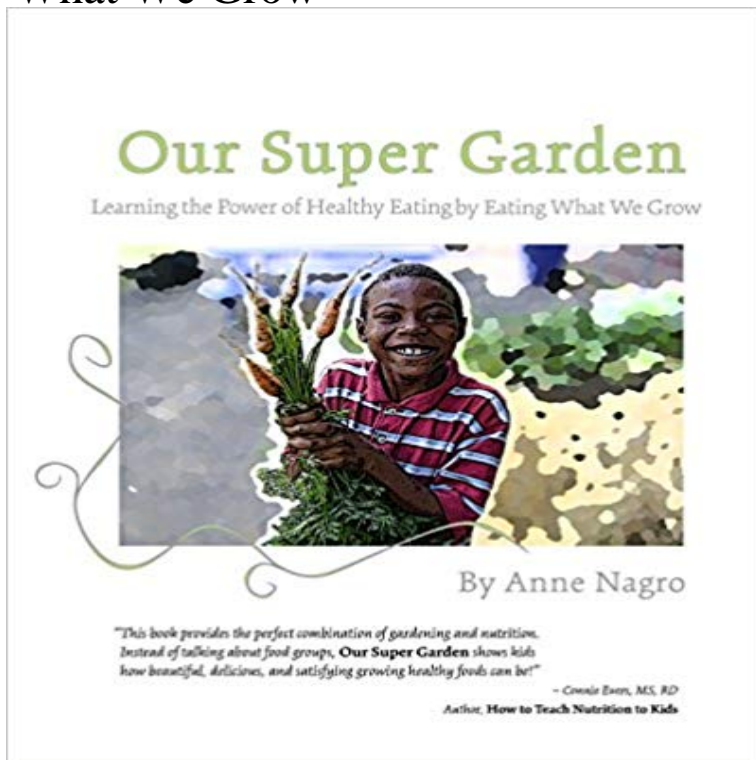


## Our Super Garden: Learning the Power of Healthy Eating by Eating What We Grow



Our Super Garden explores eating healthy by eating what we grow. With kid-friendly language and eye-catching art, it highlights the special powers fruits and vegetables give our bodies, like the force field created by vitamin C that helps keep us from getting sick, antioxidants that karate chop diseases, and fiber, which helps us poop. Children learn its OK to try new foods and why fruits and vegetables are an important part of a healthy diet. The book features 20 kid-tested garden recipes from youth garden programs across the country; a kid-friendly chart of nutrients found in fruits and vegetables to help us make good food choices, and more! Research shows children who plant and harvest their own fruits and vegetables are more likely to eat them: Our Super Garden shows just how much fun this can be. A foreword by Former Florida Surgeon General Dr. Ana M. Viamonte Ros explores how Our Super Garden and gardening with children are part of the solution to the complex crises of obesity, type 2 diabetes, and food security facing our nations children.

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