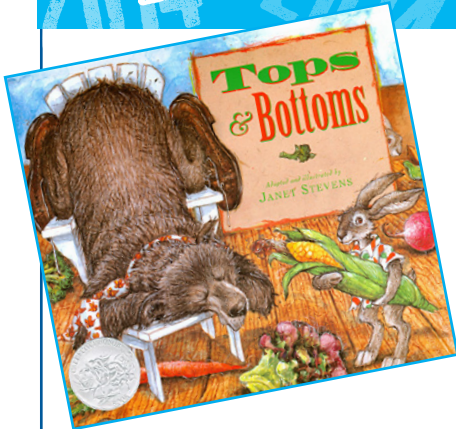


2014

Nutrition for the New Year

“Tops and Bottoms” New Mexico Ag Stew



‘Tops & Bottoms’, adapted and illustrated by Janet Stevens, is a story which has its origins in slave stories from the American South. In this trickster tale, a clever hare outwits the lazy bear while planting and harvesting the tops and bottoms of their vegetable garden. Use this great recipe below along with the book for a wonderful lesson teaching students to better understand how garden vegetables grow and what part of the vegetable plant they can eat.

Ingredients:

- 1 can diced potatoes
- 1 small onion, diced
- 1 can pinto beans
- 1 pkg pre-cooked beef tips with gravy
- 1 can sliced carrots
- 1 can petite diced tomatoes
- 1 small can mild green chile
- 1 can corn
- 1 stalk celery, diced
- Crock Pot or Roasting Pan
- Can opener
- Ladle and scraper
- Enough cups and spoons for class
- Tops and Bottoms book

Directions:

1. Place all ingredients in a crock pot or roasting pan to heat ingredients.
2. Read *Tops and Bottoms*, ask the following questions:
 - a. Do you think Hare tricked Bear? Why or why not?
 - b. In order to get the garden to grow, what were Hare’s responsibilities?
 - c. Why wasn’t Bear happy with his share of the garden?
 - d. What would you have done differently if you were Bear?
 - e. What were the vegetables grown in the story? Draw a picture of each and label the part you eat as top, bottom or middle.
3. Serve the soup and ask the students to draw the ingredients, labeling which part they are eating as a leaf, flower, root, seed fruit or stem.

Helpful hint:
Veg-all Mixed Vegetables can be used instead but be sure to check allergy info

Helpful hint:
Show students ACTUAL vegetables WITH tops and bottoms still attached to give them a better understanding of the plant parts we eat.

Check out “[My New Mexico Grown Plate](http://www.nmaitc.org/content/files/My%20New%20Mex%20Grown%20Plate.pdf)” for info on vegetables grown in NM!
<http://www.nmaitc.org/content/files/My%20New%20Mex%20Grown%20Plate.pdf>

Don't forget!
March is National Nutrition Month!