



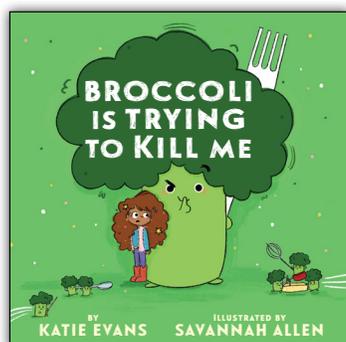
### WHAT'S INCLUDED:

-  Making Vegetable Stamps
-  Make a Vegetable and Fruit Rainbow
-  Homemade Tie-Dye
-  Making Funny Faces with Vegetables
-  Grow Your Own from Leftovers

### MEET THE AUTHOR and ILLUSTRATOR!

**KATIE EVANS** is the mother of a vegetable-adverse kid, as well as a former newspaper and magazine writer. *Broccoli Is Trying to Kill Me* is her picture book debut. She lives with her family in Phoenix, Arizona.

**SAVANNAH ALLEN** is the self-taught author/illustrator of picture book *The Nature Journal*, which received a starred review from *Kirkus Reviews*, and the illustrator of the *Sprinkles & Swirls* young graphic novel series. She lives in Nashville, where you might find her snacking, skateboarding, or soaking in life with three little ones.



*Broccoli is Trying to Kill Me*

by Katie Evans

illustrated by Savannah Allen

9780823459612

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# MAKING VEGETABLE STAMPS

Show those vegetables who's boss!

