



On the Menu: Japanese Rice Bowl

We're celebrating the first crops of spring with this colorful **Japanese Rice bowl**. Kids in Española and Santa Fe are cooking (and eating!) carrots, baby bok choy, and Hakurei turnips—all purchased from Northern New Mexico farmers.

We've also turned this last class into a "recipe challenge" for our fifth and sixth graders—complete with visiting

Superchefs as celebrity judges! It's exciting to watch these eager junior chefs step up to the creative challenge and craft their own versions of these rice bowls.



Cooking with Kids has been honored with nominations for **Santa Fe Reporter's 2019 "Best Nonprofit"** and **"Best Nonprofit for Youth"**
Vote now through May 31st!

Celebrating Children's Day with Food & Fish Kites: A Collaboration with Museum of International Folk Art

As part of this spring's Japanese Rice Bowl lesson, students are creating their own Japanese fish kites, or "koi-nobori", which are hung outside families' homes as part of Children's Day in Japan. Celebrated on May 5th, Children's Day honors the happiness and well being of all children. Thank you **MOIFA** for providing the art supplies and lesson!



Cooking with Kids' First Ever 100% LOCAL Salad Tasting

Can you identify each of the foods in this photo by the part of the plant you eat? Our kids can!

On April 30th, students in Northern New Mexico learned about edible plants as they nibbled and munched leaves, roots, stems, and fruits. Cooking with Kids' first ever **100% LOCAL** salad tasting featured lettuces and cucumbers from **Silver Leaf Farms**, Hakurei turnips from **Carrasco Family Farm**, and sunflower sprouts from **Sungreen Living Foods**.



Donations Always Welcomed



Cooking with Kids educates and empowers children and families to make healthy food choices through hands-on learning with fresh, affordable foods.

cookingwithkids.org

Cooking with Kids, Inc. is a 501(c)(3) non-profit organization.

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