



Welcome!

Harvest Cooking Party

Week 7

Week 7: Harvest Cooking Party

Program Focus:

- Learn how fruits and vegetables are grown and turned into meals.
- Try new foods and discover exciting tastes and textures.
- Understand why fruits and vegetables help our bodies grow strong.
- Learn simple ways to cook and enjoy specialty crops with guidance from WVU Extension.



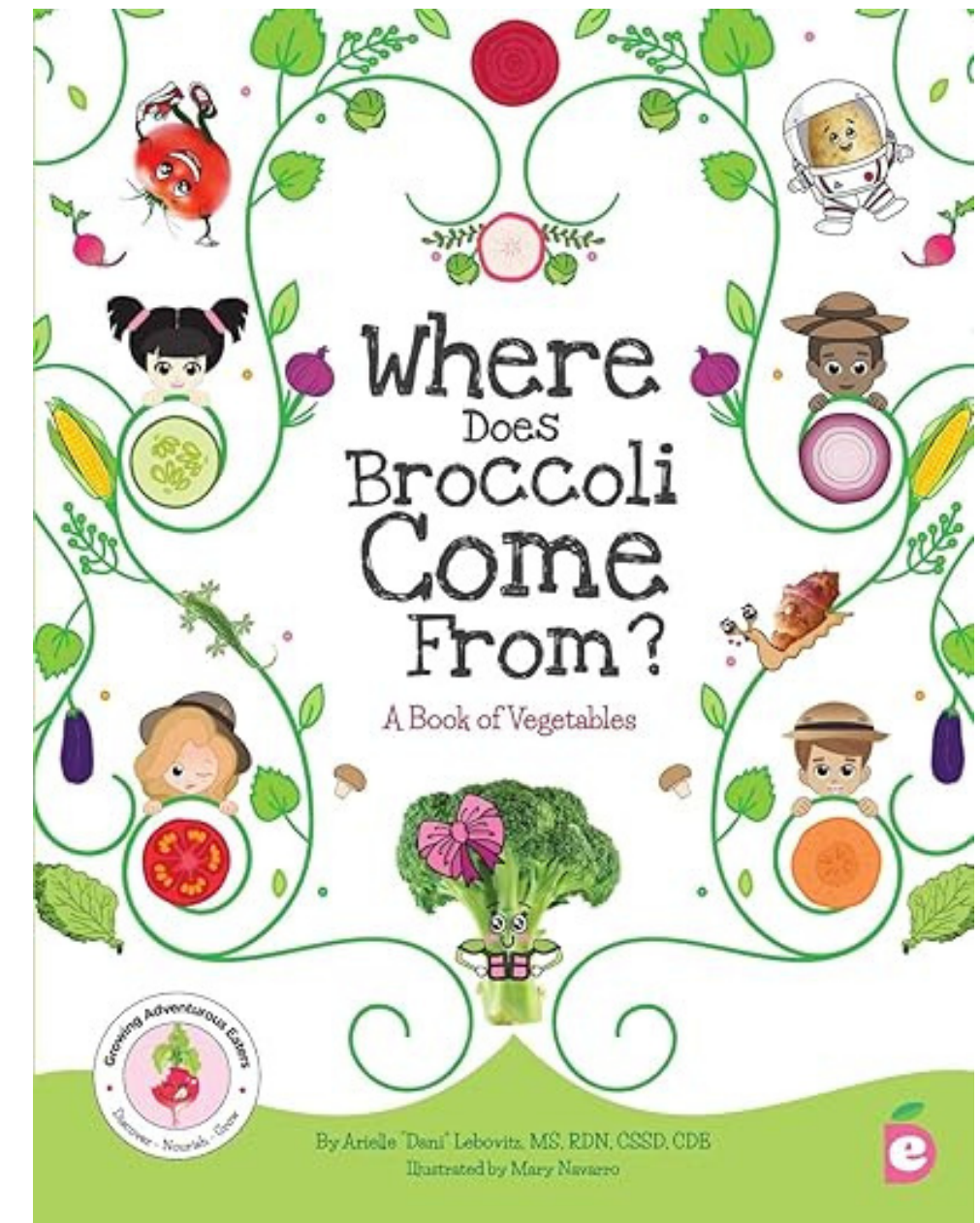
Cabbage is a cool-season specialty crop in West Virginia that can be grown from March to December



Book of the Week:

Where Does Broccoli Come From? By: Arielle Dani Lebovitz

A fun and colorful book that introduces over 100 vegetables through playful characters, vibrant photography, and engaging facts about how they grow, their seasons, and how to prepare and enjoy them.





Story Discussion

- Did you know where broccoli came from before reading?
- Did you see any foods you have never tried?
- Which food looked the most interesting or colorful?
- Why do you think eating many different fruits and vegetables is good for us?

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Specialty Crops Review

Past Program Focus – Connecting Week 1-6:

- Students learned how specialty crops, water, soil, and pollinators all work together to grow the fruits, vegetables, and herbs we eat.
- We explored the roles of garden creatures and agriculture in producing healthy foods and supporting our environment.

Week 7 Program Focus:

- Now we are looking at specialty crops in a brand-new way, through hands-on learning in cooking!



Week 7 Activity:

Cooking Demonstration & Tasting Party

Activity Focus:

- Watch a WVU Extension representative demonstrate creative and simple ways to cook specialty crops.
- Learn about the nutritional benefits and versatility of fruits, vegetables, and herbs.
- Sample the dishes prepared during the demonstration.
- Discuss flavors, textures, and favorite foods, and ask questions to learn more.



A popular specialty crop like basil can be used as a seasoning and a topping on pizzas, pasta, salads, and soups

Connecting Specialty Crops to Culinary

- Farmers grow fruits, vegetables, and herbs that we use to make meals.
- Water, soil, and pollinators help plants grow healthy and tasty.
- Cooking lets us turn these crops into fun and delicious dishes.
- Learning about plants and cooking helps us eat healthy and enjoy new foods.

Reflection Questions:

- Which dish did you like the most, and why?
- Did you try a fruit or vegetable you've never eaten before? How did it taste?
- What new cooking tip or idea did you learn from the WVU Extension demonstration?
- How can you use specialty crops at home or in your meals to stay healthy?