



# Nuestro Súper Jardín: Our Super Garden

*Anne Nagro*

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## **Nuestro Súper Jardín: Our Super Garden** Anne Nagro

Right on the heels of the nationally-acclaimed children's book, *Our Generous Garden*, comes the garden-to-table treasure, *Nuestro Súper Jardín*, Spanish edition to *Our Super Garden*. This is the bilingual edition where children explore eating healthy, by eating what they grow. Kid-friendly language and eye-catching art highlight the "special powers" fruits and vegetables give our bodies, like the "force field" created by vitamin C which helps keep us from getting sick, antioxidants that "karate chop" diseases, and fiber, which helps us poop. Children ages three to 10 learn it's okay to try new foods, and why fruits and vegetables are an important part of a healthy diet - important life lessons with childhood obesity and diabetes reaching epidemic levels. Start the conversation - and hands-on learning - about healthy eating. Inside you'll find 20 kid-tested recipes from successful youth garden programs across the country, a color-coded chart of nutrients found in fruits and vegetables, and easy food preparation guidelines. Research shows children who plant and harvest their own fruits and vegetables are more likely to eat them: *Our Super Garden* shows just how much fun this can be!



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