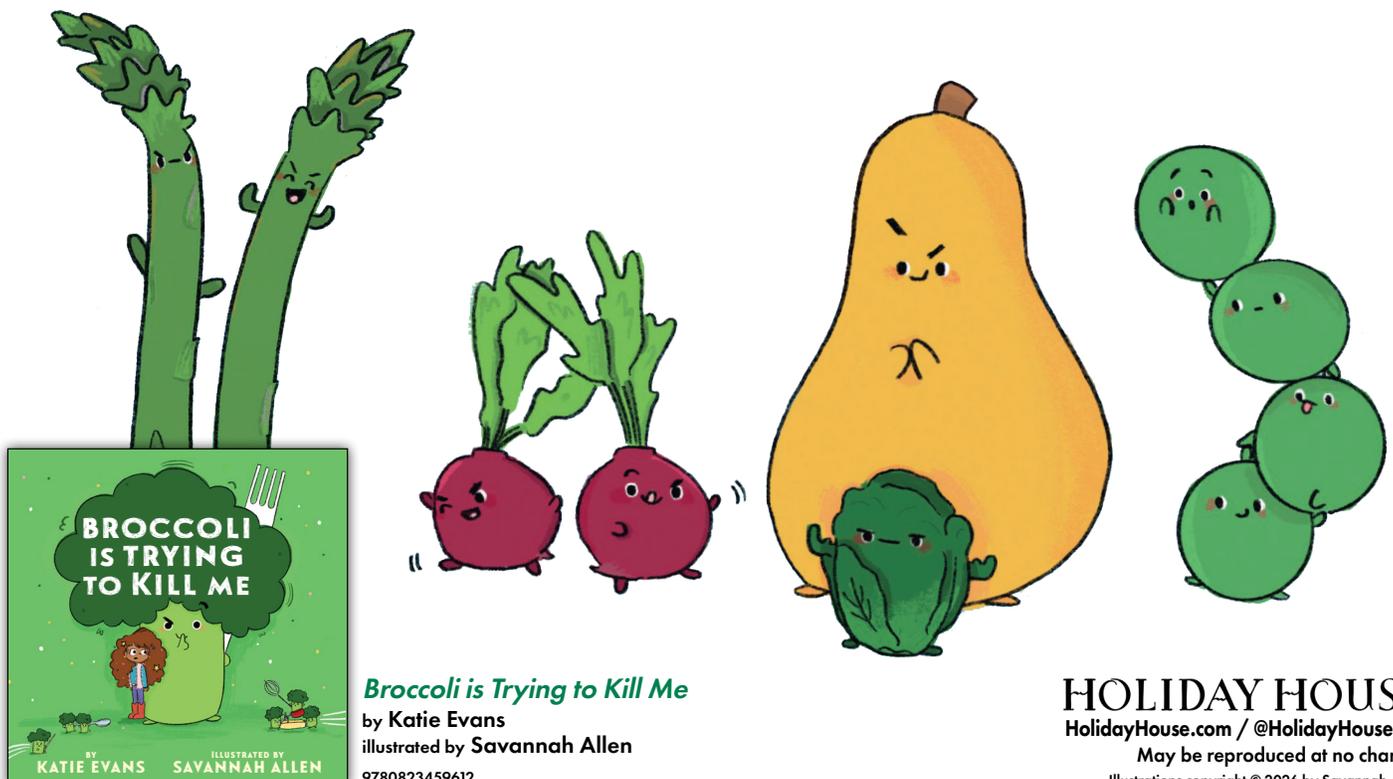


## Supplies:

- paper or fabric
- vegetables, (slightly underripe)
- paint

## Instructions:

1. Gather your materials, make sure you have bowls to prepare the paint and your prepared paper or fabric.
2. Cut the vegetables in half (or whichever way you think would look interesting!). Get an adult to help you with this step.
3. Dip the vegetables in paint and "stamp" them on your prepared paper or fabric. Get creative!



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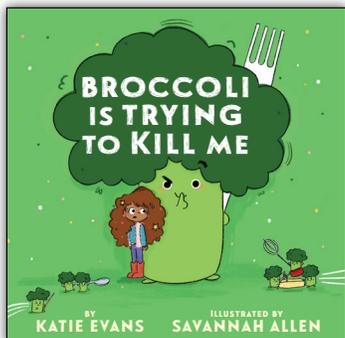
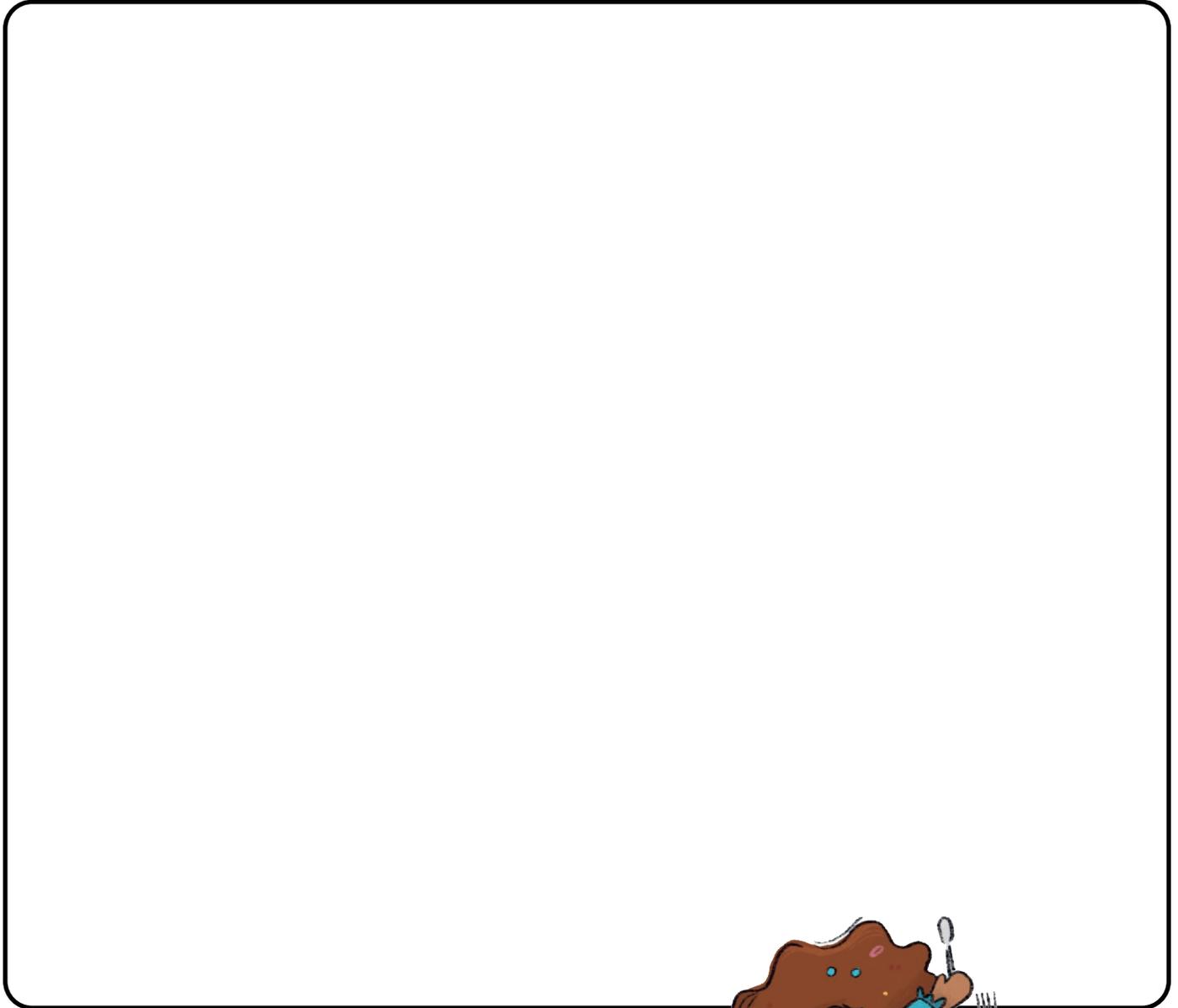
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# MAKE A VEGETABLE AND FRUIT RAINBOW

