



# ~\*Finger Salads\*~

## **Logistics:**

This activity is appropriate for all ages and takes approximately 15 minutes.

## **Objectives:**

**The purpose of this activity is to give kids an experience harvesting and preparing a fun, healthy snack from the garden.**

## **Background:**

Spinach, lettuce, calendula and other edible flowers can all be found in the garden during most of the spring.

## **Setup:**

Set out tables, cutting boards and salad dressing dip bowl in the outdoor kitchen area. Optional: harvest, wash, and grate carrots or beets and set out.

## **Activity:**

1. Pick one large spinach (or other green) leaf from the garden.
2. Pick one *Calendula* flower (or other edible flower) from the garden.
3. Optional: Pick a sprig of an herb such as cilantro or oregano.
4. Wash everything off under running water in the outdoor kitchen.
5. Lay your green leaf on a cutting board.
6. Separate petals from flower and place them on your leaf.
7. Optional: remove herb leaves from stem and place them on your leaf as well.
8. Optional: add grated carrots and/or beets.

9. Roll the leaf up.
10. Dip once and only once into salad dressing dip bowl or plate.  
NO DOUBLE DIPPING!
11. **EAT UP and ENJOY!**
12. **Optional: Repeat!**