



The Go Get Grubby Gazette



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**APRIL
2010**

- Build your own outdoor scavenger hunt
- Making that garden grow.
- A fiber packed snack that “everybunny” will love
- Going organic in 2010.

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WISHING YOU A “HOPPY” APRIL!

Nothing says springtime like the start of April. The budding of trees, blooming of flowers, and the occasional spring shower to make everything feel fresh and new.

It is a remarkable time to take your family outside and experience nature’s transformation, so make sure to make the most of this opportunity by taking daily walks through your neighborhood and community. The speed at which the flowers bloom and trees bud provide much to discuss and enjoy along the way.

Since Easter is right around the corner, we’ve included some cool ideas for creating your own

outdoor scavenger hunt. Why should you only get to hunt for eggs on one day of the year?!

In the continuation of our “Going Organic” series we’re giving our two bits on a great place to do your weekly grocery shopping; your local farmer’s market.

Our April recipe is a quick, easy and nutritious snack that will get the kids eating veggies without even knowing it!

Finally, we’ll tell you how to keep prepping that outdoor garden to make sure that it is all ready to go for summer.

Thanks to all the “Go Get Grub-

bers” out there who have submitted their kind and supportive feedback. Even though we like to think that we are moving in the right direction, it’s nice to know that you all think so too!

Have a great Easter and a wonderful April and we’ll talk to you all again in a few short weeks.

- The Go Get Grubby Gang



**THE EASTER BUNNY’S FAVORITE:
CARROT MUFFINS**

**“Easter Bunny’s Favorite:
Carrot Muffins”**

These healthy muffins have just the right amount of sweetness and lots of fiber with the vegetables sneaked in. Feel free to top them with a cream cheese frosting for a sweeter treat, otherwise they are great served at breakfast or as an afternoon snack.

Makes: 18 muffins
Prep Time: 15 min
Cook Time: 20-30 min

Ingredients:

- 1 cup golden raisins
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/3 cup canola oil
- 3/4 cup applesauce (unsweetened)
- 4 eggs
- 3 cups shredded carrots
- 1 cup brown sugar

Directions:

1. Preheat oven to 350F.

2. Blend together dry ingredients and set aside.
3. Blend wet ingredients and incorporate into dry mixture until well mixed.
4. Prep muffin tins with paper muffin cups. Spoon mixture into cups until approx. 1/2 full.
5. Bake at 350F for 25-30 minutes or until inserted toothpick comes out clean.
6. Let rest on baking racks for 20 minutes. Enjoy!

Don’t forget to save some for your special “somebunny!”

GOING ORGANIC: FANTASTIC FARMER'S

(In Part III in our series on becoming a greener family we visit the fantastic world of farmer's markets)

The "Mega Mart", endless aisles of produce, meats and other foods made better through chemistry. Who grew or produced it? Where does it come from? Do you care? You should. In full disclosure, we didn't think about such things either until we decided to take a closer look at the foods and products that we were using in our home.

In our quest to eat foods from organic local sources and to use products with pronounceable ingredients we inevitably wound up at our local farmer's market. Now that we are devout Saturday visitors I can't tell you how pleased we are with the results.



I can't speak for every farmer's market because the size and product variety differs by

locale and market, but I can say that they are all probably worth visiting once. Here are just a few of the reasons why:

Fresh Food

Chances are the produce and foods found at your local farmer's market have not spent the last couple weeks on a container ship. Private farmers and producers, are traveling hours, not days to deliver their goods and they take pride in the freshness of their products, be it just

pulled radishes or locally made goat cheese.

Know your Grower/Producer

Most farmer's aren't natural salesmen but striking up a conversation is easier than you think. This is one of my favorite things about our local market, getting to talk straight to the grower. They are always passionate about their product and they can be a great resource for finding the freshest and best foods for your family. They'll tell you what's in season now and what's coming around the corner. Build up a rapport and you might even get a discount. That never happens at the Mega Mart.

Local Flavor

Every part of the country has its

specialty items. Sometimes with all the choices that we have at the supermarket, we forget how good the local specialties can be. Whether it is seafood on the coast, grass fed beef on the plains, or fruit in the south, I promise the food that comes in-season from your own "backyard" will beat anything you can find year round in a supermarket.

In closing; since starting our Saturday shopping habit our grocery budget has stayed just about par with what we were spending before. Now, along with better, fresher organic foods, we get the added bonus of meeting members of our community. If you haven't already I encourage you to do the same!

