

Garden Burrito

Create your own edible garden bed!

Ingredients/Materials:

- Small whole-wheat tortilla “base”
- 4 carrot sticks “lumber”
- Refried beans “soil”
- Corn kernel “seeds”
- Shredded cheese “mulch”
- Broccoli “plants” (can substitute avocado)
- Salsa “water”
- Ruler (optional)

Directions:

1. Start with a tortilla on a cutting mat
2. To build the garden bed, use the carrot sticks (lumber) to make a rectangle on the tortilla
3. Fill the garden beds with soil by adding a dollop of refried beans. Spread the beans inside the carrot rectangle with the back of a spoon
4. Place seeds in the soil. Corn kernels are the seeds of the corn plants, so corn is used to represent seeds in the garden. Reminder, seeds should be planted at the right spacing in order to grow
 - ❖ Plant seeds in the garden so that they are each about a half inch apart. Here is where you need to refer to a ruler
5. Add a small pile of shredded cheese to spread around the plants to represent mulch. Mulch can be made from straw, leaves, or other materials that help keep the soil moist and prevent weeds from growing
6. If you take care of their garden, those seeds will turn into vegetables! Salsa can be used to represent water and is added on top of the beans & corn
7. Lastly, place broccoli florets (or avocado) in the gardens as plants. Put them near each corn kernel, as if it had grown into the plant. Try to make it look like a real garden bed!
8. Then you eat it!!!

