



Christina's House

Hope and Healing for Women and Children

Christina's House Cooks!

Kids Version 2022



"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing." (John 15:5)

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The Magic Strawberry by Adrian

This is a story about strawberries. Strawberries are good – they are sweet and juicy, they taste good and they are good for you, too!

One time there was a magic strawberry. A man was hungry and he loved strawberries, so he took a bite out of this strawberry and all of the magic went right into him!!

Later, when this man was planting his garden, he put his hand on the ground and magically, strawberry plants appeared! The man picked the beautiful red strawberries, he washed them off and he invited his friends over to share the beautiful berries. The man gave each of his friends a bowl of strawberries and as they ate, the magic went into them, too!

The man told his friends all about the magic and said that they should touch the dirt in their gardens and their favorite food will come up, too! Each of these people shared the magic by growing their favorite foods and sharing them with more friends. More and more people got the magic and shared the magic through what they grew and soon THERE WAS NO MORE HUNGER IN THE WORLD!!!

Straw Berry



Kristalee's Story of Special Soup

Once upon a time, I woke up to a magical day. On my calendar, it said, "Magical Soup Day", so I knew that today was going to be special and I would be making special soup. I ran to the kitchen and grabbed some ingredients, like asparagus, carrots and meat. Next, I made some broth for the soup, using broccoli, onions, garlic and salt for extra flavor. I mixed the ingredients and the broth together and cooked it for twenty minutes. When it was done, I shared the soup with my brothers and my mom. Before we ate it, we actually saw the soup shine! On the next day, we had good luck for twenty-four hours! So, it was a special soup!

THE END ☺



Jeremiah's Imaginary Friend in A Banana's Cookbook

Once upon a time, a boy named Jimmy was going through the forest. He found a magical bunch of bananas with his minion friend, King Bob. Jimmy asked the bunch of bananas if he could eat one or if he could use one to make a popsicle, because he was really hot. After he ate the banana popsicle, he went back home and he made an amazing discovery – that his house was actually made of bananas! After a while, Jimmy went back to the forest and he asked if he could have another banana. This one he used to feed his pet dinosaur, a T Rex. That magic banana turned the T Rex into a giant banana. The T Rex loved his friend Jimmy, so he offered his friend part of his banana tail to make the biggest banana smoothie in the whole world. Jimmy shared the banana smoothie with his friend King Bo. Jimmy had to use a titanium banana container to make the smoothie. To continue the magic, Jimmy had to repeat the magic number 3 and he had to say it exactly three times. Finally, Jimmy had the power to turn the rain into bananas, so everyone in the world could have as many banana smoothies as they wanted.

You might think that this story is over, but it isn't done yet.

Stay tuned for the part about the super magical strawberry!

Coconut for the Maldives

By Raquel

One day, I was outside in my backyard and something fell from the sky. I thought that it was an acorn but when I picked it up, to my surprise, it looked like a coconut! I brought the coconut into my house and I asked my grandpa to cut it open. Once he cut it open, he saw that there was something unusual inside it. He called me over to the kitchen to see what it was. When I went to look, I saw that there were two envelopes inside. I let the envelopes dry and I opened them up. When I opened them, I saw that there were two plane tickets that said, "For tonight at 6pm!" The tickets were for Bora Bora! My mom and I had to look up where Bora Bora was, then we had to hurry to cancel any other plans for the rest of week. We quickly packed up our suitcases, got our passports and made our way to the airport. Once we got to the airport, we were asked for confirmation that we had bought the tickets. We didn't have confirmation, since the tickets came from the coconuts, but fortunately, there was someone at the airport who said, "They are with me," so we were allowed to continue. We boarded the plane and we started a conversation with the mysterious man who had helped us. The flight attendant said to prepare for take-off, so we did.

Christopher's Story

There was a gardener that had a Venus fly trap in his garden. There were tomatoes in the garden, too. The gardener came every day to take care of his plants. The gardener had a favorite plant, the tomatoes. The Venus Fly Trap was jealous of the tomatoes, so the Venus Fly Trap grew out of his anger. The angrier that the plant got, the bigger he got. He grew so big that he squashed the tomatoes. The very next day, the gardener came and saw what the Venus Fly Trap had done. He yelled at the Venus Fly Trap. Then the Venus Fly Trap felt sorrow about what he had done and he started to shrink. He shrunk so small that he turned back into a seed. Then the gardener grabbed the seed and replanted it in the garden. Much to the gardener's amazement, the seed grew into a beautiful rose. Eventually the rose died, but the gardener enjoyed its beauty while it bloomed.