SPRINGTIME SCAVENGER HUNT



Remember all the fun you had hunting for decorated eggs on Easter or playing pirate and going on a treasure hunt? A scavenger hunt is a great "anyday" activity that you can put together in under

an hour with hours more fun to follow. It's great for kids of all ages!

Prep Time: 30 Minutes

Participants: 1+

Cost: ~\$10 (free if you're creative!)

What You'll Need

- A bag of the refillable plastic Easter eggs available in stores this time of year. (Save and reuse the ones you already planned on using for this year's Easter egg hunt.)

- One small pad of notepaper (sticky post notes work great)
- A couple small prizes; a squirt gun or other small toy or book works great.
- A backyard or neighborhood park.

Preparation

The great thing about the scavenger hunt is that you can be as simple or creative as you like. Start by picking some identifiable spots around your yard or neighborhood park.

Now use descriptive clues to help your child work their way from clue to clue:

Example:

"I have big broad leaves and squirrels like to call me home" (A nearby oak tree)

You can also use active directions to help them find the next clue.

Example:

"You'll find me 20 giant leaps from here towards the playground"

A mixture of both kinds of clues works great but feel free to tailor the clues to the age and abilities of the children involved. Write as many of these clues as you like, putting them in sequence so that each clue leads to the next. The last clue should lead to a small surprise.

Let the Hunt Begin!

From your established starting point begin with the first clue. Supervise as the children explore on their own or feel free to get involved and help them on their hunt. Smaller children will need your help reading and deciphering the clues

With a little more preparation this is a great activity for birthday parties or family get-togethers. It teaches creative and deductive thought processes while providing a fun and active outdoor activity. Like all our games, you can be as creative as you like, changing the setup and rules to best suit your child (ren). Happy hunting!

SPRING HAS SPRUNG! PART II: STARTING A SUMMER GARDEN

Depending on where you live, the overnight frost has just about disappeared. This means that we can now really get going on our summer garden plans. If you followed our steps from last month, you should have a few cartons of seedlings ready to be transplanted after the last frost. If you're just joining us now, no problem, there is still time to get your seeds in the ground.

Because every growing zone requires different techniques, the following are general instructions. Please consult an expert at your local garden supply store or do some online research before starting your family's garden.

- 1) Start by plotting the area for your garden. It doesn't matter if it's a backyard plot, raised beds, or planter boxes on your apartment patio; work with the space you have. On paper graph out the garden and decide what should be planted where. Be careful not to overcrowd and make sure that you'll have access to tend and harvest the individual plants without disturbing others.
- 2) Once your garden has been properly planned, it's now time to get your hands dirty. No matter the size or

Appreciate the time that you get to spend with your family on this project.

type of garden, they all need to be properly weeded and turned before any planting can begin. What a great way to spend an afternoon with the family! Speak with your local garden expert to determine if soils in your area need additional amendments.

- 3) Now that your soil is ready to go. Consult your garden graph and start planting. April is a great time to plant your cool weather seeds. Veggies like carrots, broccoli, and most types of beans should be started now along with longer maturing crops like corn, melons and squashes. Most seed packets will detail the optimum planting method. If you're ever in doubt do a quick web search and you are sure to get more than enough info from other helpful gardeners.
- 4) This is a great time to start delegating some of the planting and care to the rest of the family. Have every family member be responsible for planting and tending to one particular crop. This is a great way to get kids involved, letting them take responsibility for a particular aspect of the garden. You'll be surprised when



even the most vegetable adverse child loves chomping the carrots or beans that they grew themselves.

- 5) Be patient but vigilant. Even the fastest growing crops take at least a month. Don't lose interest and keep an eye out for invasive weeds or pests. Depending on the number of critters in your area you may need to go to additional measures to keep them out. A small fence or bird netting is cheap and easy to install.

Most importantly, enjoy! Appreciate the time you get to spend with your family on this project. Sometimes it takes a few times to get it right but if you do your homework and be persistent you will be rewarded. We promise that once you taste the fruits of your labor, you and your family will wonder how you ever did without!

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ideas@gogetgrubby.com

**Go outside. Get active.
Go get grubby!**

GoGetGrubby.com is a resource for families who want to turn off the T.V. and get outside again! Online, you'll find fun and unique ideas with activities that are easy additions to your family's everyday routine. It doesn't matter if you live in a metropolitan, suburban, or rural community, our activities can be enjoyed anywhere from a small backyard to a nearby park or forest.

**Wishing everyone an active
and healthy April from all
of us at
[www.GoGetGrubby.com!](http://www.GoGetGrubby.com)**