



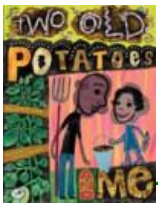
Book List

Teachers and families are invited to use this book list to reinforce classroom discussions and activities related to Farm to Child Care, growing and eating fresh, healthy produce from local farms.

Vegetables



Growing Vegetable Soup by Lois Ehlert. Describes the steps involved in growing vegetables and making vegetable soup (recipe included). This book fills a niche; it is a good book for getting very young kids excited about growing vegetables. Ages 2+



Two Old Potatoes and Me by John Coy and Carolyn Fisher. A satisfying story about a girl and dad who try growing potatoes for the first time. *Two Old Potatoes and Me* is nicely paced with graphic, playful illustrations. Ages 3+



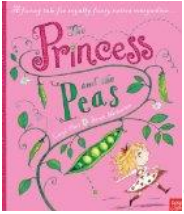
Vera's Baby Sister by Vera Rosenberry. A wonderful story about a girl, Vera, whose house is filled with noise when her baby sister arrives. Vera's grandpa helps Vera plant a bean tent, which serves as a

Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

Farm to Child Care is supported through a grant funded by the John Rex Endowment.

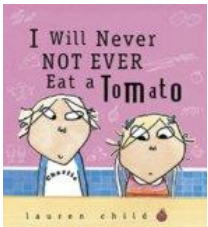
© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org

quiet space where Vera can go to be alone. *Vera's Baby Sister* realistically describes the feelings that can accompany the arrival of a new sibling and has a sweet ending. Ages 3+



The Princess and the Peas

Lily-Rose May is a picky eater who refuses peas in any shape or form. But when she gets a case of princessitis, she has to rethink her picky ways.



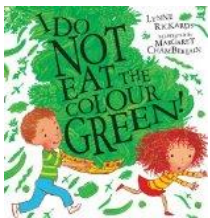
I Will Never Not Ever Eat a Tomato

Lola is funny and cute and very sure that she will not eat several different things, one of which is tomatoes. Can her big brother Charlie and his imagination change her mind?



Rah, Rah, Radishes!: A Vegetable Chant

The silly rhymes in this book are what make it so fun and enjoyable to read. The vivid photographs also give readers a detailed view of some veggies that might not be so familiar.



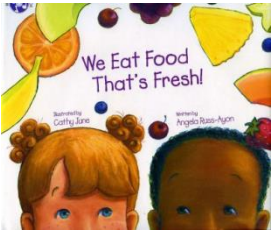
I Do Not Eat the Colour Green!

All the colors are wonderful to Marlene McKean.... unless she's eating them. In that case, she has a "no green" rule.

Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

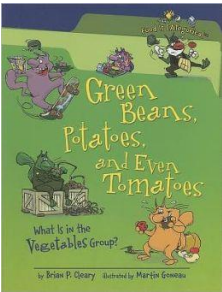
Farm to Child Care is supported through a grant funded by the John Rex Endowment.

© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org



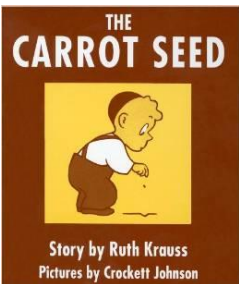
We Eat Food That's Fresh by Angela Russ-Ayon , Cathy June

A whimsical chef introduces young children to fun food experiences that stir up their interest in fruits and vegetables. Join them as they pick from the garden, prepare in the kitchen, and relax by the shore. The chef wants the children to try something new, and they just might, before he is through. Easy rhymes and repetitive verses are combined with deliciously colorful pastel illustrations. This picture book comes with a companion song, audio book, and instrumental on CD.



Green Beans, Potatoes and Even Tomatoes by Brian P. Cleary

What is in the vegetables group? Carrots, broccoli, eggplant, and much more. Brian P. Cleary's goofy verse and Martin Goneau's humorous illustrations give young readers a whole crop of vegetable examples and highlight some of their health benefits. Vegetable names are printed in color for easy identification. Enjoy this tasty treat of a book!



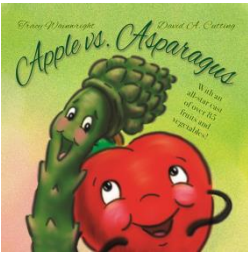
The Carrot Seed Board Book

Everyone in this book tell a little boy his carrot seed won't grow. He tends to it and it does grow.

Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

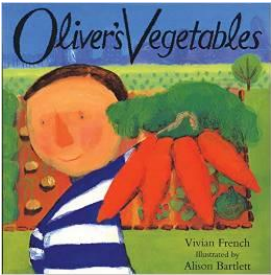
Farm to Child Care is supported through a grant funded by the John Rex Endowment.

© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org



Apple vs. Asparagus by Tracy Wainwright

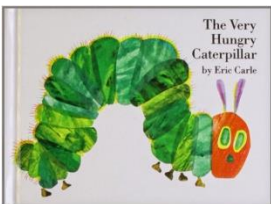
Asparagus wants to play with Apple, but is turned away because he's a vegetable. Apple runs off with his friends Apricot and Avocado. Soon, more fruits and vegetables join the two sides, each arguing their group is the best. Iceberg Lettuce comes along and says no, those things don't matter. The greens should stick together. Will these healthful foods ever figure out that they are all nutritious and good?



Oliver's Vegetables by Vivian French

Do you like chips? Oliver does. In fact, he won't eat anything else - until he plays a game with his grandpa. Whatever vegetable Oliver finds in the garden, he must eat. On Monday, he pulls up carrots, on Tuesday, it is spinach ...An excellent book for parents with slightly fussy children, which also introduces the days of the week.

Fruits



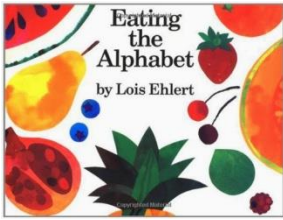
The Very Hungry Caterpillar by Eric Carle

This book is truly a childhood classic! My kids enjoyed it from the time they were babies all the way up until now, at age 4. A little caterpillar eats all kinds of fruit and eventually turns into a beautiful butterfly. The board book version has little holes in the fruit that tempt little fingers to get involved. It is also great for early counting practice!

Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

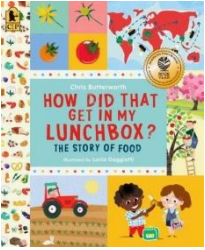
Farm to Child Care is supported through a grant funded by the John Rex Endowment.

© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org



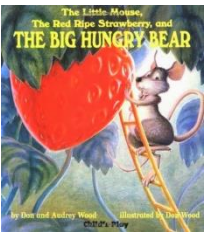
Eating the Alphabet by Lois Ehlert

Lois Ehlert has a distinctive artistic style that draws young children in. This book isn't a story; instead it goes through the alphabet, listing all kinds of fruits and veggies that start with each letter. We had fun picking out the ones that we knew and seeing and wondering about the ones we weren't familiar with. This book, with its bright colors and simple text, is suitable for children from birth through preschool.



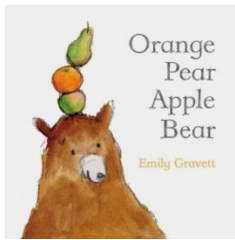
How Did That Get In My Lunchbox? The Story of Food by Chris Butterworth-

This book encourages children to think about where their food actually comes from, and goes through several items of a child's lunchbox, where they might have come from, and the process that it may have gone through before making its way to their tummies. The colors are bright and the pictures are engaging. My toddler had trouble sitting all the way through this book, so I would recommend it for an older preschooler or young elementary school aged child.



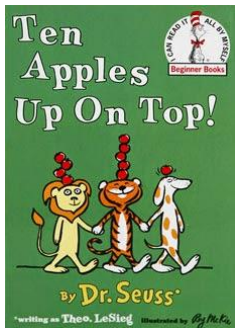
The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear by Don Wood

I first came across this book during a library storytime recently. It is a cute and simple story about a little mouse who is trying to protect his precious strawberry from a big hungry bear that wants to eat it. The pictures are charming. The text is short enough to hold the attention of my toddler, and cute enough for my preschooler to still enjoy.



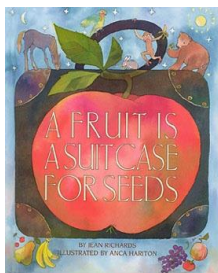
Orange Pear Apple Bear by Emily Gravett

This is a classic board book with soft, attractive watercolor pictures. There is no real story, but the book repeats the words 'orange, pear, apple, and bear' in different configurations that go along with clever illustrations. This book is best suited for babies or young toddlers.



Ten Apples Up On Top by Theo LeSieg (Dr. Seuss)

This may be one of Dr. Seuss's lesser known books, but is a silly story and can be great for counting practice. Three animals challenge one another to balance more and more apples on top of their heads. They eventually all come crashing down in a spectacular apple tumble. This book is appropriate for toddlers, preschoolers, and early elementary aged children.

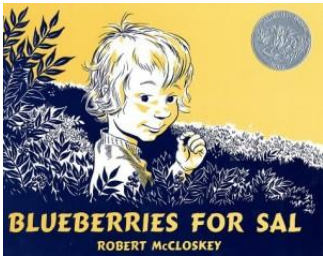


A Fruit Is a Suitcase for Seeds is a wonderful nonfiction book for preschoolers. It is full of great facts from how seeds travel to different kinds of seeds that you would find in different plants. This book inspired us to do a little science investigation and cut open different kinds of fruits to check out their seeds.