Vegetables and fruits come in all sorts of colors!  
Can you make a rainbow using only produce?



Draw your rainbow below:



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# TIE-DYE WITH VEGGIES

## This tie-dye is to die for!



### SUPPLIES:

- A T-shirt or something else made of fabric that you want to dye! Rubber bands for the tie-dye, and something to cover the surface you're working on! This will get messy.

Some colors need to be heated to diffuse; some need to sit for a long time. Figure out which color you want and plan accordingly! If boiling your dye, turn heat off once it boils and let sit for 15 minutes before adding your item (use tongs!).

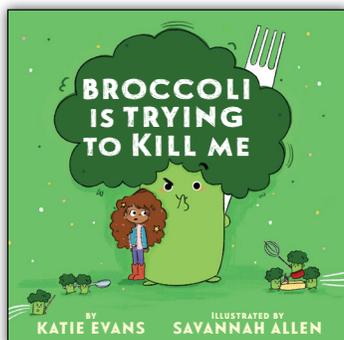
### CHOOSE YOUR COLOR!

- **Yellow:** Turmeric: Boil  $\frac{1}{2}$  teaspoon ground turmeric (or slice a piece of fresh turmeric about the size of a thumb) in 3 cups water.
- **Dandelion Yellow:** Gather enough dandelion flower heads to fill a large mason jar and fill with water. Let sit about two weeks and then use to dye your item.
- **Green:** Combine yellow + blue
- **Purple:** Red Cabbage: Boil about  $\frac{1}{2}$  cup chopped up in 3 cups water. Adding  $\frac{1}{2}$  tsp baking powder turns it blue and  $\frac{1}{2}$  teaspoon lemon juice will turn it reddish-pink.
- **Pink:** Avocado Pits: Put pits in a pot and boil on a low simmer for an hour! About six pits for one quart will give you a nice color.
- **Orange:** Combine Yellow + Red
- **Red:** Beets: Chop 1-2 cooked beetroots and boil in 3 cups of water.
- **Black/Blue:** Black Bean liquid. Save the liquid from canned black beans or from rehydrating dried black beans (enough to cover your item) and let sit overnight.

In the meantime, prepare your item: Take your fabric item and rubber bands and attach whichever way you like (different ways will make different patterns! Try a few different styles out to see what you like).

When you have your dye ready, put your fabric item in the water! Leave as long as you like – the longer you let sit the stronger the dye will be!

When you're done, rinse off in cold water and hang to dry!



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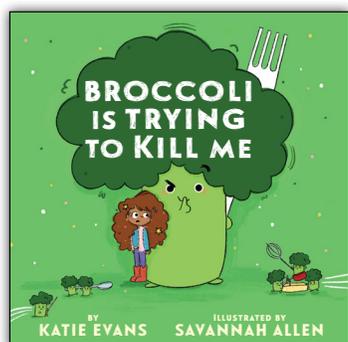
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# MAKE FUNNY FACES WITH VEGETABLES

Turn those frowns upside down!

Veggies come in so many shapes and sizes!

Use your veggies to make a face (and then eat it!!!)

