



GOAL: This week, we're going to learn a little bit about where food comes from.

EXPLORING THE ROOTS OF IT ALL

ACTIVITY DIFFICULTY: MEDIUM

●●○ Ask Mom or Dad for help.

Most of us get our food at the grocery store (or from Blue Apron boxes!), so it's easy to forget where it really comes from. But it's important to understand and appreciate the hard work and steps

that go into creating healthy ingredients. We're peeking behind-the-scenes to learn how different seasonal foods are grown, raised or made before they reach your plate.

SAY HAY FARMS SAYS "HEY!"

Say Hay Farms is one of our partners, providing us with all sorts of incredible ingredients, from eight ball squash to gypsy peppers.

→ Find the answer key for the activity on the back at cook.ba/activity4

BUK, BUK, BUCKAH!

Chickens roam fields at Say Hay Farms to help naturally fertilize soil. Plus, they lay delicious eggs.

A DREAM COME TRUE

Their farm grows fairytale eggplants for Blue Apron. Keep an eye out for them this August!

HOOO... HOOO...
They have owl boxes on the farm with baby owls this spring. They're helpful on farms because they keep pests away naturally.

BUZZING ABOUT
The farm raises bees in bee gardens to pollinate their crops, like summer squash!



When you're
done with this
week's activity,
color me in!



INSTRUCTIONS: Use clues about where ingredients come from to solve this crossword puzzle.

The crossword puzzle grid contains the following letters:

- Down 1: C
- Across 1: E
- Across 2: L
- Across 3: O
- Across 4: G
- Across 5: G
- Across 6: N
- Down 2: Y
- Down 3: T
- Down 4: U
- Down 5: M
- Down 6: D

 **CAMP CONTEST**
Share a photo of your completed crossword at cook.ba/camp or on Instagram by tagging @blueapron and #BAcookingcamp

HERE ARE THE CLUES

- | | | | | | |
|---|---|---|--|--|---|
| ACROSS | | | DOWN | | |
| 1. Cheese made from the milk of a small horned animal | 3. Usually purple, this veggie originally came from India | 5. Summer or winter, don't get squished by a... | 1. A red-fleshed fish that swims up rivers | 4. Water, flour and yeast make loaves of... | 6. Typically round and red, this "veggie" is actually a fruit |
| 2. Eating this orange root veggie can help you see better in the dark | 4. Pretty please, with a _____ on top (tree fruit) | 6. Sticky, sweet liquid; comes from beehives | 2. This green veggie is often used to make pickles | 5. Italian noodles made from flour, water and maybe eggs | |
| | | | 3. Chickens lay these | | |

