



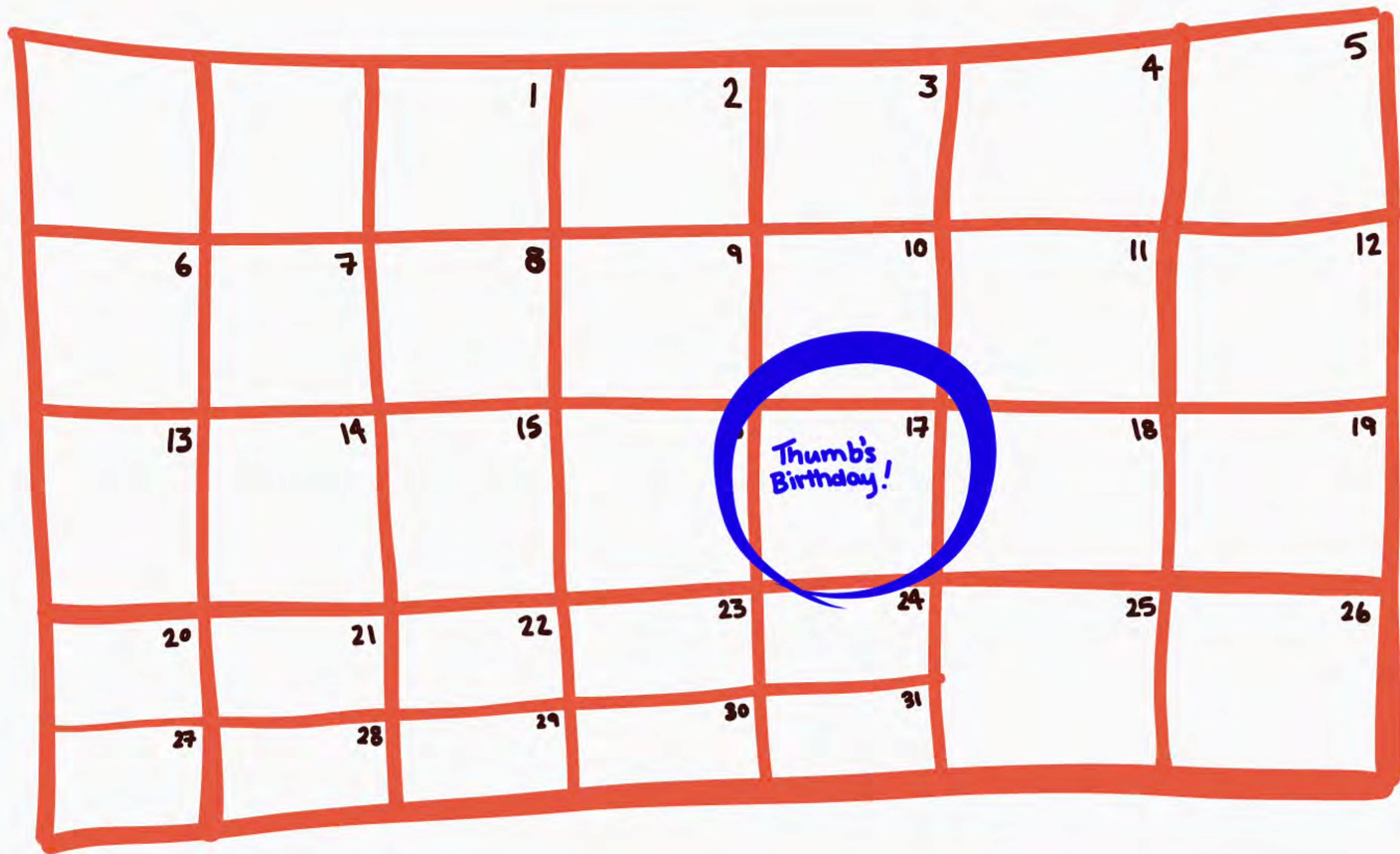
Little Green Thumbs

Rainbow Salad-bration!



Today is the day!