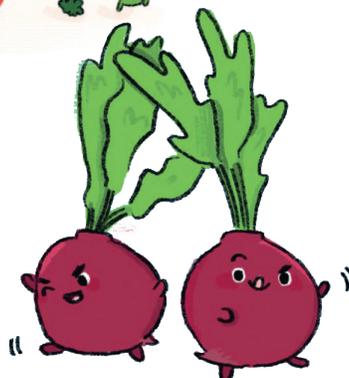


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# GROW YOUR OWN FROM LEFTOVERS

Lots of veggies can be grown from leftovers!

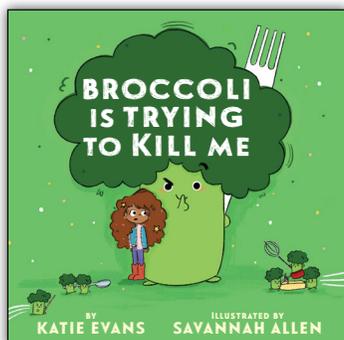
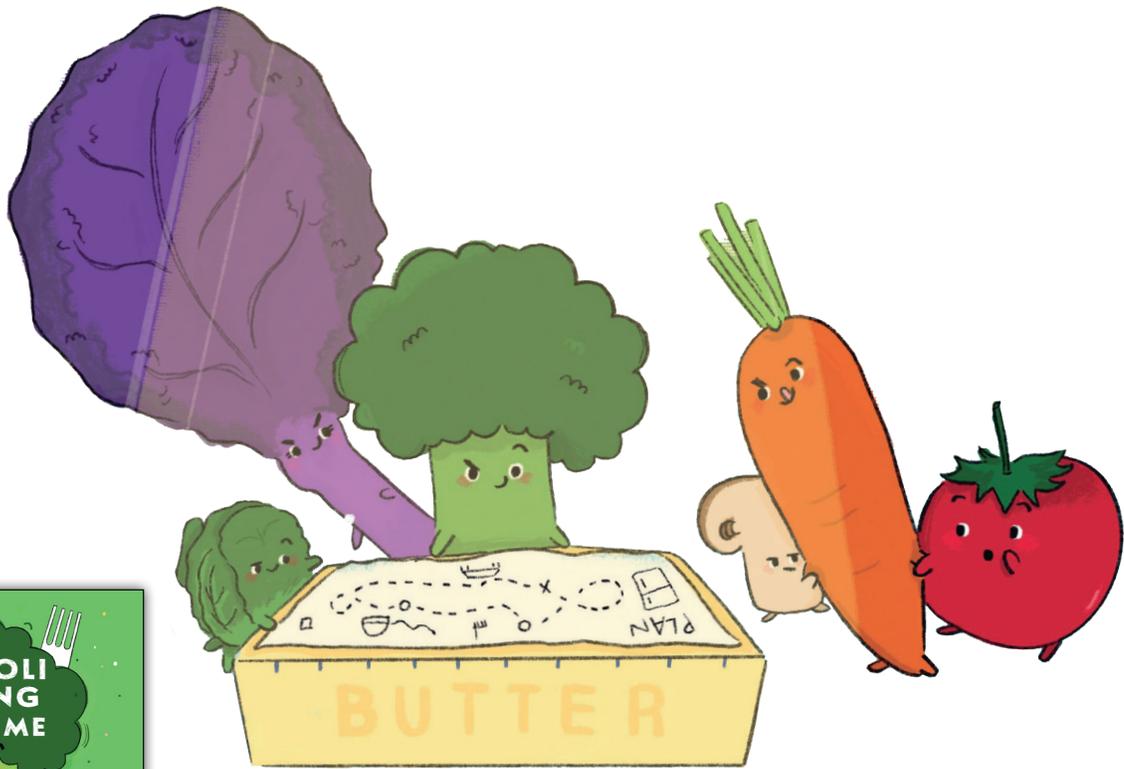


Check if any of these veggies are on your menu and put them aside to re-grow!

**CELERY:** If you cut the bottom of the celery stalk off, put in a shallow dish of water, and leave in a sunny place. Leaves will start to grow out of the center!

**CARROTS, TURNIPS (Root Veggies):** Keep the tops (where the leaves and stems are) and put in a container of water. Within days you should get new green growth.

**LETTUCE/CABBAGE:** If you keep the "bottom" of the cabbage, you can place it in water and watch as it sprouts again!



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