



A project of the Chicago Botanic Garden

BUDBURST FOR FAMILIES

Title: Plant Parts in the Kitchen!

Age Group: PreK-K and 1st-4th Grade

Purpose:

- **Why?** This activity places information and vocabulary about plants into the context of cooking and eating to make it memorable, fun and nourishing for body and mind.
- **How?** Make something to eat using foods from all parts of the plant (Roots, Stem, Leaves, Flowers, and Fruits).
- **What?** Use this recipe for plant-part stir fry to teach your kids about plants, while also encouraging them to help prepare and eat healthy, natural foods.

Steps:

Recipe for plant-part stir fry:

Can you guess which part of the plant these ingredients come from?

½ inch ginger – (root)
4 stalks of celery – (stem)
One yellow onion – (bulb, modified leaves)
3 heads of bok choy – (leaves)
1 Head of broccoli – (flowers)
2 small or one large red pepper – (fruit)
1 cup of corn kernels – (seeds)
1 carrot – (root)

- Have each little chef wash and dry all of the vegetable ingredients. Then with supervision, help with cutting the pepper, broccoli, onion, and celery into equal-sized cubes.
- For a knife-free option, your child can break apart broccoli florets into uniform sizes while you chop celery, onion, and pepper.
- Roughly chop (or tear) Bok Choy into bite-sized pieces.
- Peel the ginger and either grate or mince it.

In a large skillet or wok, heat cooking oil.

- Add the ginger, and onion, and stir until fragrant, 1 - 2 minutes.
- Add pepper, celery, and broccoli, and cook, stirring often, until broccoli is bright green, 4 - 5 minutes.
- Add corn and stir for 1 minute until it is heated through.
- Add bok choy and stir in until just wilted - 1 minute.

Top with soy sauce and serve over rice for a healthy plant-based meal!



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The next time you are out for a walk in your neighborhood, see if your kids can point out the different plant parts you see.

If you want to learn more about Budburst.org and plant life cycles (phenology), go to <http://budburst.org/phenology>

To learn more about a plant's life cycle go to: <https://www.dkfindout.com/us/animals-and-nature/plants/life-cycle-plant/>

To learn more about plant parts go to: <https://www.dkfindout.com/us/animals-and-nature/plants/parts-plant/>