

Harvest Cooking Party

LEARNING RECAP

- Specialty crops show us how fruits, vegetables, and herbs grow, how to cook them, and how they become the foods we eat every day.
- Cooking with specialty crops helps us explore flavors, textures, and healthy eating while having fun in the kitchen.
- Learning about agriculture, water, soil, and pollinators helps us understand how farmers grow food and how we can enjoy it in meals and snacks.

AT HOME ACTIVITIES

Create a Specialty Crop Snack

- Choose a fruit or vegetable at home. Wash, cut, and prepare it safely with an adult. Try making a simple snack, like fruit kabobs or veggie sticks with dip. Talk about the flavors, textures, and what makes it healthy.

Draw or Paint Your Favorite Crop

- Pick your favorite fruit, vegetable, or herb. Use crayons, markers, or paints to create your own artwork. Label it and write one fun fact you learned about it during the cooking party.

Try a New Recipe with Family

- Find a simple recipe that uses a specialty crop you've never tried. Cook it with an adult and taste it together. Discuss how it grew, why it's healthy, and whether you'd eat it again.

FUN FACTS

- The "Mortgage Lifter" Tomato was developed in Logan County, WV, in the 1930s by M.C. Byles and sold for \$1 each to pay off a \$6,000 mortgage.
- The West Virginia state fruit is the Golden Delicious apple, which was discovered in Clay County in 1912.
- There are several festivals in West Virginia throughout the year that celebrate specialty crops such as black walnuts, strawberries, apples, and pumpkins.
- Chow chow relish is a staple in West Virginia, made from late-harvest specialty crops like green tomatoes, cabbage, peppers, and onions, turning surplus garden crops into a flavorful, year-round treat!