

MARCH 2023 | ROOT VEGETABLES

# HARVEST OF THE MONTH

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## KNOW IT!

We are rooting for root veggies, like carrots, beets and radishes! Roast them, dip them, or add them to a fresh salad- they taste great every way. Georgia grown carrots are naturally sweeter because of our climate, and we grow over 160 types of beets.



## FAMILY ACTIVITY!

### PEEK-A-BOO, I SEE YOU!



Learning body parts is an important milestone for young children. Try playing peek-a-boo, but say “peek-a-boo, I see your (nose, eyes, mouth, etc.),” and point to the body part on your child.

## MAKE IT!

### VEGGIE FACES

This cooking activity is a fun way to teach body parts while exposing children to new veggies!

- **Ingredients**
  - Sliced, shredded, or steamed veggies
  - 1 cup plain Greek yogurt
  - 1 Tbsp (about half a packet) of dry ranch seasoning
- **Directions (🥕 means your child can help with this step)**
  - 🥕 Stir ranch seasoning into yogurt.
  - 🥕 Help your child arrange veggies into a shape of a face, while naming body parts.
  - Enjoy!

