

## Grow It, Cook It with Kids

Amand Grant

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**Amand Grant : Grow It, Cook It with Kids** before purchasing it in order to gage whether or not it would be worth my time, and all praised Grow It, Cook It with Kids:

0 of 1 people found the following review helpful. Best for a beginner!By bcubedFor anyone who has ever gardened in their life this book is not necessary. It is very simplistic and the recipes are basic. The layout is very nice and the photos are great but it was lacking the content I had expected from the reviews I had read about the book. Enjoyable but definitely not necessary in your collection.0 of 0 people found the following review helpful. Awesome bookBy EllieThis book is an excellent way to introduce simple gardening techniques, and inspire the children to try eating what they harvest. The photos are appealing, the message very positive, and the recipes delicious. I have used it for Sunday School class activities teaching healthy, local eating. Kids love this book. And this is my second copy - I plan to give more of them as gifts.

At a time when people are taking an interest in the provenance of their food and are keen to make their weekly budget go further, there has been a rise in the number of vegetable patches. So there has never been a better time to teach kids about the benefits of growing and cooking with their own fruit and vegetables.Grow It, Cook it with Kidsis a beautifully photographed guide aimed at getting children into the garden, sowing seeds, looking after their plants, and showing them how and when to harvest their produce. There are chapters on Herbs Leaves; Potatoes, Carrots, Onions; Zucchini Tomatoes; Peas Beans; and Raspberries Strawberries. There's nothing better or more rewarding for a child

than enjoying the freshest produce that they've grown and tended to themselves in their own back yard they'll be full of pride when they can make potato cakes, zucchini stir-fry, creamy spinach pasta, and strawberry cupcakes--all with the minimum help from Mom or Dad. This delightful book by Amanda Grant is in tune with the current passion for grow-your-own produce and encourages children to learn about the joys of gardening and cooking.\*In the same bestselling series as Gardening with Kids, Christmas Crafting with Kids, and Crafting with Kids.\*A timely book to encourage children to grow their own, with gorgeous photography by Tara Fisher.\* Take inspiration from Michelle Obama and get your children to grow their own!

About the AuthorAMANDA GRANT is a broadcaster, food writer and mother of three young children. She has written several books including Grow It, Cook It with Kids and Healthy Lunchboxes for Kids for Ryland Peters Small. Amanda is heavily involved in the Childrens Food Festival and travels the UK teaching kids about good food and nutrition. Her television credits include GMTVs Back to School Campaign. also available: