GOAL: This week, we’re going to learn a little bit about where food comes from.

EXPLORING THE ROOTS OF IT ALL

ACTIVITY DIFFICULTY: MEDIUM

Ask Mom or Dad for help.

Most of us get our food at the grocery store (or from Blue Apron boxes!), so it’s easy to forget where it really comes from. But it’s important to understand and appreciate the hard work and steps that go into creating healthy ingredients.

We’re peeking behind the scenes to learn how different seasonal foods are grown, raised, or made before they reach your plate.

Country Sweet is one of our superstar farm partners, providing us with all sorts of incredible ingredients, from peppers to sweet potatoes.

CALLING ALL THE BUGS...

Just like birds, bugs can be very helpful on farms! They keep the veggies happy and healthy, protecting them from unwanted pests.

LOOK UP!

They have birdhouses on their farm. The birds fly around the farm and help keep pests away naturally.

WHAT’S GROWING?

Their farm grows green bell peppers, a summer specialty. Keep an eye out for them this season!
INSTRUCTIONS: Use the clues about the ingredients to solve this crossword puzzle.

ACROSS
2. This orange-fleshed fruit grows on trees and has a hard pit
4. Typically round and red, this “veggie” is actually a fruit
7. Sometimes from the ocean: not pepper, but
8. Growing on stalks up to 16 feet fall, this veggie can be eaten on or off the cob
9. Harvested spring through summer, green pods are full of these
11. Summer or winter, don’t get squished by a…
12. If you mix and then bake water, flour, and yeast, you’ll get loaves of...

DOWN
1. This orange root is the vegetable of choice for cartoon bunnies
2. Vermont Creamery makes this ingredient using traditional French techniques.
3. Cheese made from the milk of a small horned animal
5. Bees pollinate many of our favorite fruits and veggies, and make this sweet ingredient in the process
6. Chickens, ducks, and geese lay these
10. A red-fleshed fish that swims up rivers

HERE ARE THE CLUES

1. C
2. PEACH
3. G
4. TOMATO
5. H
6. E
7. SALT
8. CORN
9. PEAS
10. S
11. SQUASH
12. BREAD
13. EGGPLANT