Melissa's Tomato Cucumber Salad

Ingredients:

- 1 pint of cherry tomatoes plus 2 or 3 heirloom tomatoes
- 1 large cucumber, peeled and cut into bite sized pieces
- 2 tablespoons of apple cider vinegar
- 1 tablespoon of olive oil
- 1 teaspoon of Italian seasoning
- 1 pint of mozzarella balls

Mix all ingredients together and let it sit for an hour before serving
Yummy!

Natalia's Buffalo Cauliflower

Preheat oven to 350 degrees

Ingredients:

1 head of cauliflower, cut into bite sized pieces

½ cup of buffalo sauce

For the batter:

2 eggs

½ cup of flour

½ cup of milk, more or less as needed

Salt, pepper, garlic and a dash of cayenne

Mix batter ingredients together, starting with just ¼ cup of milk. Add more milk until the batter becomes a little drippy but not watery, like a good pancake batter.

Dip the cauliflower pieces into the batter, one at a time, then dip each piece into the buffalo sauce.

Place the pieces on a rack that is sitting on a cookie sheet and put into the oven.

Bake for 10 minutes.

Enjoy!

Christina's Sourdough Bread Treat

Ingredients:

Sliced sourdough bread

Plum tomatoes

Avocado spread from the store or fresh avocados mushed up into a smooth spread

Everything But the Bagel Seasoning Blend

Slice the tomatoes horizontally and place them on a greased cookie sheet. (Best to use foil on the cookie sheet to make clean up easier.) Roast the tomatoes in a 400 degree oven until they are bubbly and golden brown.

Toast the sourdough bread, then spread the avocado spread on the toast. Put the warm plum tomatoes on the avocado spread, then sprinkle the seasoning blend on top. What a treat!

Beet Dip

Ingredients:

3 medium sized beets
1 cup of walnuts or pecans, lightly salted
juice of 1 fresh lemon, about $\frac{1}{4}$ cup
1 tablespoon of honey
 $\frac{1}{2}$ teaspoon of chili flakes
1 clove of garlic peeled
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup of olive oil
Pinch of pepper

Put all of these ingredients into the food processor and blend it until smooth

Labneh:

1 cup of whole milk greek yogurt
 $\frac{1}{2}$ teaspoon of salt

Kale Pesto with walnuts and/or pine nuts

Ingredients:

4 cups chopped kale, firmly packed
4 cups basil leaves
1 cup olive oil
Juice from 1 lemon
5 or 6 cloves of garlic
½ cup of walnuts
¼ cup of pine nuts
2/3 cup of grated parmesan cheese
Salt and pepper

Get all of your ingredients together

Put the olive oil, lemon juice, garlic, walnuts and pine nuts in a food processor or blender.

Blend for 5 – 10 seconds to break down the nuts.

Add the cheese, kale and basil until blended

Add salt and pepper to taste

Serve on bread or mixed with pasta. Enjoy!

Kale or Beet Greens Smoothie

Ingredients:

- 1 cup of orange juice or almond milk or un-sugared fruit juice
- 1 medium frozen banana
- 2 large kale or beet leaves, stems removed
- 1 cup frozen mango or strawberries
- 3 or 4 ice cubes

You can also add:

- ½ cup of yogurt, plain or with fruit
- 1 tablespoon of honey or maple syrup
- 2 tablespoons of peanut butter, chunky or smooth

Blend everything except the peanut butter all together in a blender or food processor or Magic Bullet. Once it is smooth, add in the peanut butter and blend for just 5 - 10 seconds.

Don't worry about the color – it will be a funky green but it will taste yummy!

Serve and enjoy!

Yummy Roasted Kale

Ingredients:

4 bunches of curly kale

1/3 cup of olive oil

Salt

Fancy salt (optional)

Directions: Preheat the oven to 350 degrees

If the kale leaves are large, lay each leaf on a cutting board and cut out the main stem. Tear large leaves in half

Rinse and dry the kale leaves

Put the kale leaves in a bowl and toss it with the olive oil

Spread them out on sheet pans so they have room to get crisp

Roast for about 15 minutes or until crispy

Spring salt lightly over them and eat while they are still hot!

Corn !!



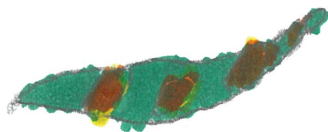
tomato
↓



Carrot!!



