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Web Resources

[Linking Gardens and Nutrition](#) - A collection of NGA's nutrition-focused education articles.

[Food and Culture Classroom Project](#) - Discover ways to explore food and culture connections.

[Healthier US.Gov](#) - A new government Web site for all the latest health news.

[Team Nutrition from the USDA](#) - An extensive collection of nutrition resources including a teachers' page full of lesson materials.

[Dole 5 A Day](#) - The Dole 5 A Day is one of the best resources for fruit and vegetable information on the Web. Be sure to visit the [Rainbow on my Plate page](#).

[A Rainbow of Nutrition](#) - Includes additional information on how to 'eat' a rainbow.

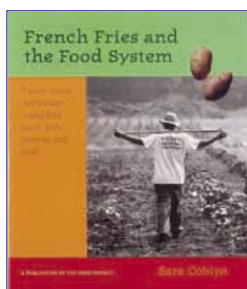
[Nutrition in the Garden](#) - Ideas for incorporating nutrition lessons into your gardening activities.

[The Food Trust](#) - The Food Trust is a nonprofit educational institution promoting food security issues. Their Web site provides resources for teachers.

["Phytochemicals – Vitamins of the Future?"](#) - An Ohio State Extension Fact Sheet suitable for older students exploring the nutritional benefits of fruits and vegetables.

[Super-Nutritious Vegetables](#) - Learn about vegetable varieties grown for their enhanced nutritional value.

Learning Resources from the Gardening with Kids Store



[French Fries and the Food System](#)

This year-round curriculum provides kids from varied backgrounds a fertile environment in which they can develop an appreciation for the close links between farming and food systems. Lessons range from practical, hands-on activities to social and economic aspects of the food cycle. The lessons and activities are organized by seasons. This book is an excellent resource for classroom and community educators. 240 pages; gr 5-12.

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[Salsa Seed Collection](#)

Salsa in your classroom? Tortillas to go? With our Salsa Garden seed collection you can grow the fixings necessary for an authentic Mexican feast. Collection includes seeds for tomatillos, Roma tomatoes, cilantro, Garden Salsa peppers, curled parsley, and white bunching onions. [Supporters save 10%.](#)



[Salsa Maker](#)

Whip up a nutritious treat in a matter of minutes with our Salsa Maker. The easy-to-use, hand-operated crank turns a very sharp blade that chops, spins, and whips as quickly and smoothly as most electric food processors. Includes a 1-1/2-qt plastic bowl, lid with crank handle, chopping blade, spinner basket insert, whipping blade, and instructions. The Salsa Maker operates with a minimum of muss and fuss, and



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10% Discount on items at the Gardening with Kids store *and* NGA Garden Shop.

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Take all 5 online courses ... FREE.

Answers to Your Gardening Questions

Our gardening experts will tackle your growing dilemmas.

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COMMENTS?

We welcome your



produced impressive salsa in our staff kitchen! [Supporters save 10%](#).

[Health and Nutrition from the Garden](#)

This addition to the Junior Master Gardener series is packed with basic gardening information that includes growing techniques, food safety, healthy eating tips, and nutritious snack food preparation. This book is a great tool for educators who use garden programs to teach students about health, nutrition, food safety, and wise decision-making skills. This book is ideal for grades 3-5.

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questions and comments about this newsletter or your membership. Please reply to: [NGA editor](#).

For additional nutrition-related items, check out the [Gardening with Kids Store Nutrition Page!](#)

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