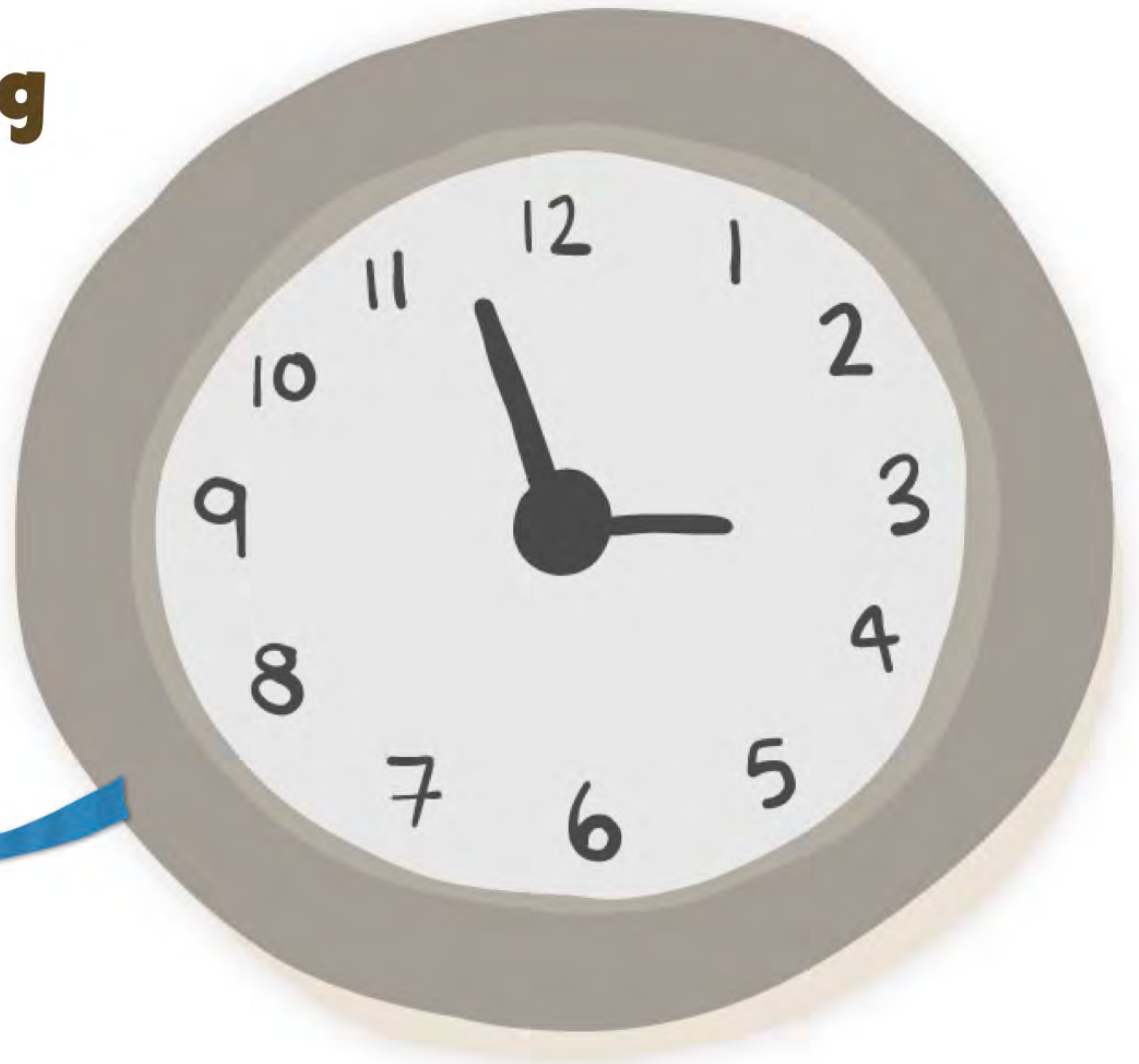




**It's Little Green Thumb's
10th birthday!**



**Guests are coming
at 3PM for a
salad-bration!**



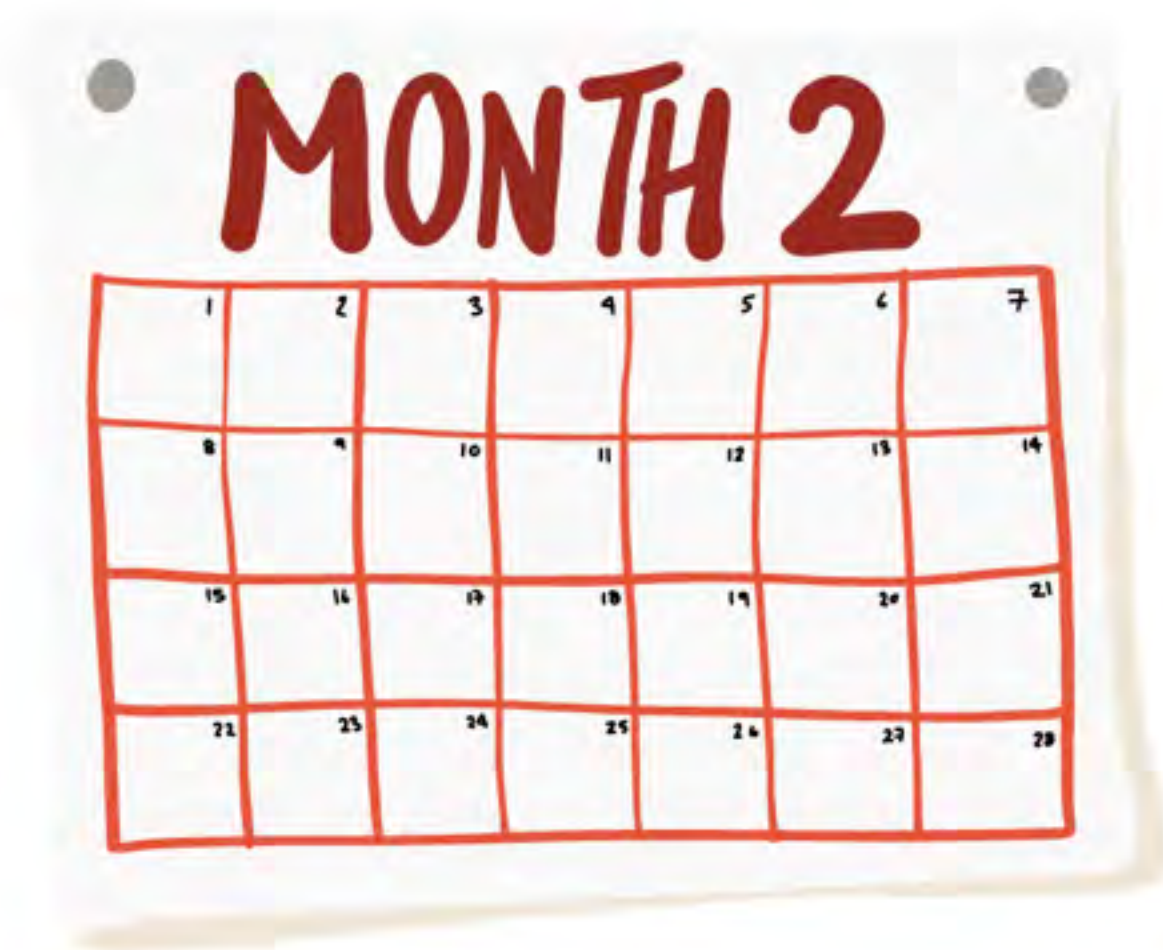
Planning started a few months ago with seeds, soil and lots of patience.



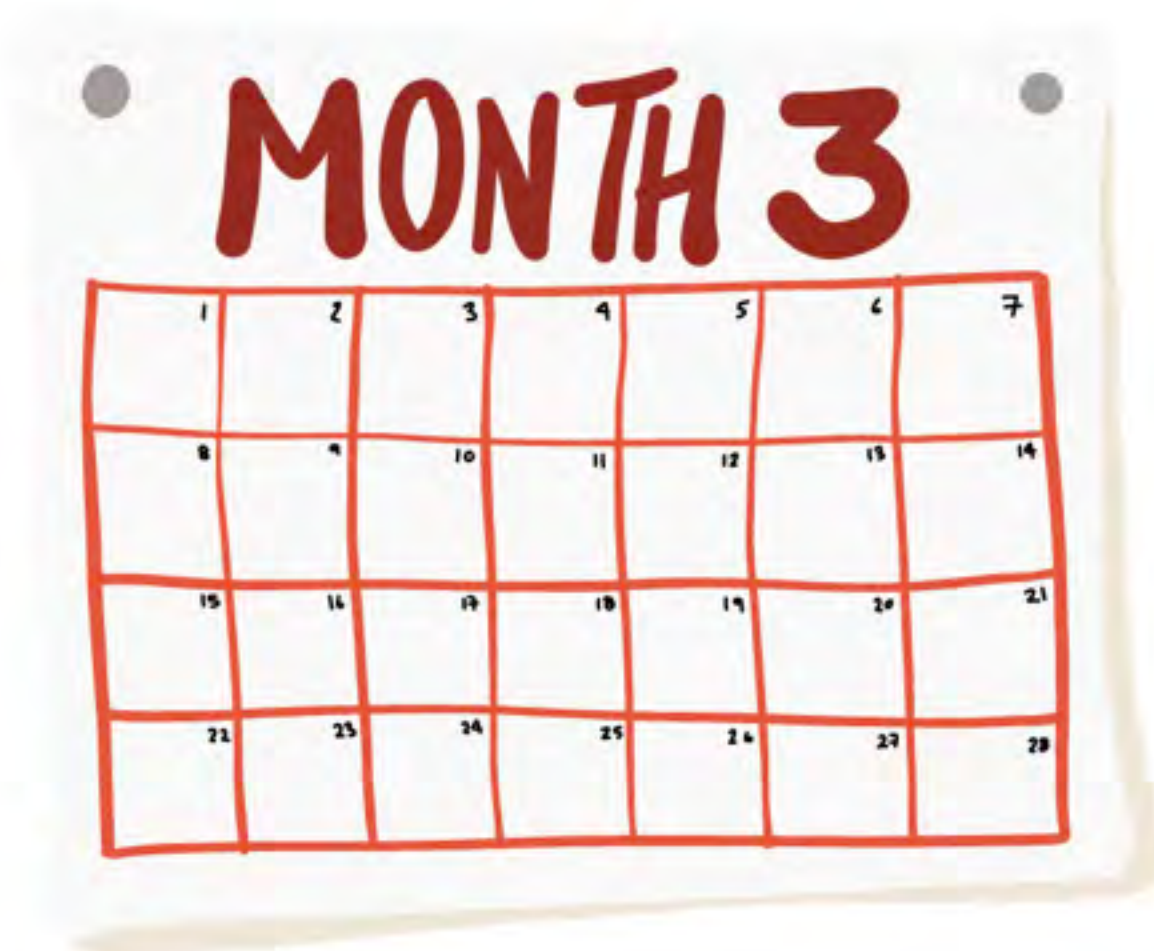
**Thumb filled the
planting boxes
with soil and...**