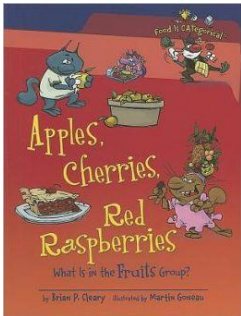
Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

Farm to Child Care is supported through a grant funded by the John Rex Endowment.

© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org

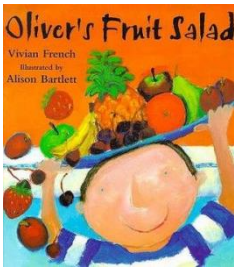


Blueberries for Sal by Robert McCloskey is a true classic, written in 1948 it's a simple tale about a little girl and her mom collecting blueberries to can. While mama picks them, Sal eats them and wanders off but they aren't the only mama and baby out gathering blueberries. This book is chill and sweet and the black and white illustrations make the readers feel like they are on the top of the mountain gathering blueberries too.



Apples, Cherries, Red Raspberries: What Is in the Fruits Group? By Brian P. Cleary

What is in the fruits group? Bananas, grapes, lemons, and much more. Brian P. Cleary's goofy verse and Martin Goneau's humorous illustrations give young readers a whole crop of fruit examples and highlight some of their health benefits. Fruit names are printed in color for easy identification. Enjoy this tasty treat of a book!



Oliver's Fruit Salad by Alison Bartlett & Vivian French

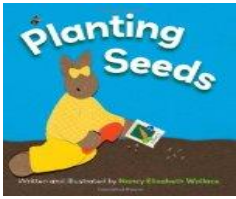
Oliver, star of Oliver's Vegetables, is back from his healthy week eating vegetables at his grandpa's house. Suddenly, the fruit at home doesn't seem quite good enough for Oliver. What is his mum to do?

Gardening--Seeds

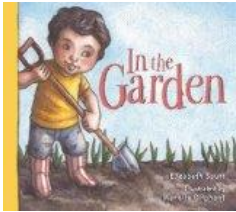
Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

Farm to Child Care is supported through a grant funded by the John Rex Endowment.

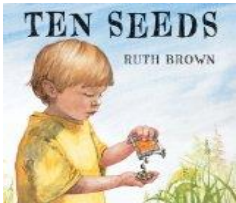
© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org



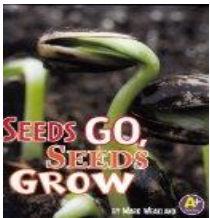
Planting Seeds is a simple rhyming board book. Count along and see what happens as ten bunnies' plant seeds.



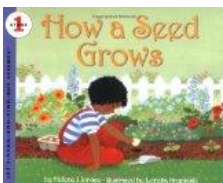
In the Garden is another board book. In it the main character plants some seeds and waits patiently. Then he seems to forget about the seeds, and something wonderful happens.



In **Ten Seeds** we count backward from ten to one. A little boy has planted ten seeds, and one by one something happens to each seed that prevents it from growing. Then that last strong seeds turns into something beautiful. This book was a great way to talk about why we plant so many seeds and the kinds of things that can be harmful to seeds.



The simple text in **Seeds Go, Seeds Grow** makes it a great choice for preschoolers. The photographs, showing plants up close and in detail, are terrific. This is another nonfiction book that shares information about seeds, how they move, and where they can be found on different plants. For readers learning about nonfiction text features the book also includes a glossary and an index.

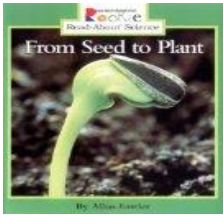


How a Seed Grows begins by telling a bit about seeds, where they can be found on different plants and how they can grow fast or slow. Then the book takes readers through the process of planting a seed and nurturing it to help it grow. This book is a wonderful companion to read as you are planting and monitoring the growth of your own seeds.

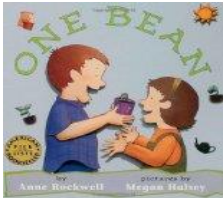
Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

Farm to Child Care is supported through a grant funded by the John Rex Endowment.

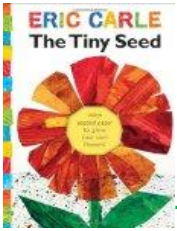
© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org



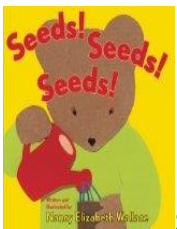
From Seed to Plant teaches kids how seeds form, how they move, and how they grow. As is characteristic of Gail Gibbons books, the illustrations are very detailed yet simple enough for young readers to focus on the most important concepts being taught. We enjoyed spending a lot of time looking at the illustrations and discussing what was happening in each picture.



