



Please visit Bluewatermelonproject.org and “Resources” to find this kit’s video

Recipes provided by Lori Hashimoto of Hana Japanese Eatery

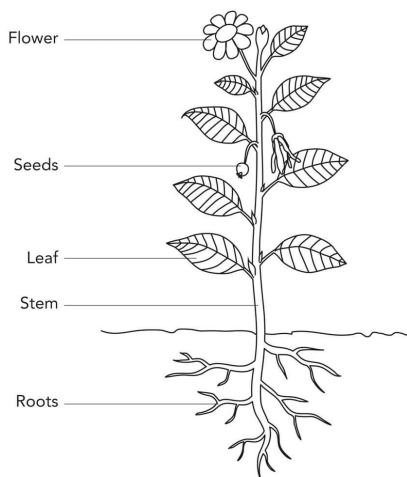
**Asian Spinach Avocado & Orange
Hand Roll (Temaki),
2 servings**

- 2 TBSP salad dressing
- 1 navel orange, peeled
- 6 pieces baby spinach leaves
- 1 avocado, halved, pitted, peeled and cut into ½ in wedges
- ½ cup sushi rice (prepared)



Recipe Instructions:

1. Wash your hands before you start preparing your handroll (temaki).
2. In a bowl, mix the dressing with the orange, spinach and sliced avocado.
3. Lay seaweed onto your cutting board. Dip your one or both hand(s) into water and take a small amount of rice into your hands, save a couple of grains of rice to the side. Notes: The water will help keep your hands clean while you work. The few grains of rice allow your handroll (temaki) to stick together.
4. Smoosh your rice into one corner of your seaweed (nori) sheet, press lightly.
5. Next place your orange, spinach, and avocados on top of the rice.
6. Dry your hands. Fold the seaweed (nori) sheet into a cone. Start by wrapping the opposing corner without rice toward the corner with rice. Some like to picture a triangle when wrapping their seaweed (nori) into a cone shape. If it’s easier, just fold over your seaweed (nori) sheet like a taco. Cup into your hand and then enjoy!



Planting Spinach with Master Gardener Mr. Pikle: Dig a hole a little larger than the new spinach plant’s container. To release the plant’s roots from the plant’s container gently squeeze the sides. While placing your hand on the top of the soil around the plant stem, turn the container upside down and pull the plant’s container away from the soil. This part will be messy as some of the soil may fall out. Turn the plant back upright and place it into the hole you dug earlier. Try to plant/place the new spinach plant so that the top of the spinach plant’s soil is even with the existing soil it’s placed in. The plant will probably need to be watered daily. If the leaves droop, the plant needs more water. When you pick the leaves to eat, be sure to leave some leaves on the plant so it can use the sunlight to grow new leaves. Enjoy taking care of your new plant.

**Share your experience on Facebook or Instagram and tag us @BlueWatermelonProject & #chefinthegardenaz
We love to hear from you!**

Meet your Farmer:

Blue Sky Organic Farms is a family run farm located in Litchfield Park, AZ. We have been farming in sunny Arizona since 1995. What began as a love of cooking (and eating) is now much more. David Vose started as a young chef with a dream to farm. After years spent learning the importance of excellent quality ingredients in the kitchen, he couldn't help himself: he had to get his hands in the soil. David has now become immensely skilled at growing organic produce and has developed a reputation for excellence in not only the farming sector.



Super Hero Fruits and Vegetables

This recipe includes oranges, which are in the citrus family. Citrus, like oranges, lemons, and grapefruit, are high in vitamin C. This vitamin is an “antioxidant”, which are good for you and help to keep your body healthy. Vitamin C can also help our cuts get better faster. It is important for kids and adults to have vitamin C daily to keep us healthy.



Spinach is a leafy green, along with kale, collard greens, lettuce, and chard. Leafy greens are an important part of your diet because they are packed with vitamins, minerals, and fiber! When you are eating spinach, you are eating the leaf of a plant. This particular leaf has lots of vitamins and minerals to keep you healthy. Do you know where spinach gets its vitamins and minerals? Using its roots, it pulls them from the soil! The roots are also how the spinach gets enough water to grow.



Fun fact, our foods can work together as a team to keep us healthy. For example, when we eat spinach and oranges together the vitamin C in the orange helps us get even more of the good nutrients from the spinach! This is why eating many different fruits and vegetables each day and each week is so important.

Culinary Skills: Hand Hygiene

Why is it important to wash your hands? Germs! We pick up germs from touching things and those germs can live on our hands and can get us sick or get other people sick. No one wants to get sick or get other people sick! This is why we need to wash our hands often. We should always wash our hands before eating, touching our mouth, eyes, or nose and before touching a cut or scrape. We should wash our hands after going to the bathroom, playing with pets, playing on the playground, touching anything yucky (like trash) or if we have been around someone who is sick.



Here are 4 easy steps to clean hands:

1. Get wet and soapy. Get your hands wet in clean water. Put soap on your hands and make suds.
2. Rub. Rub rub rub your soapy hands together long enough to sing “Happy Birthday” in your head twice. Clean your palms, the back of your hands, and between your fingers. Don't forget to clean under your nails. Nails can trap dirt and germs.
3. Rinse. Hold your hands under clean, running water. Rub them to rinse them fully.
4. Shake and dry. Shake your hands a few times, then dry them with a clean towel or hand dryer. Done!



This kit was made possible due to generous support from:

