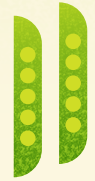




A Garden of Possibilities to Be Your Best



TRY GROWING YOUR OWN - IT'S EASY AND FUN!

TRY NEW FOODS, FUN MOVES, AND SIMPLE WAYS TO BE YOUR BEST



TRYit Tidbits

Small things add up; TRY setting a small goal (like planting 1 seed or trying a new vegetable), and you'll see big improvement soon!

GROW YOUR OWN

Whether growing fruits, veggies or herbs, gardening is a great way to be your best! You get to spend time outdoors, get your body moving, and fruits and veggies from your own garden taste great! You also can share your bounty with friends, neighbors, and donate to a local food bank.

Now that you've discovered you have a green thumb, you can spice things up by growing your own exotic ingredients to create tasty, new recipes from around the world! Ready to go global? Just flip the page and TRYit!



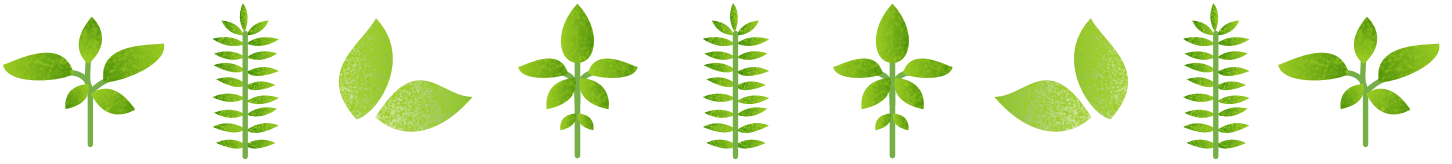
WANT TO LEARN MORE?
CHECK OUT:

Disney.com/TRYit



GROW A FLOWERPOT HERB GARDEN

Plant more than one herb and you have an herb garden! You don't need a huge plot of land. In fact, a flowerpot on a balcony or sunny windowsill will do the trick.



MATERIALS NEEDED

- A small shovel or large spoon
- A flowerpot (you can also use a rinsed out milk carton; just ask a parent or adult to cut the top off and make sure to poke holes in the bottom so water can drain out)
- A saucer or plate to place underneath your flowerpot
- Potting soil
- A watering can
- Two types of seeding herbs such as sage and thyme (you can find these at supermarkets, garden stores & farmers markets). Other herbs that grow well together in small containers are mint, parsley and oregano.

DIRECTIONS

1. Fill your flowerpot (or empty, cleaned milk carton) 3/4 full of potting soil.
2. With your shovel or spoon dig a hole big enough to hold the roots of your plant.
3. Place the plant in the hole, fill in soil around the roots (gently patting down the dirt).
4. Water your plants right after planting (a little water is best).
5. Place your pot in a sunny spot near a window.
6. Water it every few days (or if you notice the soil is dry).
7. When herbs are ready for harvest, choose a recipe to make and share with your family, such as:



NOTE:

Seeds can take up to a month to germinate, but buying plant starts makes for an instant garden. Directions here are for plant starts, but if you prefer seeds, just follow directions on seed packets.



Cucumber and Yogurt Dip

INGREDIENTS

- 1 medium cucumber
- 1 cup plain yogurt
- 1 small garlic clove, minced
- 1/3 cup finely chopped fresh mint leaves
- Lightly salt to taste

INSTRUCTIONS

1. Peel and seed the cucumbers.
2. Using the large holes on a box grater, grate the cucumber into a small bowl (Kids, get an adult to help you with this part).
3. A handful at a time, gently squeeze the water out of the grated cucumber. (more than half a cucumber's weight is water)
4. Return the cucumber to the bowl and stir in the yogurt, garlic, mint, and salt.
5. Serve with crunchy veggies such as bell peppers, baby carrots, sugar snap peas, jicama, cherry tomatoes (tomatoes are actually a fruit!), and whole wheat pita strips.



The Mickey Check is a tool that makes it easier for kids and families to identify nutritious choices in stores, online, and while on vacation at Walt Disney Parks & Resorts.

TRYit Tidbits

- Remember it's a world full of flavor & fun. Get out and explore it.
- With a little water, soil, air & care, you can help a garden grow!



