

# FOOD FROM HOME

## Book Suggestions: Edible Gardening with Children



### **The Garden Cook : Grow, Cook and Eat with Kids**

Fiona Inglis

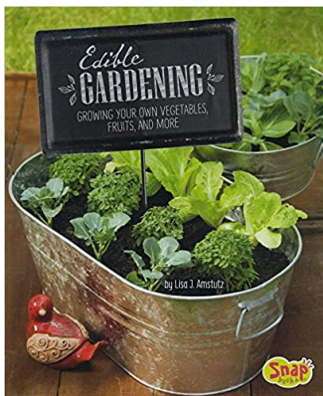
Featuring colourful photos and illustrations, this book has more than 70 easy-to-follow recipes. It is aimed at children aged 8-13, their parents and anyone interested in growing and cooking good food.



### **Kitchen Garden Cooking with Kids**

Stephanie Alexander

This book features over 100 recipes with simple instructions, a colourful layout and lots of fast, fun facts. It is designed to encourage cooking with children either at home or in the classroom.



### **Edible Gardening: Growing Your Own Vegetables, Fruits, and More**

Lisa J. Amstutz

In this book, you will find easy gardening projects for edible plants, including tips and variations for indoor and outdoor projects. It is aimed at children aged 8-14.

**For more growing resources, head to: [www.foodfromhome.org/resources/](http://www.foodfromhome.org/resources/)**

This resource was compiled with the generous assistance of the Casey Cardinia Libraries