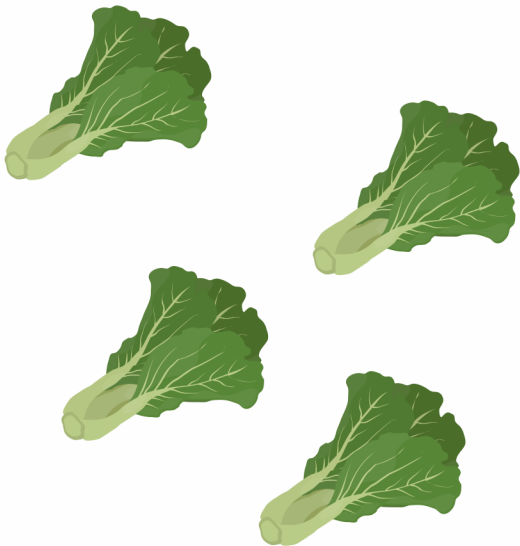


Soul Food Sunday

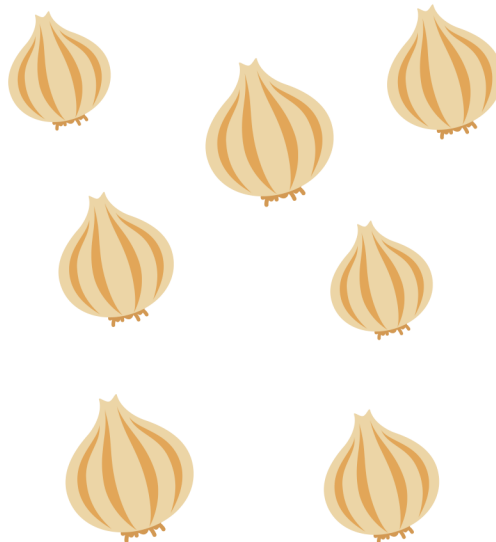
FARM TO BOOK STORYTIME

Help count the different ingredients to make Soulful Collard Greens.

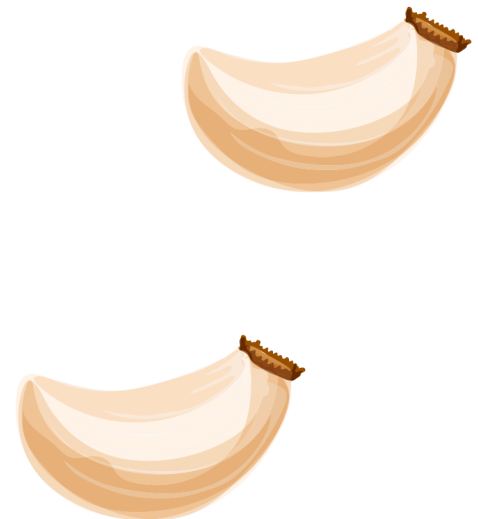
How many Collard Greens are there?



How many Onions are there?



How many Garlic Cloves are there?



Soul Food Sunday

FARM TO BOOK STORYTIME



Draw a Picture of a Family Celebration or Tradition.



Soul Food Sunday

FARM TO BOOK STORYTIME

Who is at your family tradition or celebration?



What happened at the family tradition or celebration?



What are your favorite foods at your family tradition or celebration?



1

2

3

What traditional foods does your family make?



Soul Food Sunday

FOOD EXPLORERS CLUB



Ingredients

1 Tbsp	Olive oil
1/2 Chopped	Large Onion
1 tsp	Red Pepper Flakes
1 clove Minced	Garlic
1 lb Chopped	Collard Greens
3 Cups	Vegetable Stock
1 Orange 1 Red	Bell Peppers
1/2 Tbsp	Smoked Paprika
	Salt
	Pepper

Directions *for* soulful collard greens

- 1** In a large pot over medium heat, heat oil. Sauté the onions and bell peppers until slightly softened, about 2 minutes
- 2** then add the red pepper flakes and garlic, cook another minute.
- 3** Add collard greens and cook for another minute.
- 4** Add the vegetable stock, cover and bring to a simmer. Cook until the greens are tender, about 40 minutes.
- 5** Add all ingredients to a blender or food processor and mix
- 6** Add smoked paprika and season with salt and freshly ground black pepper.

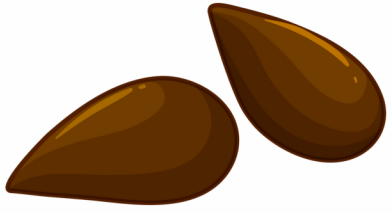


Soul Food Sunday

FARM TO BOOK STORYTIME

Do you know how to grow collard greens like they used in Soul Food Sunday?
Starting with one, write in each box the order in which you can grow collard greens.

Plant the seed



Fill a pot with soil



Add water and put the
pot in a sunny place