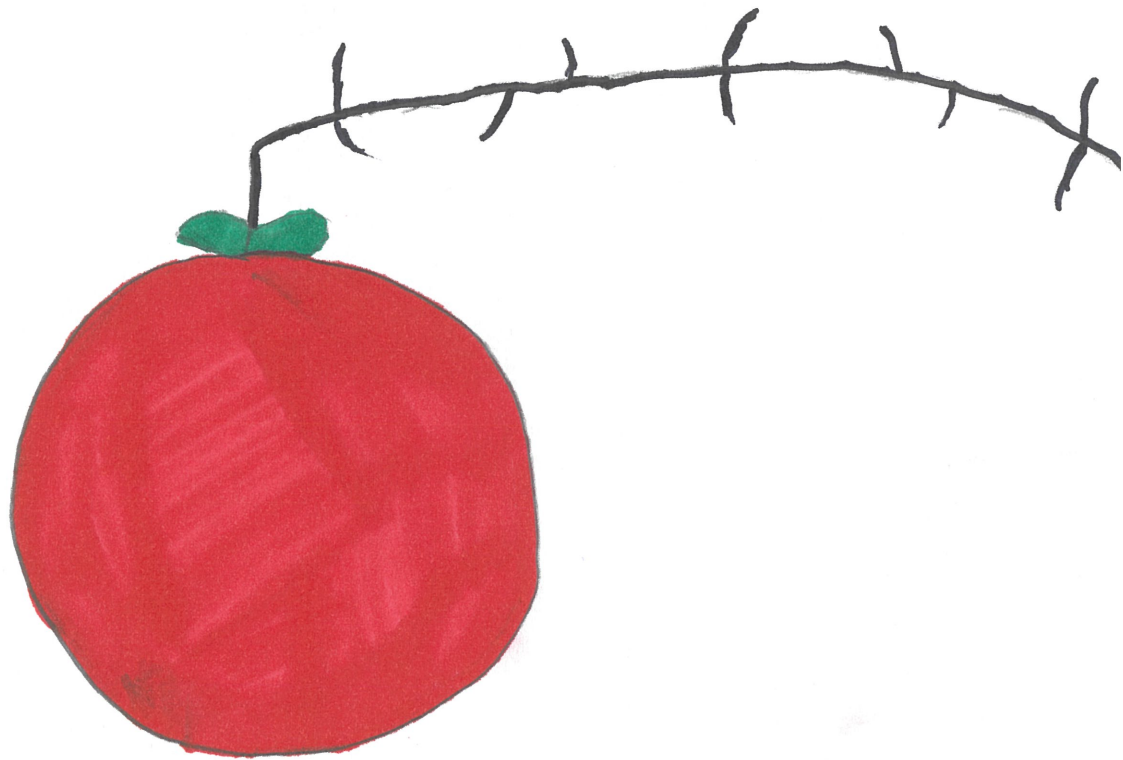
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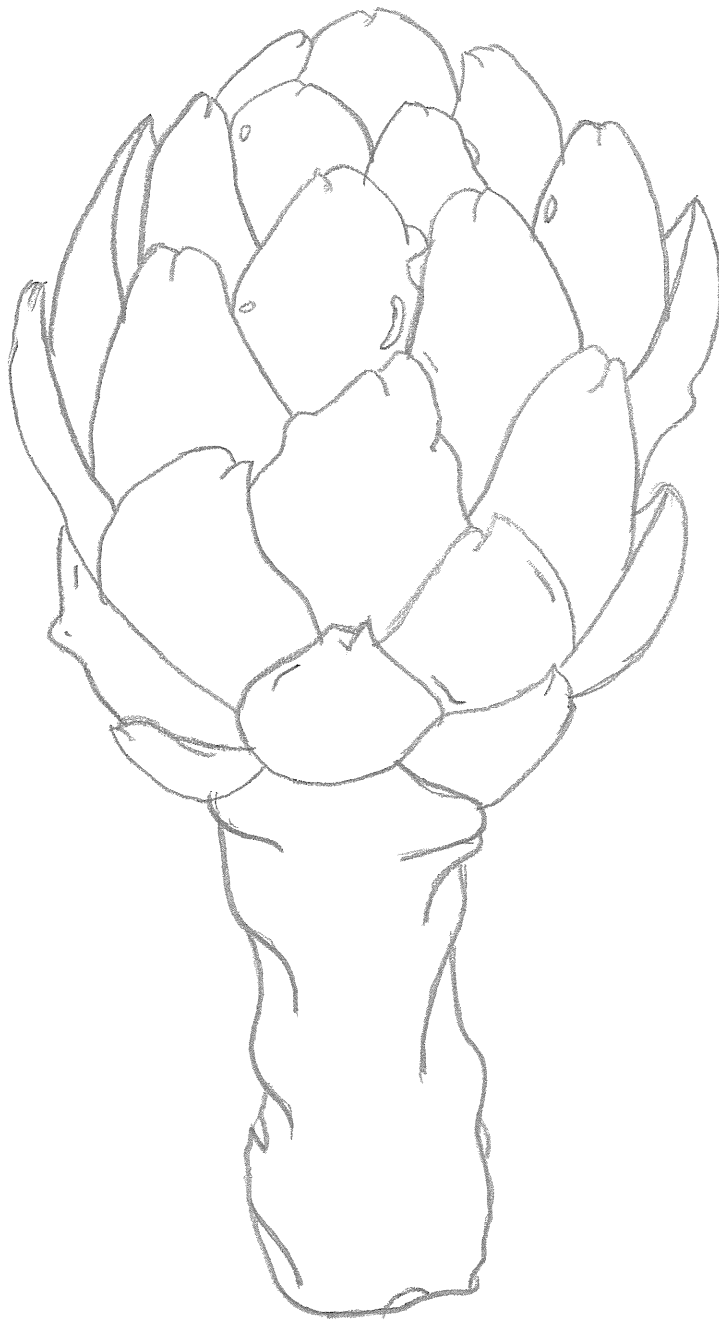


