



SOIL SALAD

Our soil is made up of many parts that make it healthy and unique! This recipe combines yummy, healthy ingredients to create a "soil salad" that we can enjoy as we learn about the world underneath our feet!

Ingredients

Soil Basics:

- 1 cup cooked grain, like rice, quinoa, or buckwheat
- 1 tablespoon oil
- Pinch of salt and pinch of pepper

Add-Ins:

- Dried herbs, like basil, oregano, rosemary, or anything else tasty! (leaves)
- Shredded lettuce (earthworms)
- Shredded carrots (twigs)
- Cooked or canned beans (rocks)
- Sunflower or pumpkin seeds (insects)
- Add your own! _____

Some parts of our soil:

clay
sand
compost
water
rocks
twigs
leaves
earthworms
insects

Instructions:

1. Have an adult prepare your grain. Once it is cooked, stir in oil, salt and pepper
2. Have an adult help you shred lettuce and carrots with a cheese shredder or food processor
3. Mix in your add-ins - add as much as you want of each to create your unique soil salad!
4. Dig into your soil with a spoon and enjoy!