**...planted and
waited...**



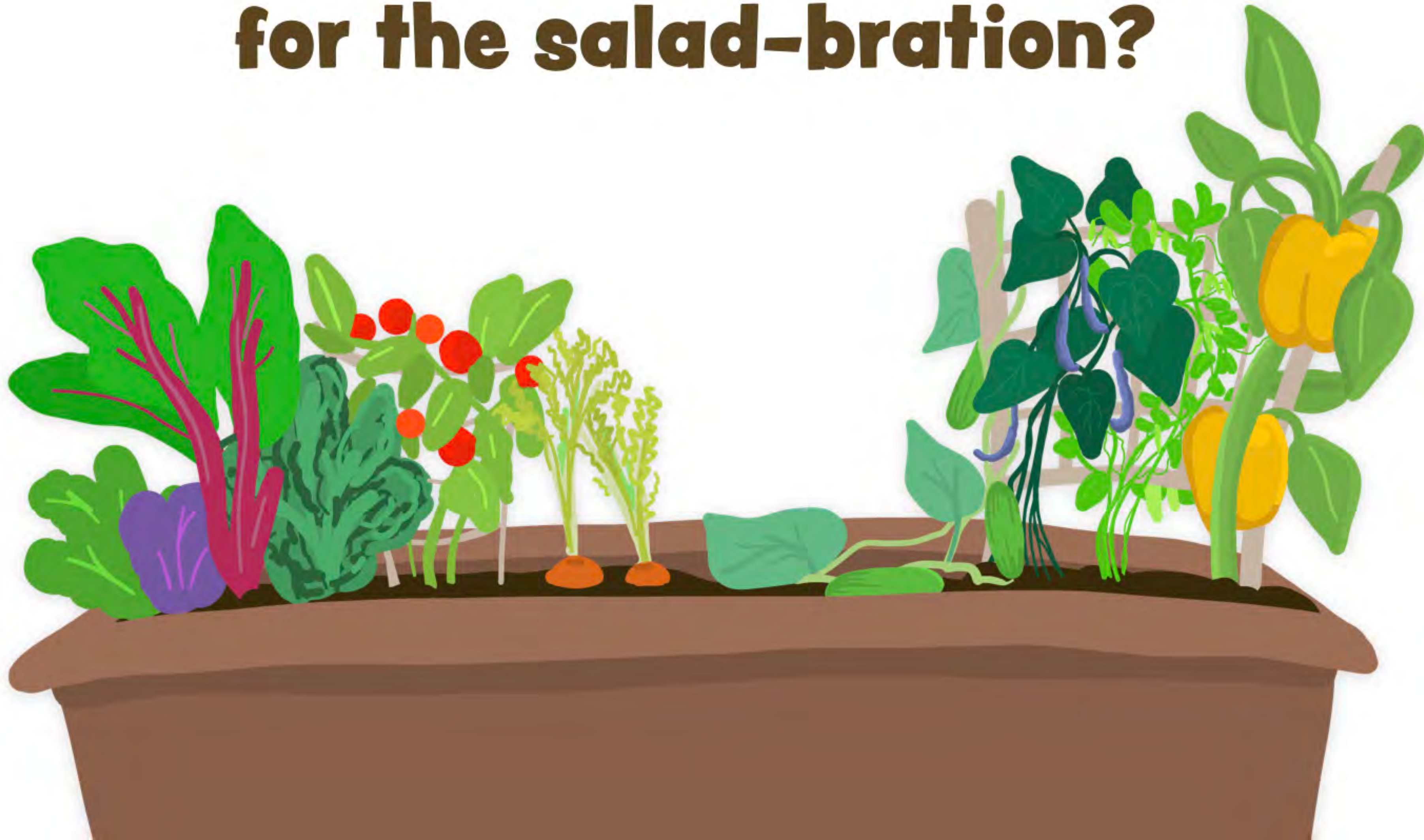
**...watered and
waited...**



**The garden bloomed
and Thumb waited
for harvest day.
TODAY IS THE DAY!**



**What should Thumb harvest
for the salad-bration?**



Leafy, crunchy, munchy!

**There are many tasty leaves
in the garden to eat...which
ones are best for salad?**





The newest leaves are the
most tender and tasty!

**Thumb harvested
some lettuce,
chard and kale**



**Thumb searched for the carrots but
couldn't find them!**

Where did they go?

**Thumb was sure that
carrots were planted,
but now they're gone.**



**Snug in the soil -
plump, bright,
ORANGE carrots**



**Thumb spotted a
little orange
peeking out of the
dirt, gave it a tug
and up came the
carrots!**



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**Thumb spotted a
little orange
peeking out of the
dirt, gave it a tug
and up came the
carrots!**

Carrots come in all shapes,
sizes and colours! Did you
know carrots can be
PURPLE, YELLOW or
even **WHITE**!





And then Thumb saw the vines! Long and tall and bursting with leaves, they wrapped and twisted and spiralled. Hanging every few inches along the vines, long and plump and **PURPLE were....**



**BEANS! A few fresh
PURPLE beans for the
salad will be perfect.**

Bean plants have
heart-shaped leaves!



**More climbing
vegetables!
What could they
be? Vining and
curling and
twisting...**



PEAS! Thumb looked closer and saw there was another plant growing on the same trellis...



CUCUMBERS!

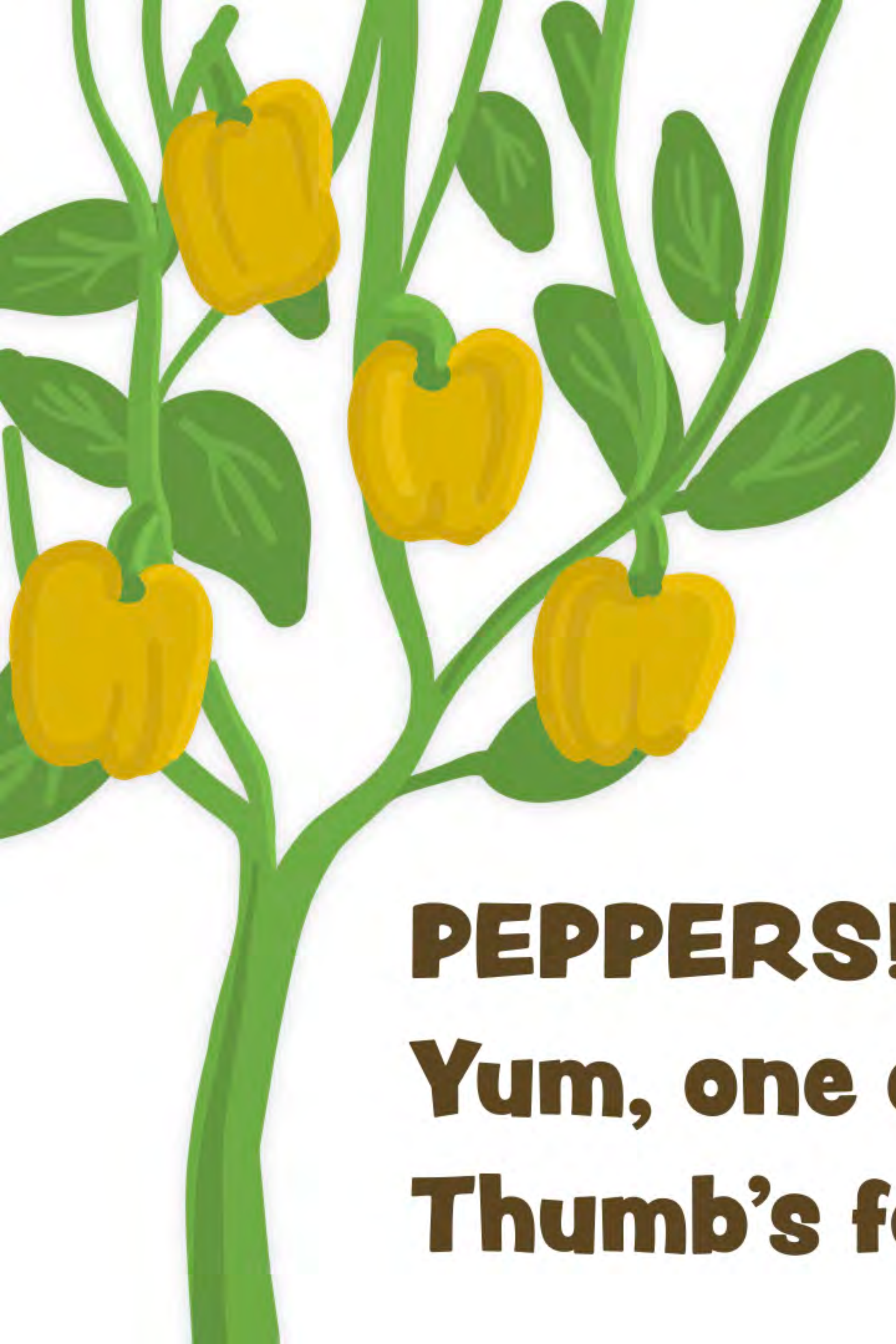
Thumb has lots of GREEN veggies
for the salad – peas, cucumber,
lettuce, kale and chard!

**The harvest bowl is
already getting
full but Thumb
would like some
more colour to add
to the salad.**





What's that?
YELLOW and shiny
and hanging from
the plant.



PEPPERS!
Yum, one of
Thumb's favourites.





Yellow peppers and green peppers are the same vegetable. Yellow peppers are just left on the plant to ripen longer.

PEPPERS!

Yum, one of Thumb's favourites.

Thumb needs more RED for the salad. Are we missing something?



