

Wonder Garden Salad Dressings

*If kids make it, kids will eat it

Wonder Garden Vinaigrette

1 cup olive oil

1 cup balsamic vinegar

Hawaiian salt to taste

Pepper to taste

1/4 cup jelly (guava, raspberry, grape), honey, brown rice or maple syrup

Put all ingredients in a glass jar with lid. Screw on lid. Shake vigorously until frothy. Serve immediately. Store in refrigerator until it smells bad. Add more sweetener, vinegar, etc until suits your family's taste.

Lilikoi Dressing

1 lilikoi

1/2 lime or lemon juice

1/4 cup olive oil

2 tbsp honey

Hawaiian salt to taste

Scoop lilikoi and squeeze lime into glass jar with lid. Add rest of ingredients. Screw on lid. Shake vigorously until ingredients combined. Serve immediately. Store in refrigerator for a week.

A+ Ranch Dressing

Sour cream or plain yogurt

Ranch flavor packet from health food store (no msg)

Follow directions on packet.

OR

Sour cream or plain yogurt

Dashes shoyu to taste

Dashes lime or lemon juice to taste

Hawaiian salt to taste

Pepper to taste

Dried parsley, oregano, thyme, and/or basil to taste

Mix ingredients together in bowl. Serve. Store in refrigerator.

What are Greens?

Wonder Garden greens include the dark green leafy vegetables kale, collards, bok choy, swiss chard, and spinach. Greens are easy to grow in pots or garden beds. Lettuces are also greens but offer less nutrition than dark leafy greens.

Top 10 Reasons We Should All Eat Greens

10. **Greens contain fiber.** If you feel like a rabbit when you eat leafy greens, be proud! Greens supply much needed fiber roughage in our diets. Fiber flushes toxins out of our bodies and cleans out our intestines. Those rabbits are quick and regular because they eat so much roughage!
9. **Greens store minerals like calcium, iron.** Calcium and iron = strong bones, teeth. Magnesium = healthy skin. Potassium = healthy cells, tissues
8. **Greens contain vitamins.** Greens contain vitamins A, C, B6, and E. These vitamins protect skin against sun damage, help grow healthy hair and nails, and keep our eyes, muscles, and bones healthy.
7. **Greens contain vital health building blocks like beta-carotene and**
Essential building blocks in greens help bodies age without chronic diseases like cancer, stroke, heart disease, cataracts, and muscular degeneration.
6. **Greens are easy to grow.** Wonder gardens can supply free starts for a type of spinach that grows from cuttings in pots or in the ground. Our spinach grows all year and can supply "handfuls" of nutrition to many dishes.
5. **Kids will eat greens they grow or help cook!** Your child can "be in charge" of your family's greens. Your child can harvest greens with little supervision. Your child can help make sauces or dressings that suit their tastes.
4. **The nutrients in greens are readily available** to our body's systems when eaten with a small amount of fat (like olive oil). By chewing well and cooking slightly, greens are absorbed quickly for immediate use in our body's systems.
3. **Greens are delicious.** Don't stop until you find a recipe that suits your family's tastes. Don't give up!
2. **Greens camouflage well.** Try sliding greens into smoothies, sauces, stir-fries and sandwiches.
1. **Eating greens is FUN!!!** It's fun to eat like a forager! Try getting down on all fours and nibbling spinach straight from the plant! Try mooing! Every indigenous culture eats greens. Research your family tree to see how greens were eaten by your ancestors.