

# June



## Learn It Flower Power

In a learning circle, discuss two types of flowers that can be found in a garden, beneficial flowers and edible flowers. Beneficial flowers deter bugs and invite bees and butterflies to help pollinate the plants in the garden. Print out pictures of beneficial flowers, found at [cacfp.org](http://cacfp.org), such as butter daisies, lavender, dianthus, coneflowers, marigolds, sunflowers and zinnias. Edible flowers that are considered vegetables are broccoli and cauliflower. Ask children if they have tried one of these vegetables before. Also, have children planted some of these already? Go to the garden to explore or plant beneficial or edible flowers in the garden.

## Eat It Oodles of Zoodles

Zucchini, ends cut off  
Pasta sauce, warmed  
Shredded mozzarella cheese  
Vegetable oil



Using a vegetable peeler, peel thin slices of zucchini along its length or use a spiralizer to make zucchini noodles. In a large skillet, heat oil over medium heat. Add zoodles and cook for 3-5 minutes until tender. Remove from heat, drain liquid from skillet and scoop 1/3 cup zoodles into each bowl. Add ¼ cup pasta sauce and 2 tbsps shredded cheese on top.



## Grow It

Removing the head of dead flowers encourages the plant to redirect its energy into budding more flowers, which can help extend the blooming period.

## Fun Fact

Because zucchini comes from a flower and has seeds, it is botanically classified as fruit. However, for culinary purposes it is considered a vegetable.



[cacfp.org](http://cacfp.org)  
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## Create It Sunflower Suncatcher

Assist as needed for the children to cut out sunflower petals from thin yellow paper or tissue paper. If preferred, use the template from [cacfp.org](http://cacfp.org) to trace petals. Place one sheet of clear contact paper sticky side up. The children can arrange their flower petals. Then, they can place black paper dots in the center. Cover the sticky side and flower with another sheet of clear contact paper to match the sticky sides together. Create a cardstock frame for each suncatcher and hang in window to catch the sunlight.



## Play It Flowers of the Rainbow

Using the template at [cacfp.org](http://cacfp.org), allow the children to color in the color spot. Then go for a nature walk. The goal is to find a flower or plant for all the colors in the rainbow. Simply put a check in the spot when you find it and leave nature for others to enjoy.

## Read It

*Flower Garden* by Eve Bunting

*The Little Gardener* by Jan Gerardi

*El pequeño jardinero* by Emily Hughes (Author), Susana Rodríguez Álvarez (Translator)



## Laugh About It

What did the big flower say to the little one?  
"What's up, bud?"



Name \_\_\_\_\_

# Go with the Flow

Trace the lines to provide water to the flowers.