Thumb inspected the plant where before they only saw bright yellow flowers. Now Thumb sees a TOMATO where each flower grew.

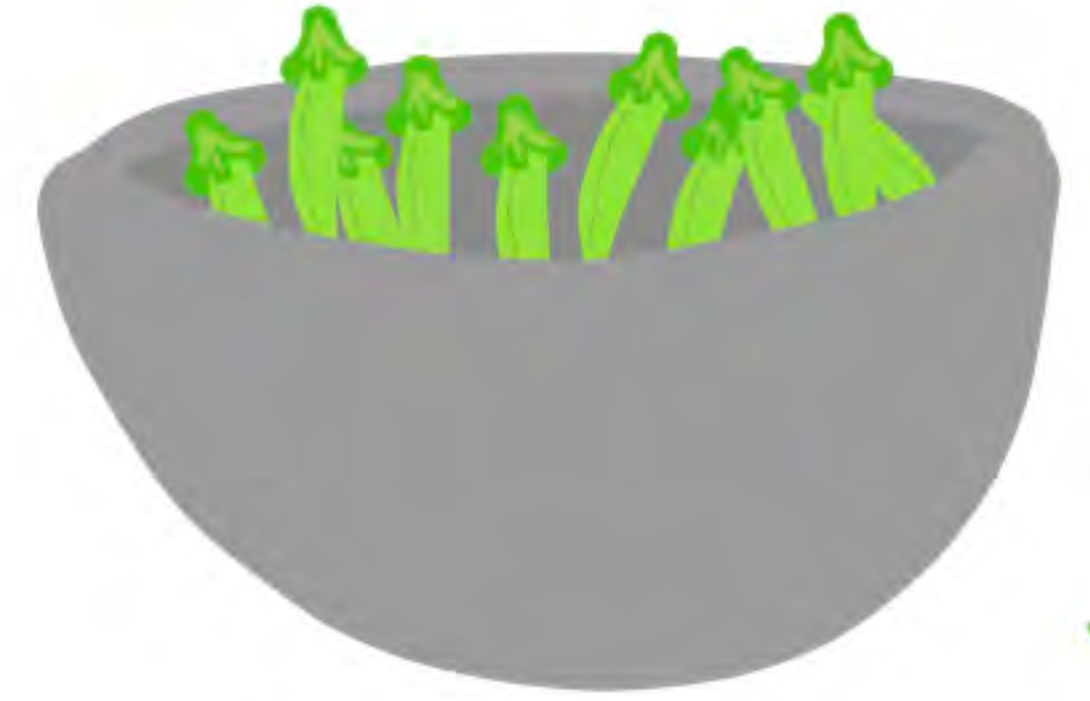
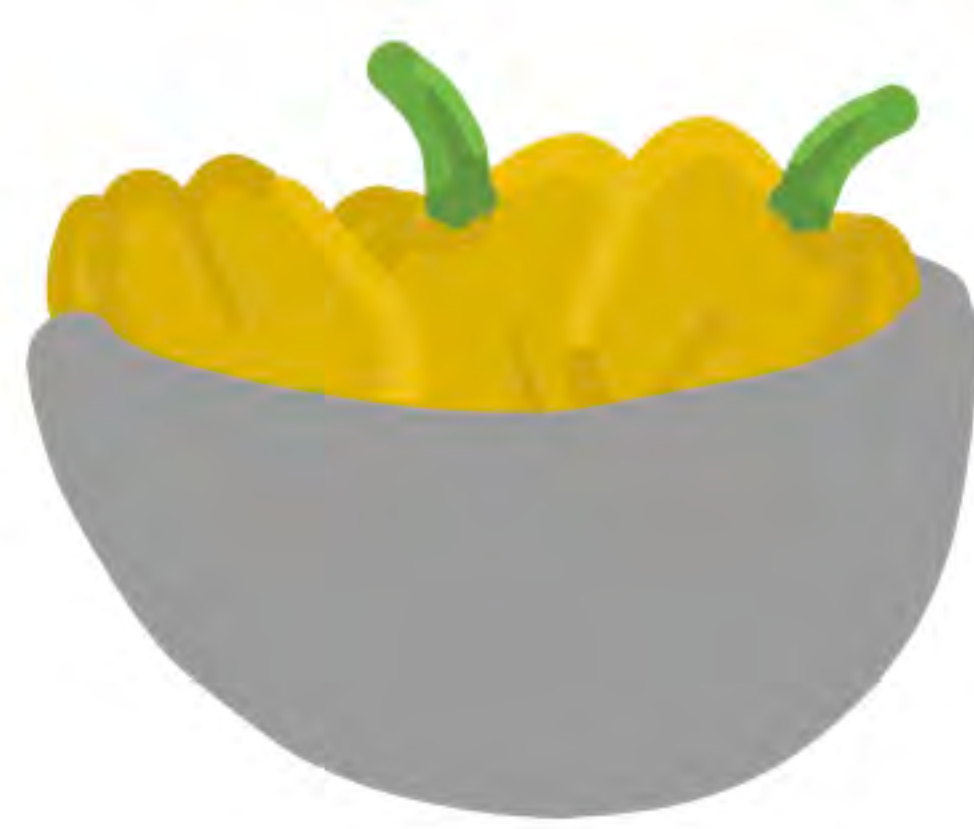


Did you know there are
over 10,000 different
kinds of tomatoes? Some
are RED and some are
YELLOW, ORANGE or
PURPLE!

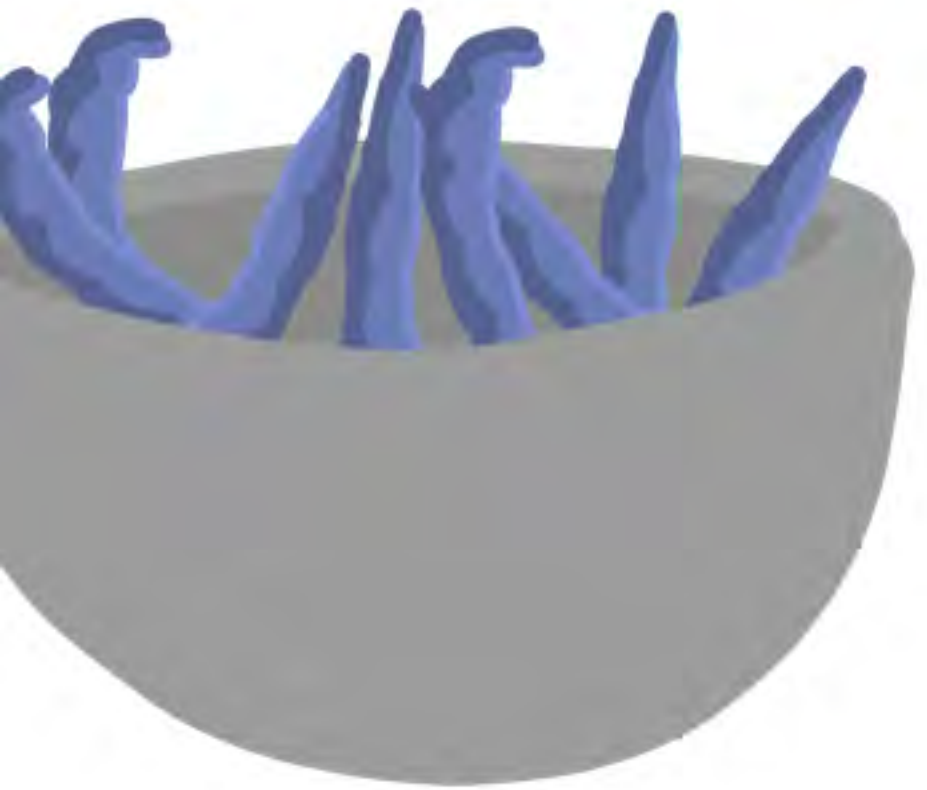
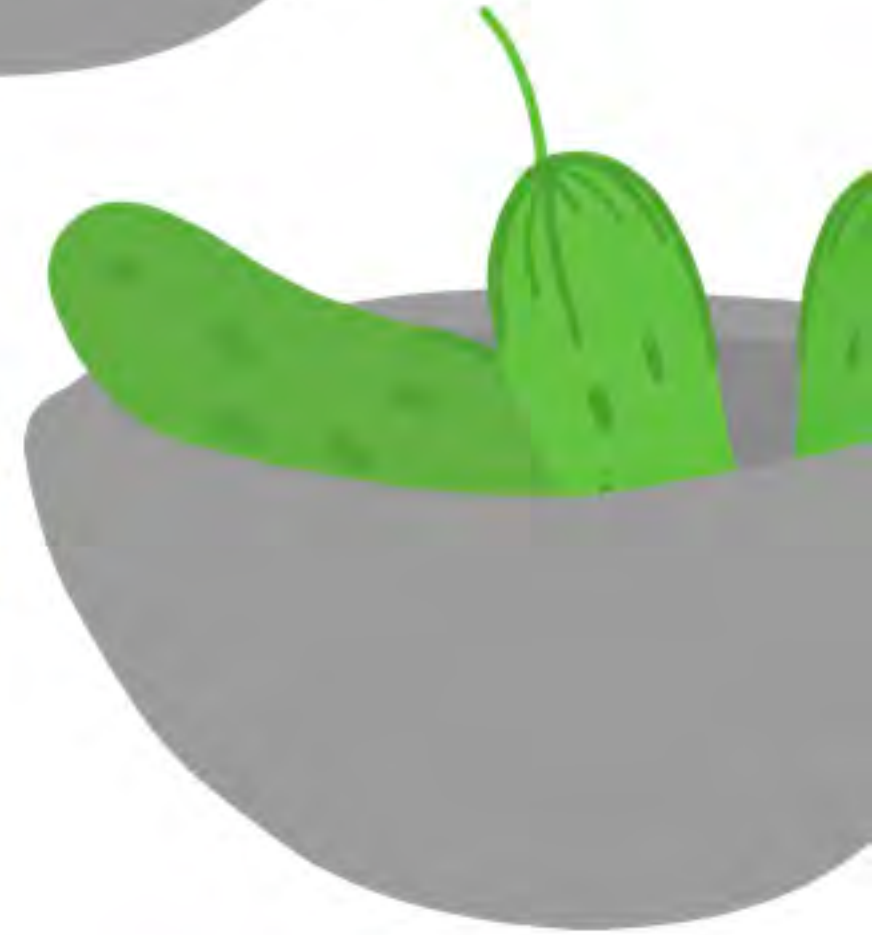


