

Parent's Page

A Look at Our Book

Today your child enjoyed the book *Tops & Bottoms*, adapted and illustrated by Janet Stevens.

In the book, Hare turns his bad luck around by striking a clever deal with the rich and lazy Bear down the road. Clever Hare is able to trick Bear into sharing the garden harvest by dividing the crops in half. Hare's half is always delicious, and Bear's half is always just the tasteless roots, leaves or stems. Children enjoy the story and learn that garden crops can be valuable at the top, middle or bottom!

Ask your child about the fun recipe they made in class today to go along with this story. You will find two recipes on the back to make with your child at home. Parents, remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—HAVE FUN!



Read All About It!

Here are some additional books you might want to share with your child!

- *Growing Vegetable Soup* by Lois Ehlert
- *Rabbit Seeds* by Bijou LeFord
- *Green Beans* by Elizabeth Thomas
- *The Giant Vegetable Garden* by Nadine Bernard Westcott
- *Gregory, the Terrible Eater* by Mitchell Sharmat

Check for these titles at the public library!



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Sweet Granny Potatoes

Makes 6-8 servings

Recipe courtesy of Connie Evers, MS, RD. Used with permission.

Ingredients:

3 medium sweet potatoes, or 2 large
1 large Granny Smith apple, washed and thinly sliced
1/3 cup packed brown sugar
1/3 cup water
1/2 cup raisins
1/2 teaspoon cinnamon
2 tablespoons soft margarine
nonstick cooking spray



Directions:

1. Scrub sweet potatoes and place in saucepan. Cover with water and bring to a boil. Cover and boil gently for 20-30 minutes or until easily pierced with a fork. Drain, cool slightly, peel and slice into 1/4 inch thick pieces.
2. Preheat oven to 350 degrees F. Lightly spray a 1½ quart baking dish with non-stick spray.
3. In a small saucepan, mix together brown sugar, water, raisins, cinnamon and margarine. Cook over medium heat for approximately 5-7 minutes, stirring often.
4. In the baking dish, layer sliced sweet potatoes with sliced apples. Pour the sauce mixture over the top.
5. Bake covered for 15 minutes. Uncover and continue baking for 15-20 more minutes until the sweet potatoes and apples are tender.

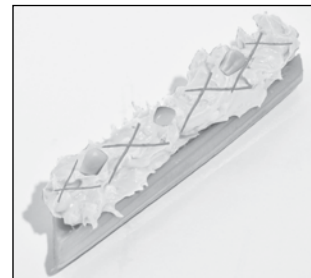
Nutrition Facts: One serving provides 180 calories, 4mg total fat, 0mg cholesterol, 60mg sodium, 37g total carbohydrate, 20% Vitamin C

Busy Hare's Bear Tracks

18 pieces

Ingredients:

4 ounces fat free cream cheese, softened
3 tablespoons salsa
4 celery ribs, cleaned and trimmed
¼ cup frozen corn kernels, thawed
1 carrot, peeled and finely shredded



Directions:

1. Remember to wash hands thoroughly.
2. Combine cream cheese and salsa in small mixing bowl. Chill.
3. Wash and pat dry celery ribs. Cut into 3-inch pieces.
4. Fill celery pieces with cream cheese mixture.
5. Top with corn kernels and shredded carrot. Enjoy!

Nutrition Facts: One serving (2 pieces) provides 20 calories, 0mg total fat, 0mg cholesterol, 120mg sodium, 3g total carbohydrate, 30% Vitamin A