

# Parent Guide: Agriculture / Food Preservation

## Quick Fridge Pickles, Fruit & Veggie Stamps, Sour Face Pucker Up

# 1

### Quick Fridge Pickles (source: [thekitchn.com](http://thekitchn.com))

Sweet or dilly, what's your favorite pickle? Tip: this recipe can be adapted to your tastes and used on any veggie!

#### Supplies Needed:

- 1 pound fresh cucumbers
- 2 sprigs fresh herbs (optional)
- 1 to 2 teaspoons whole spices (optional)
- 1 teaspoon dried herbs (optional)
- 2 cloves garlic (optional)
- 1 cup vinegar
- 1 cup water
- 1 tablespoon kosher salt OR 2 teaspoons pickling salt
- 1 tablespoon granulated sugar (optional)
- chef's knife
- cutting board
- 2 wide-mouth pint jars with lids
- canning funnel (optional)

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# 2

### Fruit & Veggie Stamps

Don't play with your food – said every mom, ever! Until now... make fun stamps with your fruits and veggies. Then prepare new, fresh, yummy ones to eat!

#### Supplies Needed:

- paint
- fruits and veggies
- paper
- plates
- sharp knife (for parent use)
- plastic knives
- cutting board

Join us on our Facebook page for instructions!

# 3

### Sour Face Pucker Up

Some foods have very strong flavors that cause funny faces. Have your kid(s) try various foods to see if they make a funny face. For a fun memento, take a photo of the moment the flavor hits their tastebuds! Food suggestions include: lemons, limes, tart cherry juice, vinegar, and pickles. Note: if there is a chance that your child has an allergy to a food, please omit that food.