Now Thumb has the perfect ingredients for a RAINBOW salad buffet.





Thumb hurried to the kitchen and began slicing and chopping and tossing the ingredients, until each bowl was full of one vegetable.



**Thumb mixed and blended a
tasty dressing for the salad.**





**Guests arrived at 3PM.
There couldn't be a
better way to celebrate
Little Green Thumb's 10th
birthday than a rainbow
buffet salad-bration!**



**Thumb's guests ate and laughed
and celebrated into the evening.
What a great day!**



What does Thumb grow that we also grew in our garden?

Is there anything we didn't grow?

Is there anything we didn't grow that you would have liked to grow?

Why were the carrots hidden?
Do you know what other vegetables grow underground?

Which vegetables in Thumb's garden and our garden grow on vines? How else do plants grow?

What are the steps for growing a garden that Thumb goes through? Are there other steps that weren't shown in the story, that we did in our garden?

DISCUSSION QUESTIONS

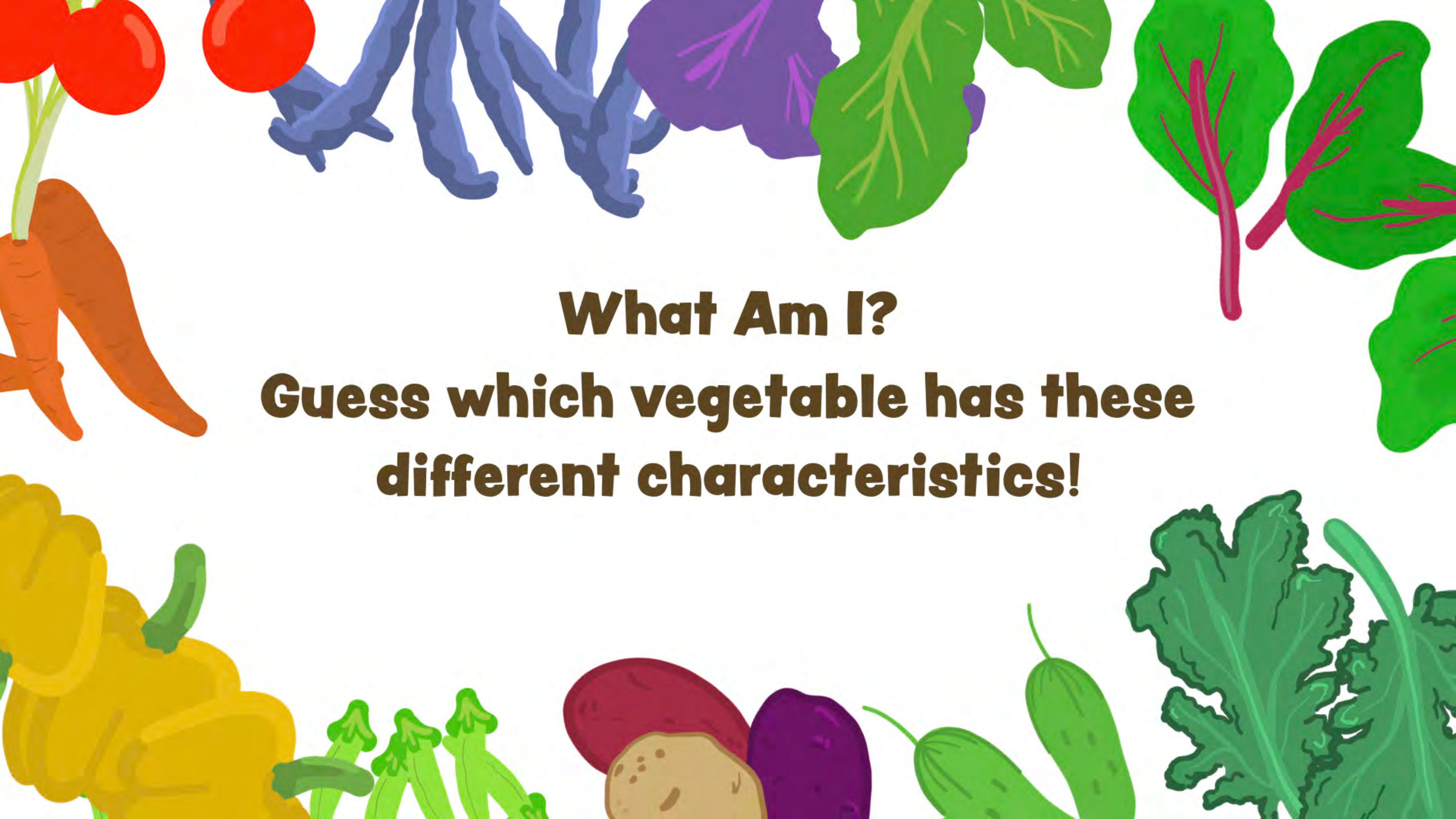
Which is your favourite vegetable that Thumb harvested?

What was purple in the story?
Red? Yellow or orange? Green?

What colours of fruits and vegetables have you eaten today? How many colours have you eaten today?

What other vegetables or fruits can you think of that are each colour?

What are some reasons we should eat vegetables and fruits of all different colours? What do the colours of different fruits and vegetables tell us?



What Am I?

