

A Book Review: Grow It Cook It – Simple Gardening Projects and Delicious Recipes

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This is a great book to use for curriculum implementation, reference, and/or to support general knowledge. The book is full of great photos that really add to the reader's enjoyment. The book is divided into three sections: "Know it," "Grow it," and "Cook it."

"Know It"

This section provides the science-based information on plants and ecology. It discusses photosynthesis and pollination. Thorough and colorful explanations are given about what is needed to plant/grow various fruits and vegetables, too.

"Grow It"

This section informs the reader step by step how to grow a specific plant as well as what is needed to be a successful grower in general. The beginning gardener will find this book to be very useful. And, those readers with more advanced gardening skills, they will find more sophisticated challenges such as growing without the use of chemicals.

"Cook It"

Finally, the "Cook It" section provides great photos and step-by-step instructions to make fun, nutritious dishes straight from the garden. The reader can find everything from "Green Leaf Tarts" to "Blueberry Cheesecake."

While not written for young children to read, the book does provide beautiful photos and easy to follow steps for children to be guided through the planting, nurturing, harvesting and cooking of plant-based foods. This book will be a great resource in your classroom or home.

Reviewed by Angela, Dietitian, BJC School Outreach and Youth Development