



FIGURE 1 Flavored water using ingredients from the garden is a great way to increase water consumption in the classroom!



FIGURE 2 Unexpected combinations using garden vegetables and herbs are fun and interesting!

GARDEN FLAVORED WATER

One of the greatest gardening joys comes from harvesting fruits and vegetables and tasting them! There are a lot of ways to nibble and taste from the garden and this is a collection of easy go to garden recipes that can be made and eaten right in the garden.

LET'S DO IT

Directions

1. Cut ingredients and mix with water.
2. Chill in the refrigerator for at least an hour before serving.
3. Use the recipes below or make up your own! Use plants you're growing in your garden! Don't be afraid to try new or unexpected combinations.

Summer Squash Water

Ingredients

- 1 Gallon of water
- 1 Cucumber, sliced
- 1/4 Cantaloupe, cubed into 1-inch pieces

Wacky Watermelon Water

Ingredients

- 1 Gallon of water
- 1/5 Watermelon, cubed into 1-inch pieces
- 4 sprigs of mint

Spring Strawberry Refresher

Ingredients

- 1 Gallon of water
- 1 cup of strawberries, sliced
- 1 lemon or lime, sliced

Garden Pizza Water

Ingredients

- 1 Gallon of water
- 1 tomato, diced
- 4 sprigs basil

Fall Infused Fun

Ingredients

- 1 Gallon of water
- 1 apple, sliced, seeds removed
- 1 cinnamon stick

TALK IT OVER

1. Which flavored water did you like the best? Why?
2. What ingredients would you like to try in your own recipe? Why?
3. Why is it important to drink water?
4. How does gardening help you live a healthy life?