**Guess which vegetable has these
different characteristics!**

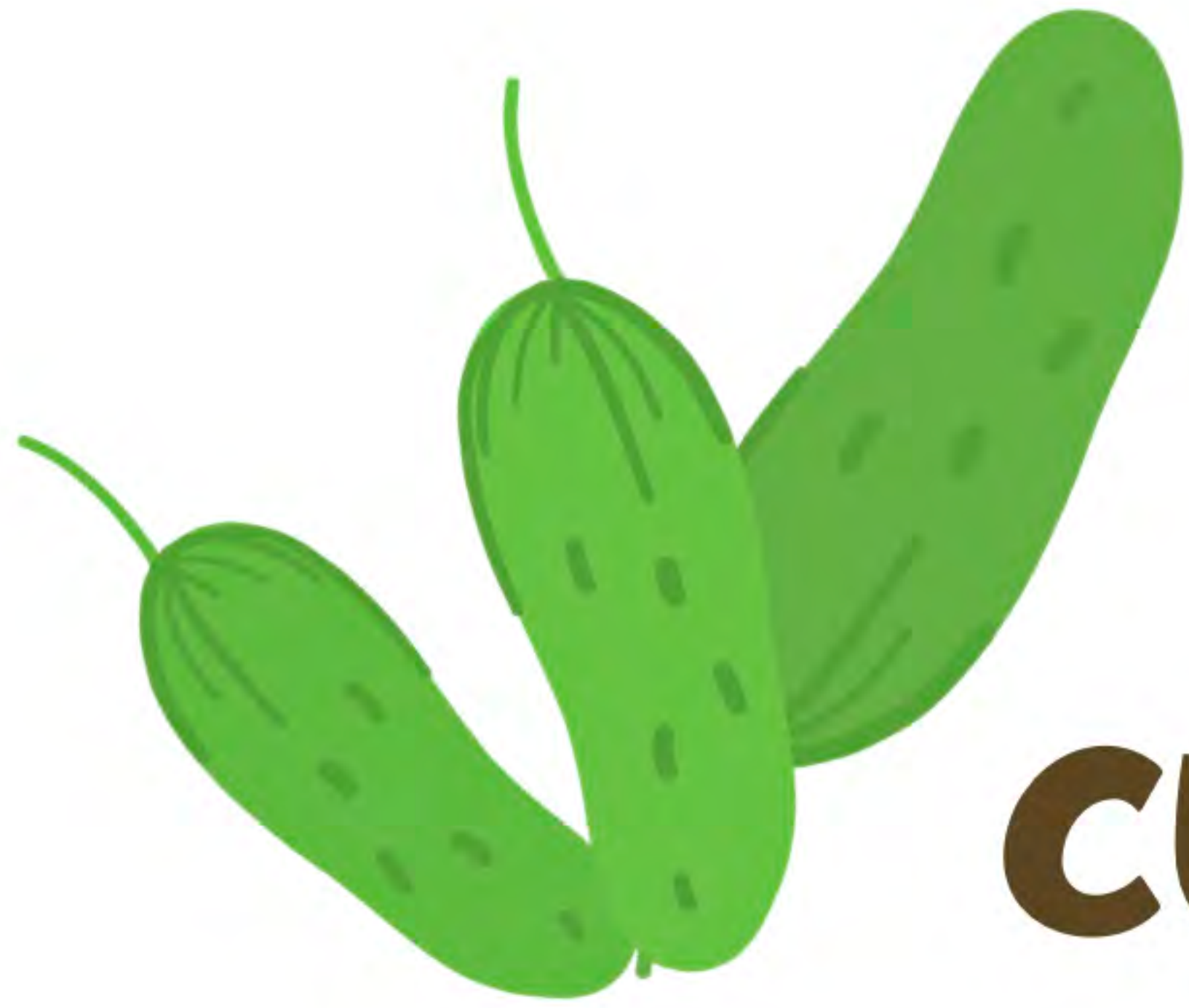
I am green and long.

I am usually eaten sliced.

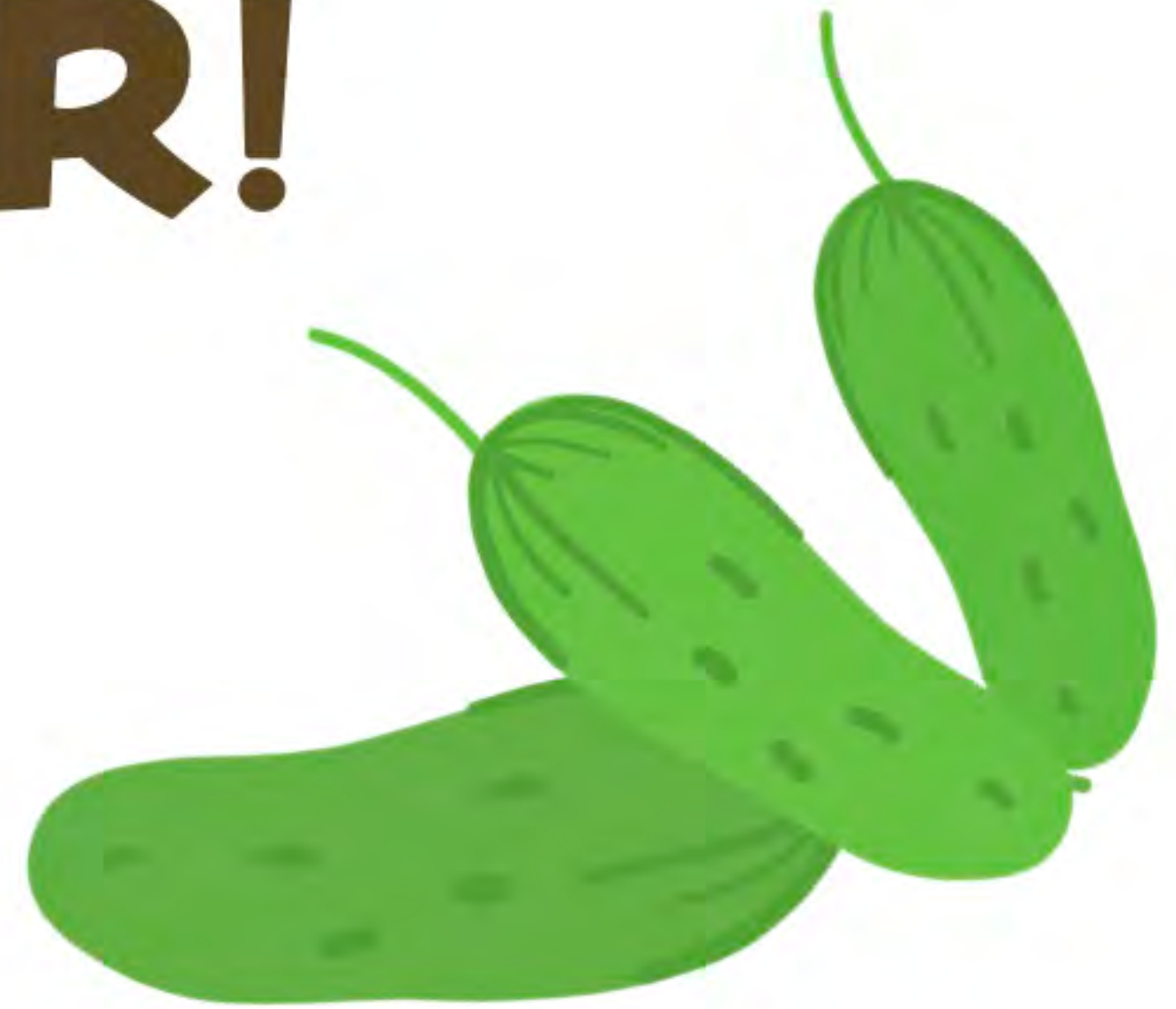
I am over 95% water.

If you cook me, I will turn to mush!

I have lots of Vitamin C and B Vitamins.



CUCUMBER!



I grow underground.

I am orange.

I have lots of Vitamin A.

I am crunchy if eaten raw.

Rabbits love to eat me.



CARROT!