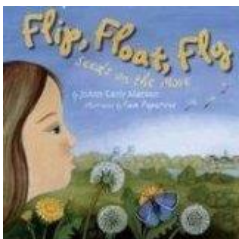
One Bean is another book that is great to use as you plant your own seeds. It walks kids through a planting a bean seed and watching it grow. My kids loved this one, because the details very closely mimicked what was happening with our bean seeds.



The Tiny Seed follows a single seed as it is whisked away by the autumn wind. On its yearlong journey readers discover all that the tiny seed goes through to eventually become a giant flower.



Seeds! Seeds! Seeds! is another great book that encourages kids to get involved. In the story Buddy's grandfather sends him five colorful bags and a note. Each bag has a surprise that helps learn about seeds. Kids can get their own seeds and join in as buddy sorts, collects and eats the seeds from his grandfather.

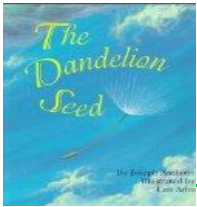


Flip, Float, Fly: Seeds on the Move teaches us about different seeds and how they move. This was one of my daughter's favorite books in this collection. She loved the illustrations.

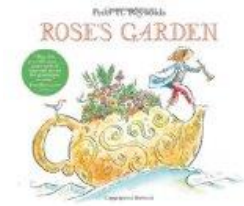
Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

Farm to Child Care is supported through a grant funded by the John Rex Endowment.

© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org



The Dandelion Seed is the opposite of *Dandelion Adventures*. In this story one single dandelion seed holds on, afraid to let go. The harder the wind blew, the tighter the seed held on. Then when the seed finally lets go we travel along with the seed until one day the seed takes root and begins to grow on its own. Overtime the seed grows and blooms, and we find ourselves back at the beginning again with one lonely seed hanging on. While this story is great for teaching about how seeds travel and the life cycle of plants, I also love the opportunity it allows for talking about life lessons like growing up and not being afraid of change.

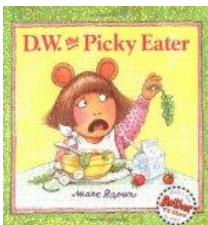


Reading **Rose's Garden** immediately reminded Lovey and I of the activities we did with the Queen of France. In this adorable book Rose travels the world in her teapot and collects seeds. She plants them in a dusty forgotten stretch of earth in the city. Then she waits and waits. But as she does so, she gets quite a surprise and a lot of community involvement in support of her garden.



To Be Like the Sun is a lovely poem that shares a little girl's conversation with a sunflower seed as she follows it through the life cycle of the plant. I love how her curiosity reflects the way young kids approach nature and scientific discovery.

Healthy Eating Habits



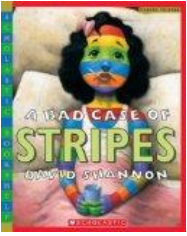
D.W. the Picky Eater

Arthur creator Marc Brown shares how D.W. overcomes her stubbornness to try new (and healthy) foods. After her bad behavior gets her in trouble, D.W. gives something new a shot and finds out something surprising.

Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

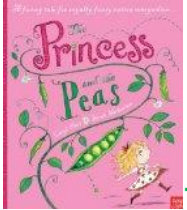
Farm to Child Care is supported through a grant funded by the John Rex Endowment.

© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org



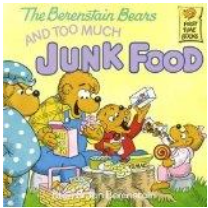
A Bad Case of Stripes

Camilla Cream loves her lima beans, but is embarrassed by her healthy eating habits. When misfortune strikes causing Camilla to become the center of everyone's attention, she has to decide between being made fun of for how she looks or eating her favorite healthy snack.



The Princess and the Peas

Lily-Rose May is a picky eater who refuses peas in any shape or form. But when she gets a case of princessitis, she has to rethink her picky ways.



The Berenstain Bears and Too Much Junk Food

The family is not eating as healthy as they should, and it's starting to show. They work together as a family to get healthier through changing their

Managed by Wake County Smart Start in collaboration with Advocates for Health in Action and Wake County Cooperative Extension
4901 Waters Edge Drive, Suite 101, Raleigh, NC 27606 | (919) 851-9550 | www.wakesmartstart.org

Farm to Child Care is supported through a grant funded by the John Rex Endowment.

© 2017 Wake County Smart Start. All rights reserved. Reprint with permission only by contacting Lynn Policastro, Healthy Initiatives Program Coordinator, at (919) 851-9550 or email lpolicastro@wakesmartstart.org