

Get Kids Involved in UW-Extension Community Kids' Gardens

- Kids water, weed, pick and prepare vegetables.
- Kids learn how plants grow. Educators help kids compare what *plants* need to grow to what *their bodies* need to grow.
- Kids will often try foods they helped grow, pick and prepare.
- Kids' Garden programs are free and open to all school-aged children.

For more information, call the UW-Extension Eau Claire County Office, 715.839.4712.



Free Kids' Garden Programs

9:00 AM - 10:00 AM

North River Front Park:

Every **Monday** and **Wednesday**

June 22 – August 12

McDonough Park:

Every **Tuesday**, June 23 – August 11

Vegetable Stir-Fry

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- ½ cup washed, raw potatoes cut into thin strips
- ½ cup fresh carrots, thinly sliced
- ½ cup fresh green beans, cut in 2-inch pieces
- ½ cup celery, thinly sliced
- 1 tablespoon soy sauce



Directions:

- In a large skillet, heat the oil.
- Add onions to the skillet.
- When onions are soft, add potatoes.
- When potatoes are almost soft, add carrots, beans, and celery, stirring until vegetables are tender but still crisp, about 6 to 8 minutes.
- Stir in soy sauce; cover skillet and let steam for 3 minutes.
- Serve with rice, pasta, or your favorite grain.
- Serves 3; 95 Calories & 5 grams fat per serving.

Recipe brought to you by Sherry Tanumihardjo, UW-Extension, and Jennifer Keeley, Bureau of Aging and Long Term Care Resources, WI.

**Wisconsin Nutrition Education Program • Family Living
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