**FOR MORE RECIPES,
CHECK OUT:**

DisneyMickeyCheck.com

PLANT A FAVORITE FOOD GARDEN

Many people grow gardens and then decide what meals to make with the harvest afterward. Why not plant a small garden to produce the exact ingredients of your favorite food? Here's how to plant your very own favorite food garden:

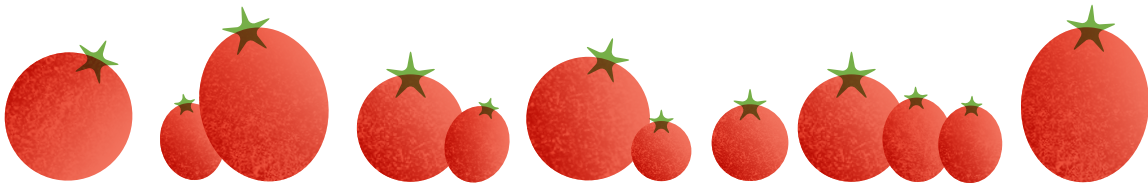
INSTRUCTIONS

1. First, select a fairly simple but favorite food, noting the main ingredients.
2. Then find out how and when to grow those ingredients (a nursery expert can help you with a plan, and lots of info can be found at the library or online).
3. Because many people like pizza and spaghetti, here's an example of how to grow a garden that produces healthy ingredients for the sauce - tomatoes and basil. (These two are also considered "companion plants" because they grow well together.)

DID YOU KNOW?

Radishes and loose-leaf lettuce are some of the fastest growing veggies— from seed to harvest in less than a month. Sounds like the makings for a salad are coming right up!

Tomatoes



Tomatoes are great for container gardening, so you can grow them on a balcony or patio. Dwarf varieties and cherry tomatoes are readily available at most garden centers and nurseries. You decide which type of tomato you want to plant!

MATERIALS NEEDED

- Large flowerpot or planter box
- Spade or small shovel
- Watering can or hose
- Potting soil
- Slow-release organic fertilizer (10-10-10 or one specially formulated for tomatoes)
- Tomato seedlings
- One or more 4- to 5-foot stake(s), depending on how many plants you grow
- One or more pieces of cloth or plastic plant ties

DIRECTIONS

1. Fill your pot or planter with a moist potting mixture leaving a 2-inch space between the top of the potting mix and the rim of the pot.
2. Add 2 tbsp. of fertilizer.
3. Grab the tomato seedling by the stem and shake off loose soil—remember, you need to leave room to plant basil (below), so only use 1/2 of your planter for tomatoes.
4. Plant the tomato in the pot or planter to the same depth it was in its nursery pot. Firm the soil around the plant lightly by hand.
5. Insert the stake into the potting mix behind the tomato plant pushing it down to the bottom of the pot or planter.
6. Water the tomato plant(s) until the excess moisture drains from the bottom, and water whenever the soil begins to feel dry.
7. Tie the tomato plant(s) to the stake(s) loosely with a cloth or plastic plant tie when it is 12 to 16 inches tall, then tie the plant every 8 inches as it grows.
8. Harvest tomatoes when they reach full color and size and the fruit feels firm to the touch.



NOTE:

Depending on the variety of tomato you choose, you will need to adjust your grow time for the basil so they are both ready to harvest around the same time. Tomatoes usually take longer than basil, so you'll want to plant tomatoes first. Consult a garden expert at your local nursery for more precise timing.

TRYit Tidbits

Playing in the dirt can't hurt (as long as you clean up afterward); wear gloves, grubby clothes and old shoes or rubber boots



[Disney.com/Tryit](https://www.disney.com/tryit)

Basil



Basil is an annual herb well known in Italian cooking, but it's originally from India! Today there are dozens of different basil varieties, which all grow well in warm, sunny weather (if you live in cold conditions, you can mimic growing conditions indoors). Only plant when and where there is no danger of frost.

DID YOU KNOW?

Dragonflies can fly up to 20 miles per hour! These insect-eating fliers are a welcome sight in any garden because they protect from gnats, beetles, moths, and mosquitoes.



MATERIALS NEEDED

- Basil seeds or starts
- Large flowerpot or planter box
- Spade or small shovel
- Watering can or hose
- Potting soil



DIRECTIONS

1. Plant the basil seeds or starts a good distance from the tomato plant(s) (at least 6 inches); if planting starts, make sure they are 10 inches apart. (Note: if you don't have a large enough space to grow tomatoes and basil in the same place, you can also grow them in separate pots.)
2. Cover seeds lightly with soil, or fill soil around starts, and keep moist. (note: don't over water.)
3. Let your plants grow for about 6 weeks before picking leaves. (Note: Pick the tips first, to encourage the plant to sprout additional stems.)



**TRY A TASTY TOMATO
AND BASIL RECIPE.
BUON APPETITO!**

FOR MORE RECIPES, CHECK OUT:

DisneyMickeyCheck.com