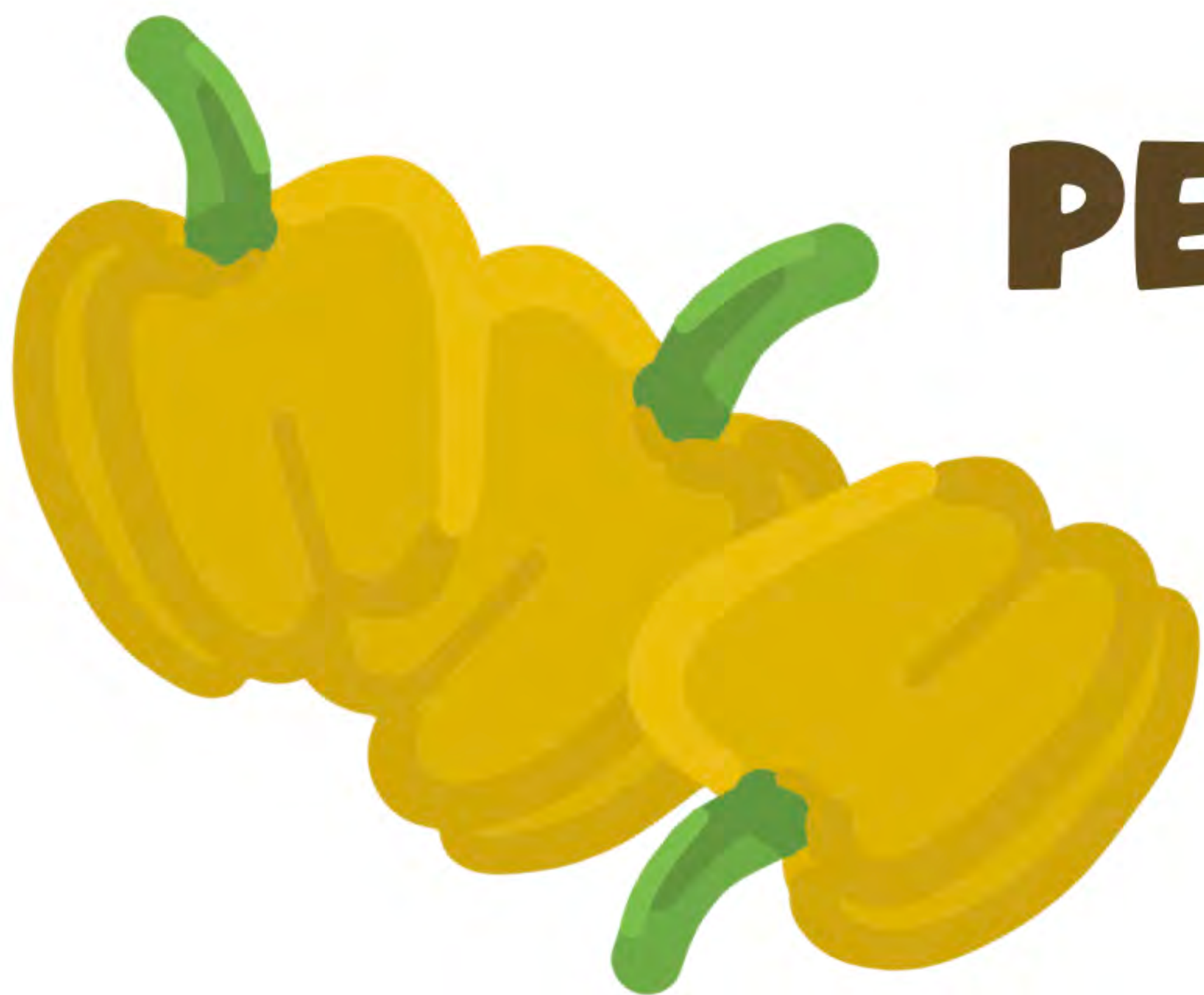


I can be a rainbow of colours, depending on how long I am left on the plant to grow.

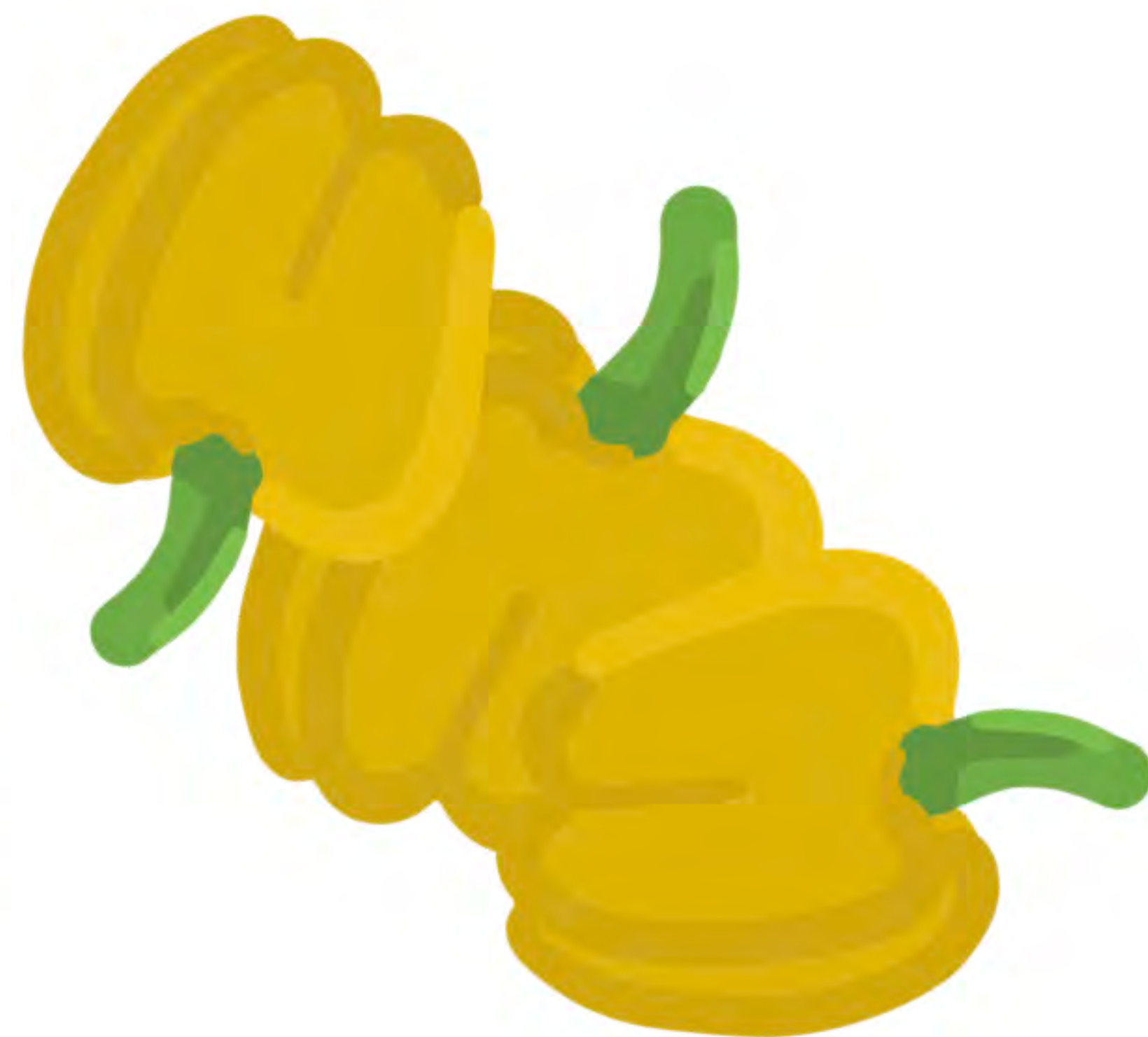
In the Thumb's garden, I am yellow.

My stem is green and is attached to me, like a cap.

People like to eat me stuffed, or cut up in a salad.



PEPPER!



**My inside is usually white, but my skin
can be golden, brown, purple or red.**

I grow underground.

I have lots of starch.

I make French fries!

POTATO!

