Dear Kids & Parents,
My friends and I hope you will enjoy the fun recipes in this book! These recipes have been kid tested and approved! Kids, please remember to always have your parent's permission and help to make any of these recipes. Parents, you may substitute low-fat or non-fat dairy in any of the recipes. Start looking for the Georgia Grown logo in the supermarkets and your local farmers markets!
Happy Cooking,

Georgie
Georgia Grown Salad Dressing

¼ C Apple Cider Vinegar
2T Georgia Grown Sorghum Syrup
2T Brown Sugar
1T Dijon Mustard
3T Lemon Juice

Blend all ingredients into a paste. Slowly whisk in ¾ cup Georgia-grown olive oil until all ingredients are emulsified. Serve with your favorite mixed green salad or this dressing can be used as a marinade for a raw veggie salad!

What do you like in your salad?
Peachy Popsicles
Makes 8 servings

1 ¼ lbs Fresh Georgia Peaches, peeled, halved & pitted
Juice of 1 lemon
¼ C Orange Juice
¼ C Sugar
¼ t Vanilla Extract

Chop peaches in a blender or food processor. Add remaining ingredients, blend until smooth. Divide into 8 small paper cups. Let freeze for one hour, insert popsicle sticks. Return to freezer until completely frozen. ENJOY!!

How many peaches are there?

23 15 9 21
Strawberry Smoothie
Makes 2 servings

2 C Fresh Georgia Strawberries
½ C Apple Juice
¼ C Orange Juice
½ C Vanilla Yogurt

Place strawberries in blender Add juices Add yogurt, puree until smooth Pour into 2 glasses. Enjoy!!

Draw some cool sunglasses on the strawberry.
Blueberry Yogurt Parfait
Makes 2 servings

½ C Fresh Georgia Blueberries
1 C Vanilla Yogurt
½ C Granola

Divide all ingredients into two parfait glasses. First blueberries, then yogurt and garnish with granola.

Which line leads Betty Blueberry to the yogurt cup?
Creamy Carrot Dip

1 C Plain Yogurt
2 T Sour Cream
¼ t Garlic Salt
¼ t Onion Powder
¼ t Kosher Salt
Dash of Pepper, Paprika, Dill Weed & Celery Seed

Blend all ingredients. Wonderful with Georgia Grown vegetables!
(Georgie loves it with carrots!!)

Which shadow belongs to Carl Carrot?
Baked Vidalia Onion Rings
Makes 4 servings

1 Large Vidalia Onion, sliced into ½” slices
Separate slices into rings!
1 ¼ C Self Rising Flour
1 Egg
1 C Milk
1 C Italian Bread Crumbs
2 T Parmesan Cheese
Baking Spray

Blend milk and egg.
Dip onion rings into egg and then into flour.
Place floured onion rings into bread crumbs, completely cover the flour. Place coated rings onto sprayed baking sheet, sprinkle with parmesan cheese. Bake at 350 degrees for 20 minutes.

How many rings am I touching?
Steamed Georgia Corn with Firecracker Butter
Makes 4 servings

4 Ears Fresh Georgia Corn, steamed
¼ C Butter, softened
Salt & Pepper to taste
Dash of Crushed Red Pepper

Blend butter and seasonings.
Smear on freshly steamed corn.
Enjoy!! This butter can be used on other steamed Georgia Grown veggies as well!!

Which firecracker is different?
Marinated Tomato & Cucumber Salad
Makes 4 servings

2 Large Georgia Grown Tomatoes, any variety
1 Large Cucumber
1 Small Bottle Italian Dressing

Wash, core and wedge tomatoes.
Wash and slice cucumbers.
Mix tomatoes, cucumbers and dressing.
This may be made the day ahead!

Help tomato find his way to cucumber
Sweet Sweet Potatoes
Makes 4 servings

2 large Sweet Potatoes
2 T Brown Sugar
Cinnamon to taste
Georgia Honey

Bake sweet potatoes until soft and cooked through. Slice lengthwise. Sprinkle with Brown Sugar & Cinnamon mixture. Drizzle with honey.

Find 4 things that are different
Apples, our favorite after school snack!
Makes 2-4 servings

2 Georgia Grown Apples
2 T Orange Juice

Wash, core and wedge apples. Toss wedges in orange juice. Serve with your favorite dip! We love hummus, peanut butter, yogurt and honey! For a punch of protein, serve with two ounces of toasted Georgia Pecans!

Find these words:
YOGURT  APPLE  HONEY  PECAN

T Z E L P P A
X R S N Y E Q
F J U G E C S
I B G G N A S
T V S X O N H
B B M K H Y T
F H B N X N V
Microwave Peanut Brittle

Makes about 16 Servings

1 Cup Sugar
½ Cup Light Corn Syrup
1 Heaping Cup Raw Georgia Peanuts
1/8 Teaspoon Butter
1-1½ Teaspoon Vanilla Extract
1 Teaspoon Baking Soda

Combine sugar, corn syrup, peanuts and salt in a microwaveable bowl. Microwave on high for 4 minutes, stir then microwave an additional 4 minutes. Add butter, mix in, microwave for 2-4 minutes, depending on microwave. The mixture should be starting to turn deep golden but not too brown. Stir in vanilla and baking soda, mixing quickly. Mixture will be light and foamy. Pour quickly onto buttered baking sheet, spreading as thin as possible. Let cool. Break into pieces. Store in an airtight container. Soak mixing bowl in hot, sudsy water for easier clean up.
Little Pizzas
Makes 8 pizzas

½ lb. Lean Ground Beef
16 oz. Pizza or Spaghetti Sauce
1 Can Refrigerator Biscuits
1 Cup Shredded Mozzarella Cheese

In a skillet, brown ground beef over medium heat 8 to 10 minutes or until meat is no longer pink, stirring occasionally. Pour off drippings. Add pizza or spaghetti sauce and simmer until warm. Flatten each biscuit into an individual pizza crust and place on a baking sheet. Spoon sauce over the dough. Top with shredded cheese. Bake for 15 to 20 minutes at 350 degrees.

Create your favorite pizza!
Food Safety

Wash Your Hands

Rinse Your Fruits & Vegetable

Put Food in the Refrigerator

Keep Counters Clean where Food is Prepared
The Georgia Grown program is a marketing and economic development program of the Georgia Department of Agriculture. Our No. 1 goal is to aid our agricultural economies by bringing together producers, processors, suppliers, distributors, retailers, agritourism and consumers in one powerful, statewide community. We’re here to help new agribusinesses grow and established agribusinesses thrive.

## Harvest Season for Georgia’s Fruits and Vegetables

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Thank you for supporting Georgia Grown

- Light Supply
- Peak Harvest