute!

Strawberry Rhubarb Ice Cream Smoothie

INGREDIENTS:

- 1/2 cup white sugar
- 1/4 cup brown sugar
- 4 cups chopped rhubarb
- 2 Tbps. orange juice concentrate
- 1 cup strawberry ice cream
- 1 cup vanilla yogurt

DIRECTIONS:

1. In a sauce pan set to medium heat, add white and brown sugar, rhubarb and orange juice concentrate.
2. Cook until rhubarb is softened.
3. Remove from heat and let cool.
4. Add 1/2 cup cooked rhubarb, the ice cream, and the yogurt to a blender.
5. Blend until smooth.
6. Serve and enjoy.

Batido de helado de fresa y ruibarbo

INGREDIENTES:

- 1/2 taza de azúcar blanca
- 1/4 taza de azúcar morena
- 4 tazas de ruibarbo picado
- 2 cucharaditas de concentrado de jugo de naranja
- 1 taza de helado de fresa
- 1 taza de yogur de vainilla

INSTRUCCIONES:

1. En una sartén a fuego medio, agregue el azúcar blanca y morena, el ruibarbo y el concentrado de jugo de naranja.
2. Cocine hasta que el ruibarbo se ablande.
3. Quite del fuego y deje enfriar.
4. Agregue 1/2 taza de ruibarbo cocido, el helado y el yogur a una licuadora.
5. Mezcle hasta que esté suave.
6. Sirva y disfrute.

Simple Salad

INGREDIENTS:

4 cups of leafy greens (such as spinach or lettuce), shredded into bite-sized shreds
1 cucumber, peeled and cut into bite-size pieces
1 cup of cherry tomatoes, halved.
1/2 a red or white onion, minced.
1-2 tablespoons of fresh herbs (such as parsley, cilantro, basil or dill)
2 tablespoons of olive oil
1 tablespoon of red wine vinegar (optional) or lemon (optional)
Salt and pepper to taste

DIRECTIONS:

1. Once measured, drizzle the olive oil and red wine vinegar or lemon into a medium bowl.
2. Rinse all the veggies. Once cleaned, pat them dry.
3. Add the shredded greens to the bowl with the oil and vinegar.
4. Add the halved cherry tomatoes, minced onion, and cucumber slices to the greens in the bowl.
5. Stir up all the ingredients in the bowl with a large spoon.
6. Taste the salad and sprinkle salt and pepper on it to taste.

Ensalada verde simple

INGREDIENTES:

4 tazas de verduras de hojas verdes (como espinacas o lechuga), ralladas en trozos pequeños
1 pepino, pelado y cortado en trozos pequeños
1 taza de tomates cherry partidos por la mitad
1/2 cebolla morada o blanca, picada
1-2 cucharadas de hierbas frescas (como perejil, cilantro, albahaca o eneldo)
2 cucharadas de aceite de oliva
1 cucharada de vinagre de vino tinto (opcional) o limón (opcional)
Sal y pimienta al gusto

INSTRUCCIONES:

1. Una vez medido, rocíe el aceite de oliva y el vinagre de vino tinto o limón en un bol.
2. Enjuague todas las verduras. Una vez limpias, séquelas con palmaditas.
3. Agregue las verduras ralladas al bol con el aceite y el vinagre.
4. Agregue los tomates cherry cortados por la mitad, la cebolla picada y las rodajas de pepino a las verduras del bol.
5. Revuelva todos los ingredientes del bol con una cuchara grande.

Pruebe la ensalada y condimente con sal y pimienta al gusto.