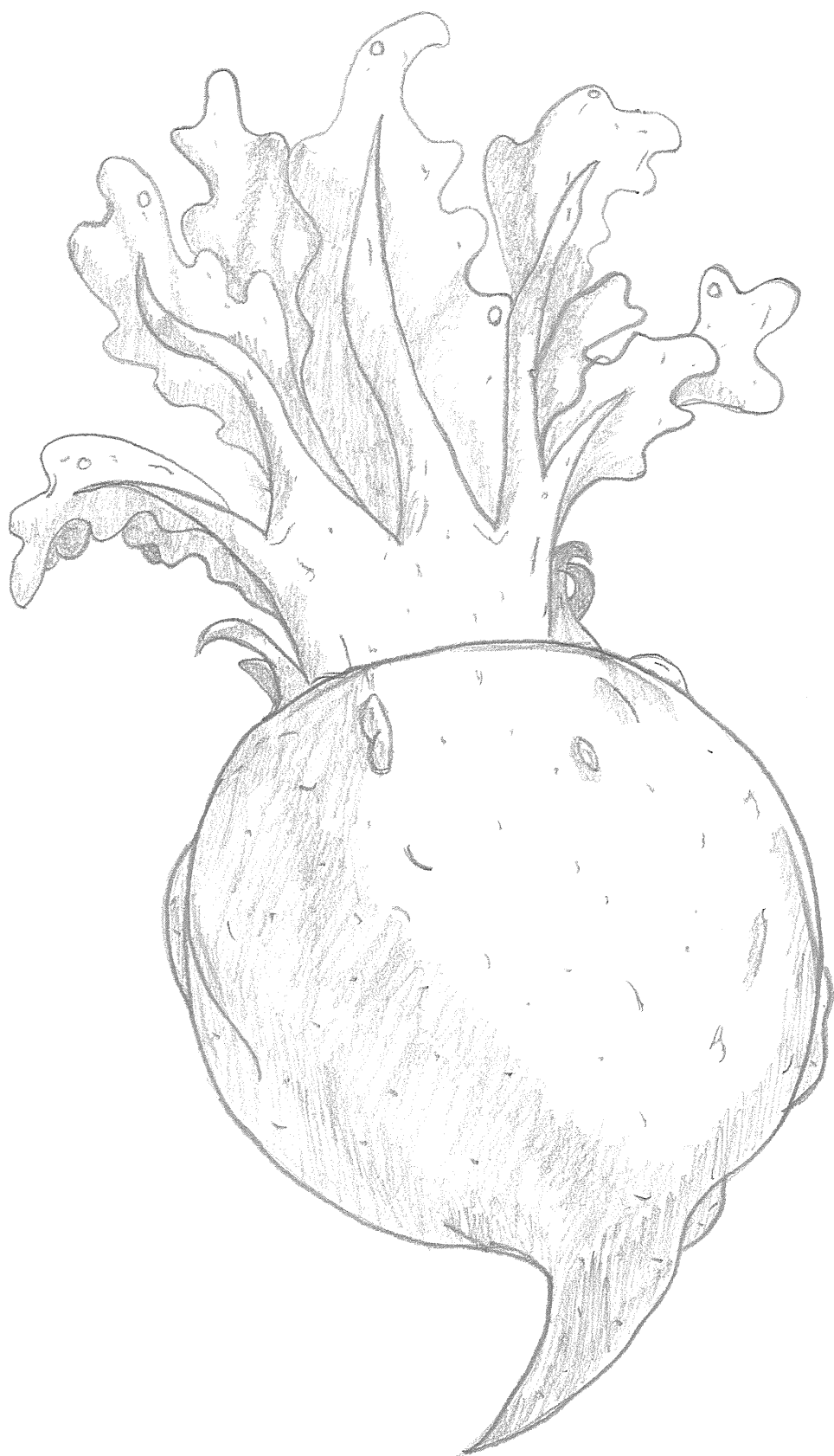
water melon



tomato ☺







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