

## This Weeks Session Information:



## This Weeks Featured Recipe:



### Microgreen Pizza Recipe for 8



#### Ingredients:

- Pita bread of choice for crust
- 4 tablespoons of tomato paste
- 3 tablespoons of pesto (can be dairy free)
- 2 cups roasted vegetables of choice
- 1 handful of cheese (optional)
- 1 handful of harvest microgreens of choice

#### Directions:

1. Harvest microgreens and put to the side
2. Using the back of a spoon, spread out tomato paste on pita crust
3. Using the back of the same spoons, spread out the pesto on the pita crust
4. Sprinkle over cheese if you are using it
5. Bake in the oven at 160 degrees Fahrenheit for 15-20 minutes
6. Remove from the oven and sprinkle your fresh microgreens on top
7. Enjoy!



\*If you would like to make personal pizzas, use small pitas and have a variety of roasted veggies so everyone has something they like!

Recipe from: <https://familygardenslife.com/how-turn-microgreens-kit-amazing-pizza/>

## This Weeks Theme:



## Growing Plants!

**There are many places that people can grow food, lets look at some farms and gardens that are in a city!**

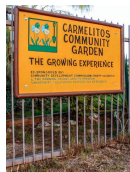
The Learning Gardens Lab in Portland Oregon:

Here, staff provide students and community members hands on learning about sustainable gardening, healthy nutrition, and permaculture!



The Growing Experience in Long Beach California:

This farm provides locally grown and healthy foods to their community where it is hard to find good food to eat.



Wombyn's Wellness Garden in Portland Oregon:

The WWG aims to connect healthy families, food access and community gatherings by cultivating seasonal produce and heritage foods together.



### Read about it!

*Anywhere Farm* by Phyllis Root

*You might think a farm means fields, tractors, and a barnyard full of animals. But you can plant a farm anywhere you like! A box or a bucket, a boot or a pan -- almost anything can be turned into a home for green, growing things. Windows, balconies, and front steps all make wonderful spots to start. Who knows what plants you may choose to grow and who will come to see your new garden?*



# At Home Fun: Make a Food Chain!

**Over a set period of time make a family Food Chain listing all of the foods that family members tried that were new to them. We suggest doing this over a month or even over the entire summer.**

## Supplies:

- Tape or stapler
- Colored paper
- Markers
- Scissors

## Making a Paper Chain:

1. Take your construction paper and cut it into strips about an inch in height
2. Loop one strip of paper and staple it into a circle
3. Pass the second strip of paper through the center of the first circle and staple the second strip into a circle

## Making the Food Chain:

- Before you attach your papers to the chain, write the name of the food you or your family member tried on the paper as well as the date. You can even draw a picture of the food if you want!
- Set a family goal of 5 new links per person each week, or whatever number your family agrees on
- Remember, frozen, fresh, and canned foods all count!



**See how long of a chain your family can make!**

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