

*Plant a seed...*  
**GROW A READER!**



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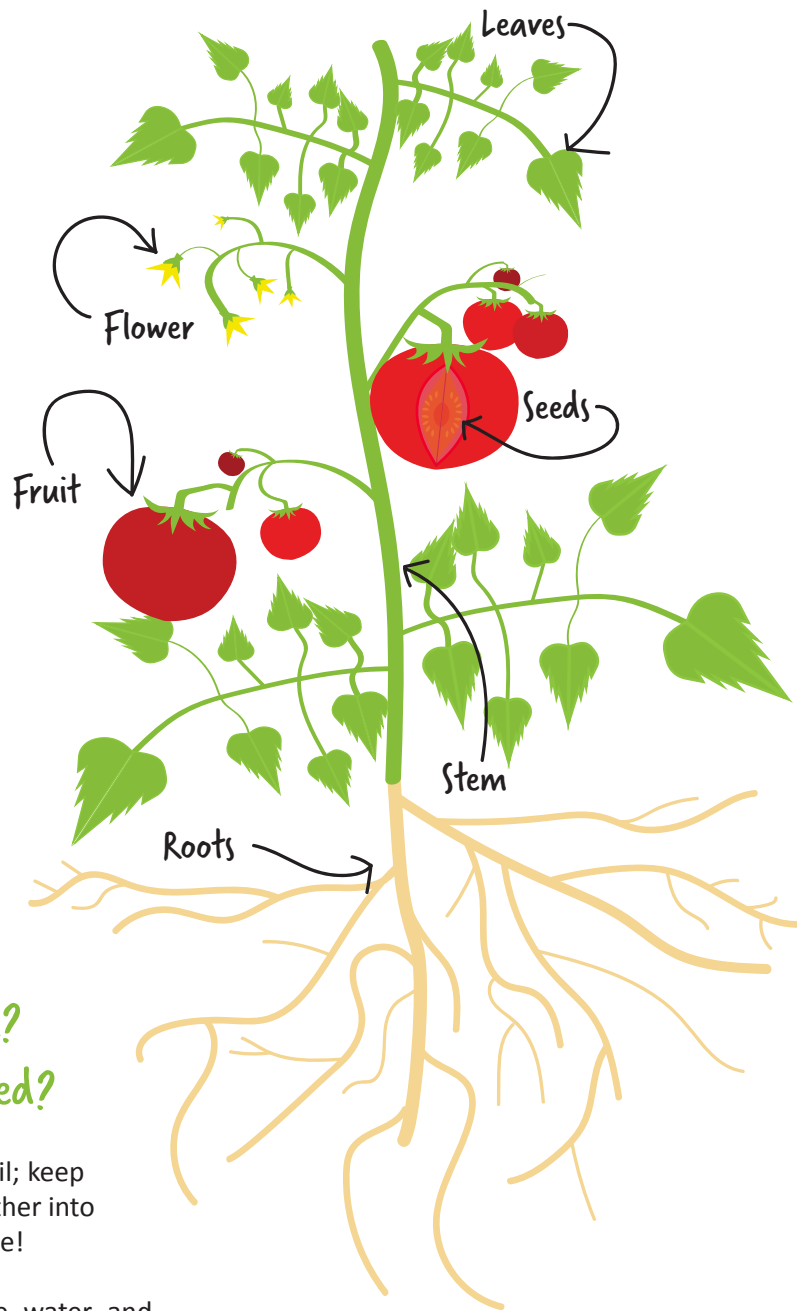
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# Our Garden...

## 5 THINGS A GARDEN NEEDS:

-  Sun
-  Water
-  Air
-  Space
-  Soil

Bonus:  Love & Maintenance



## How do the parts of the plant work? How do they use the things they need?

**Roots** – drink up the water and nutrients from the soil; keep the plant from falling over; they reach deeper and further into the ground as they grow, which is why they need space!

**Stem** – acts like a drinking straw, and carries the water and nutrients up to the other parts of the plant.

**Leaves** – turn energy from the sun into food for the plant to eat; acts as the plant's lungs, breathing in carbon dioxide, and breathing out oxygen.

**Flower** – a colourful part of the plant, so that it attracts pollinators like bees and butterflies!

**Fruit** – not every plant grows fruit, but when they do, it's often the part we eat – like tomatoes!

**Seeds** – sometimes inside the flower, sometimes inside the fruit, but always the part of the plant we like to save in order to grow more plants next year!

# Our Kitchen...

## INGREDIENTS:

- 18 baby carrots, tops trimmed to 2 inches
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Salt and freshly ground black pepper, to taste
- 2 tablespoons chopped parsley leaves

## ROASTED WHOLE CARROTS

Serves 6

### Method :

1. Preheat oven to 375 degrees F. Lightly a baking sheet with parchment paper.
2. Place carrots in a bowl and add the olive oil, balsamic vinegar, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine. Place in a single layer on the prepared baking sheet and place in the oven.
3. Bake about 35 minutes or until tender.
4. Season if necessary and garnish with fresh parsley.

## INGREDIENTS:

- 1 cup plus 1 tablespoon all purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup canola oil or coconut oil
- 1/3 cup unsweetened applesauce
- 2/3 cup sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 2 medium carrots, washed and finely grated

## CARROT MUFFINS

Makes 12



### Method :

1. Preheat oven to 350°F. Line a muffin tin with paper liners and set aside.
2. Combine flour, baking soda, baking powder, cinnamon, and salt. Set aside.
3. In a large bowl, whisk oil, applesauce, sugar, eggs, and vanilla extract until thoroughly combined.
4. Add dry ingredients and stir with a rubber spatula until almost fully combined. Stir in carrots.
5. Divide batter evenly among muffin cups, filling each about 2/3 full.
6. Bake for 17-20 minutes, until a toothpick inserted into the center comes out clean. Cool for 10 minutes, then remove muffins to a wire rack to cool completely.

*Our Book...*