

# Farm to ECE Resources for At-Home Activities



*A list of resources for families and for providers to share with their communities*

## Gardening:

- [Garden Ideas for Kids, Parents, and Teachers](#) (from *Kidsgardening.org*)
- [Starting a Garden at Home with Young Children](#) (from *Kidsgardening.org*)
- [Early Introductions to Sensory Gardens: Infants and Toddlers](#) (from *Growing Minds*)
- [Early Learning Gardening Guide](#) (from the North Okanagan Early Childhood Development Coalition and the Community Nutrition Program of Interior Health)
- [Tips for Gardening with Children](#) (from *eartheasy*)
- [Got Dirt?](#) (available in English and Spanish from Department of Health Services)
- [Grow Seedlings in an Egg Carton](#) (from *PBSkids.org*)
- [Plants from Kitchen Scraps: Fun for All Ages](#) (from Missouri Botanical Garden)
- [Sunflower Garden for Young Children - Connections to WMELS](#) (from *Rooted*)
- [Herb Container Garden for Young Children - Connections to WMELS](#) (from *Rooted*)

## Cooking:

- [Making Your Own Local Baby Food](#) (from *Rooted*)
- [Resources from CookingwithKids.org](#)
- [Family Resources](#) on nutrition, recipes, and active living (from UW-Extension's FoodWise program)
- [Quarantine Cooking](#) (from *Allrecipes.com*)

## Outdoor Activities:

- [Tree Exploration](#) (from *Rooted*)
- [10 Ideas to Get You and Your Child Exploring Outdoors](#) (from NAEYC)
- [Engaging Toddlers in Nature Play](#) (from NAEYC)
- [Six Outdoor Play Activities for Kids of All Abilities](#) (from *Unlimited Play*)
- [6 Educational Outdoor Family Activities to Try During the Pandemic](#) (from *Act out*)

## Resources on Multiple Topics:

- [Gardening and Cooking Songs, Books, and Tips for Families](#) (from *Rooted*)
- [FoodCorps Resources to Support Remote Education](#)
- [COVID-19 Resources for Farm to School and ECE](#) (from NFSN)
- [Resources for Learning at Home](#) (from *Captain Planet*)

## Books and Songs:

- [Multicultural Collection of Farm to ECE Books](#) (from Pennsylvania's Ready Set Grow)
- **Books read out loud:**
  - [Bea's Bees](#) (by Katherine Pryor, illustrated by Ellie Peterson, & published by Schiffer Publishing, ages 5+)
  - [Sylvia's Spinach](#) (by Katherine Pryor, illustrated by Anna Raff, & published by Readers to Eaters, ages 4+)
  - [Zora's Zucchini](#) (by Katherine Pryor, illustrated by Anna Raff, & published by Readers to Eaters, ages 4+)
  - [Lola Plants a Garden](#) (by Anna McQuinn, illustrated by Rosalind Beardshaw, & published by Charlesbridge Publishing, ages 2+)
  - [Let's Eat! ¡A comer!](#) (by Pat Mora, illustrated by Maribel Suarez, & published by HarperCollins Espanol, ages 4+)
  - [Eating the Alphabet](#) (by Lois Ehlert & published by HMH Books for Young Readers, ages 0+)
  - [Growing Vegetable Soup](#) (by Lois Ehlert & published by HMH Books for Young Readers, ages 0+)
- **Food and Garden Songs:**
  - ["Dirt Made My Lunch"](#) (by the Banana Slug String Band in English)
  - ["The Fruit Chant"](#) (by Lonnie Dai Zovi in Spanish)
  - ["Come Vegetales"](#) (by Casi Creativo in Spanish)
  - ["Giizis Binoojiyag"](#) (The Sun Children, sung by Margaret Noodin -see more songs at [ojibwe.net](http://ojibwe.net))
  - ["Old McDonald Had a Farm"](#) (in Hmong)
  - ["Old McDonald Had a Farm"](#) (in American Sign Language)

## Free Curriculum:

- [Got Veggies ECE](#) (from Rooted)
- [From Seed to Plate: Farm to Preschool Program](#) (from Occidental College)
- [Learning to Explore Nature](#) (from Master Gardener Association of San Diego County)
- [Harvest for Healthy Kids](#)
- ["Grow It, Try It, Like It!" for Family Child Care](#) (by USDA)

## Questions? Comments? Get in touch!

Contact our Farm to ECE team at [wifarmtoece@rootedwi.org](mailto:wifarmtoece@rootedwi.org). Visit our website at [rootedwi.org](http://rootedwi.org) for more Farm to ECE resources.

This project is funded by the W.K. Kellogg Foundation of Battle Creek, Michigan.