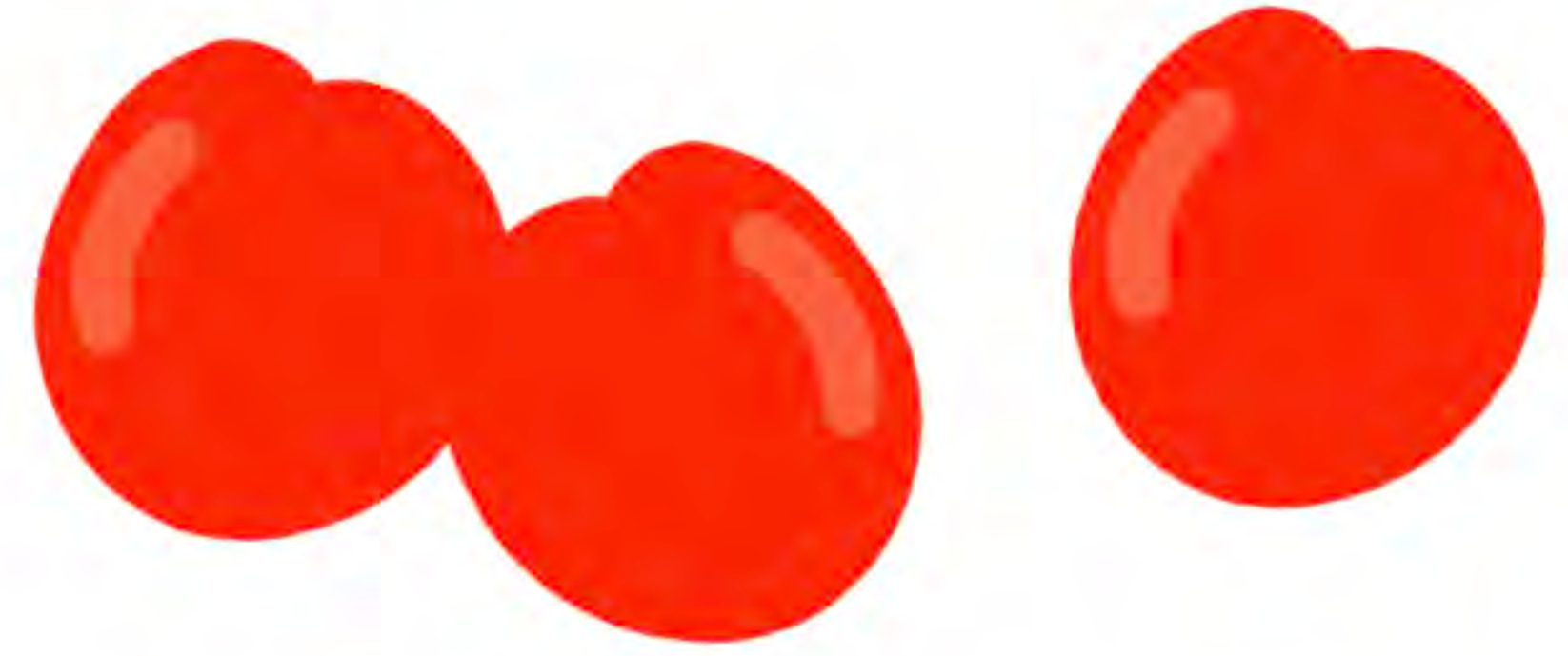


**I am usually red, but I can be yellow,
purple or orange.**

I have lots of Vitamin C and A.

I grow on a vine.

**People think I'm a vegetable, but I'm
actually a fruit!**



TOMATO!



**I can be lots of different shades of
green, or red and purple too!**

Eating me is like eating a leaf.

If I grow too long, I can taste bitter.

**I am usually the most important part of
your salad!**



LETTUCE!

I usually grow on a vine.

I can be yellow or green or even purple!

I am long and skinny.

**I have heart shaped or tear dropped
shaped leaves.**

I have lots of vitamin A, C and folate in me.

The image features a white background with several blue bean pods. In the top right corner, there is a cluster of pods, some standing upright and others bent. In the bottom left corner, there is another cluster of pods, also in various orientations. The pods are a solid blue color with some darker blue shading to give them a three-dimensional appearance.

BEANS!

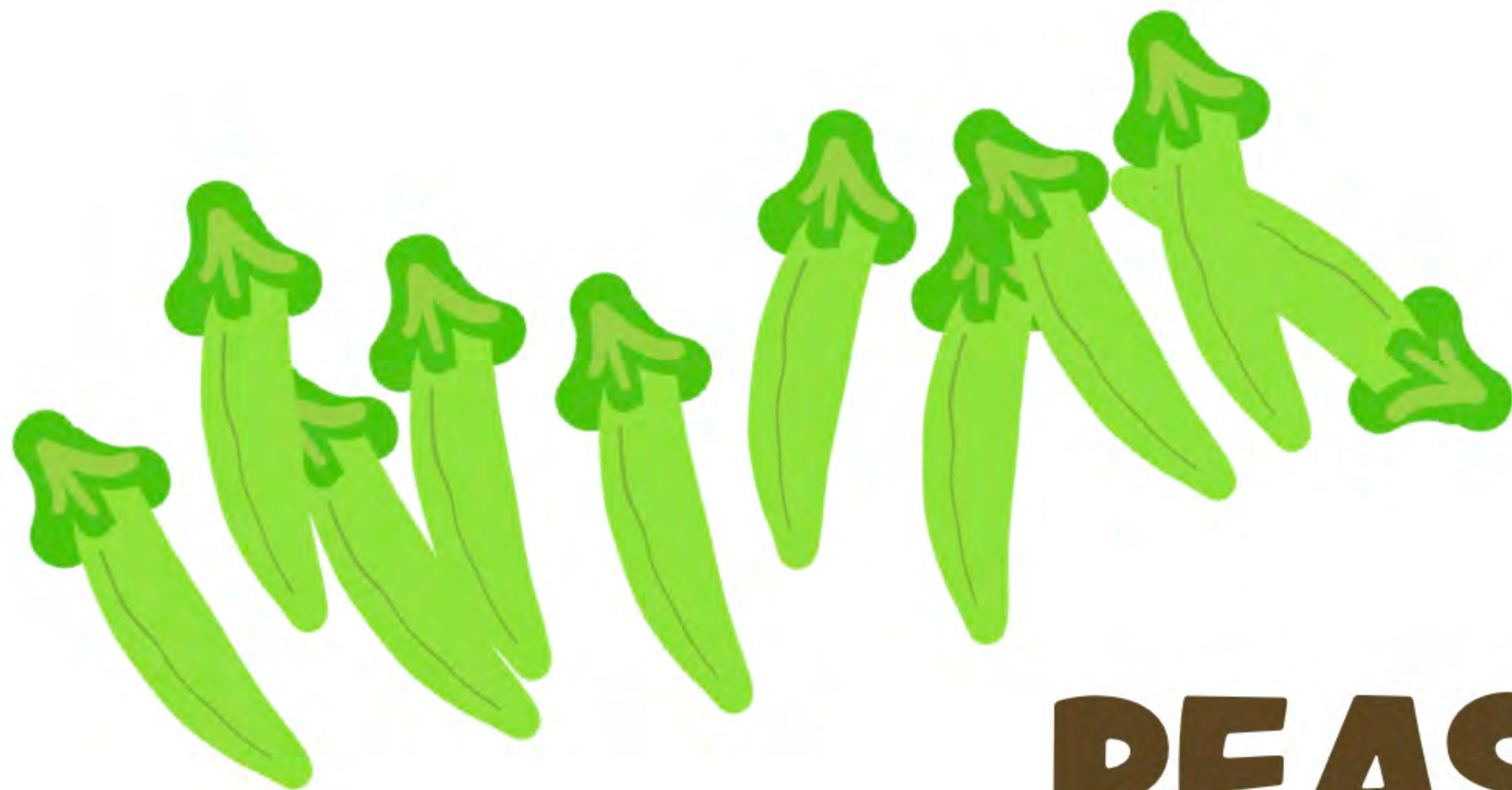
I am green.

I grow in a pod that you can sometimes eat.

I have lots of fibre and protein.

I grow on vines with white flowers.

You may have eaten me frozen, as this is the most popular way I am stored at home.



PEAS!



Eat a rainbow^{•••••}

Fruit and vegetables nutrients by color



IMMUNE SUPPORT



SKIN & EYE HEALTH



CANCER PREVENTION



HEART HEALTH



LONGEVITY



DETOXIFICATION



IMMUNE SUPPORT



SKIN & EYE HEALTH



CANCER PREVENTION



HEART HEALTH



LONGEVITY



DETOXIFICATION



Immune system



Healthy colon



Prevents ulcers



Lowers cholesterol



Healthy heart



Healthy heart



Lowers cholesterol



Healthy joints/tissues



Supports eyesight



Healthy skin



Healthy heart



Immune system



Skin protection



Supports eyesight



Antioxidant



Healthy heart



Decr. blood pressure



Skin protection



Helps cell renewal



Prevents Cancer



Healthy heart



Healthy blood vessels



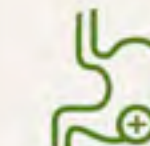
Helps memory



Anti-aging



Healthy urinary system



Improves digestion



Supports eyesight



Healthy bones



Immune system



Prevents Cancer



Little
GreenThumbs
🌿 plant 🌿 grow 🌿 eat 🌿 share 🌿