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PBS Wild Kratts Carrot and Pepper Lion

INGREDIENTS:

2 to 3 sliced red, yellow, and orange bell peppers
Carrots
Hummus
Butter popcorn
Pretzel sticks
Pretzel twists
Big round crackers
Ritz crackers
Black olives

DIRECTIONS:

1. Spread a large circle of hummus at the center of the tray.
2. Layer the sliced bell peppers around the outer edge of the platter. Add a layer of baby carrots on top of the bell peppers, working your way around the entire tray.
3. Sprinkle a layer of popcorn around the outermost edge of the hummus, just inside the baby carrots layer.
4. Next, add two Ritz crackers to the top corners of the hummus, to make the lion's ears.
5. Add a large round cracker to the front of the lion's face to make the muzzle.
6. Cut two slices of black olive and add them above the large round cracker to make the lion's eyes.
7. Cut a regular-sized pretzel twist into the shape of the lion's snout with a sharp knife, then cut another olive lengthwise. Add a few dabs of hummus to the back of the pretzel and olive, adhering them to the front center of the round cracker. This will be the lion's nose.
8. Place three pretzel sticks on either side of the lion's muzzle to form the whiskers. Your guests will roar for more of this healthy and delicious snack!

León de zanahoria y pimiento

INGREDIENTES:

Pimientos rojos, amarillos y anaranjados cortados en tiras
Zanahorias
Humus
Palomitas de maíz con mantequilla
Pretzels en palitos
Pretzels torcidos
Galletas grandes y redondas
Galletas Ritz
Aceitunas negras

INSTRUCCIONES:

1. Pongan humus al centro de la bandeja, formando un círculo grande.
2. Coloquen las tiras de pimientos alrededor del borde exterior de la bandeja. Agreguen una capa de mini zanahorias encima de los pimientos por toda la circunferencia de la bandeja.
3. Espolvoreen una capa de palomitas de maíz alrededor del borde exterior del humus, justo por dentro de la capa de mini zanahorias.
4. Ahora, agreguen dos galletas Ritz en las esquinas superiores del humus, para formar las orejas del león.
5. Agreguen una galleta grande y redonda en el rostro del león para formar el hocico.
6. Corten en rodajas dos aceitunas negras y pónganlas arriba de la galleta grande y redonda para formar los ojos del león.
7. Corten un pretzel torcido de tamaño regular en la forma del hocico del león usando un cuchillo afilado, y luego corten otra aceituna por su largo. Agreguen unas gotas de humus a la parte de atrás del pretzel y la aceituna, para adherirlos al centro delantero de la galleta redonda. Esto será la nariz del león.
8. Coloquen tres pretzels en palitos por cada lado del hocico del león para hacer los bigotes. ¡Sus invitados van a rugir con esta merienda sana y deliciosa!

Kale Salad:

INGREDIENTS:

Dressing:

- 1/3 cup of olive oil
- 3 tablespoons apple cider vinegar
- 3 tablespoons honey
- 2 tablespoons dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Salad:

- 4 cups kale, chopped
- 2 cups cabbage, shredded
- 2 cups carrots, grated
- 3/4 cup dried cranberries
- 3/4 cup almond slices
- 1/2 cup green onions, sliced

DIRECTIONS:

1. Mix dressing ingredients together in a large mixing bowl.
2. Massage chopped kale with the mixed dressing.
3. Add the rest of the ingredients to the bowl with the kale and dressing, and mix well.
4. Refrigerate at least an hour before serving.

Ensalada de kale

INGREDIENTES:

Aderezo:

- 1/3 taza de aceite de oliva
- 3 cucharadas de vinagre de manzana
- 3 cucharadas de miel
- 2 cucharadas de mostaza de Dijon
- 1/4 cucharadita de sal
- 1/4 cucharadita de pimienta

Ensalada:

- 4 tazas de kale, picado
- 2 tazas de repollo, rallado
- 2 tazas de zanahorias ralladas
- 3/4 taza de arándanos secos
- 3/4 taza de almendras en rodajas
- 1/2 taza de cebollas verdes, en rodajas

INSTRUCCIONES:

1. Mezcle los ingredientes del aderezo en un bol grande.
2. Masajee el kale picado con el aderezo mixto.
3. Agregue el resto de los ingredientes al bol con kale y el aderezo y mezcle bien. Enfríe al menos una hora



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antes de servir.