



Where Does My Food Come From? Early Childcare Booklist

Childcare centers and homes are encouraged to read books about fruits and vegetables out loud to children and ask questions related to the stories. Below are examples of books about fruits and vegetables and trying new foods. You can find these and other selections in your library that can be used to start the conversation about where our food comes from.



Blue Potatoes, Orange Tomatoes Author: Rosalind Creasy

Imagine trying orange tomato, red popping corn, or purple string beans for a change. This lively introduction to the joys of organic gardening covers everything you need to know in order to grow a cornucopia of fruits and vegetables in unexpected colors.



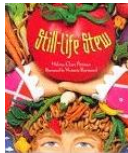
Growing Vegetable Soup Author: Lois Ehlert

In this simple picture book, children will learn about growing, harvesting, and preparing vegetables. It also includes a recipe for vegetable soup.



A Harvest of Color Author: Melanie Eclare

Learn about gardening with Sophie, her brother Freddie and four of their friends. As the children make a neighborhood garden, they keep diaries, take photographs, and share with the reader all they learn about vegetables and gardening. Recipes are included.



Still-Life Stew Author: Helena Clare Pittman

Follow Rosa as she grows colorful vegetables for her still-life painting and harvests them for her vegetable stew. A recipe for vegetable stew is included.



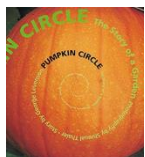
Oh Say Can you Seed? Author: Bonnie Worth

With the assistance of Thing 1 and Thing 2 and a fleet of Rube Goldbergian vehicles, the Cat in the Hat examines the various parts of plants, seeds, and flowers; basic photosynthesis and pollination; and seed dispersal.



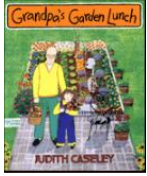
Inch by Inch: The Garden Song Author: David Mallett

Celebrate Earth Day with this sweet and lively picture book version of the popular song. A young gardener and a playful dog plant the seeds and weed, water, and protect their plants until finally, they get to enjoy their harvest! Children will enjoy singing along while they're introduced to the basics of gardening and where produce come from.



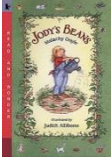
Pumpkin Circle: The Story of a Garden Author: George Levenson

Follow the life cycle of the pumpkin, from seed to jack-o-lantern with colorful images and rhyming text.



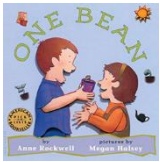
Grandpa's Garden Lunch Author: Judith Casely

Sarah loves helping her grandpa in his garden. One afternoon, Grandpa invites Sarah to a special lunch made entirely of things from the garden. Learn about the benefits of gardening as Sarah and her grandpa enjoy a delicious homegrown lunch.



Jody's Beans Author: Malachy Doyle

Learn about planting, harvesting, and cooking beans with Jody and her grandpa. The reader will learn about how beans grow throughout the summer with beautiful watercolor illustrations. An index to learning about beans is also included.



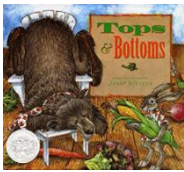
One Bean Author: Anne Rockwell

This simple book describes how a bean plant grows from a single bean. It provides a lot of great information about beans along with suggestions for activities to do with young children.



The Surprise Garden Author: Zoe Hall

Learn about gardening and the foods that grow in the garden as three children and their dog plant and tend to seeds in their colorful surprise garden.



Tops and Bottoms Author: Janet Stevens

In this book, Bear must decide if he wants to harvest the tops or bottoms of the plants in his garden. The reader will learn along with Bear about different types of plants and which part of the plant we eat.



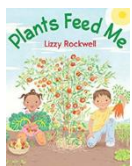
Little Yellow Pear Tomatoes Author: Demian Elaine Yumei

This exquisite offering examines the universal circle of life through the innocent eyes of a young girl, who marvels at all the energy and collaboration it takes to grow her yellow pear tomatoes. She sees that everyone and everything brings something essential to the little fruits she loves so much.



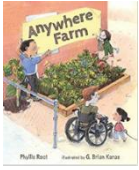
Sylvia's Spinach Author: Katherine Pryor

Sylvia's Spivens hates spinach. Bleh! But what will the picky eater do when her teacher hands her spinach seeds to plant in the school garden? Will it be joy, or agony? Join Sylvia as she discovers the magic of growing food from the ground up and what happens when you give something new a try.



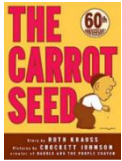
Plants Feed Me Author: Lizzy Rockwell

Plants Feed Me teaches the reader all about the lifecycle of a plant and what plants need to grow. With illustrated pictures and diagrams, readers will learn all about the different parts of the plant that we eat and how foods grow.



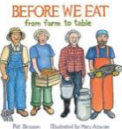
Anywhere Farm Author: *Phyllis Root*

You don't need a field and a tractor to have a farm. Anywhere Farm teaches the reader that they can grow vegetables anywhere.



The Carrot Seed Author: *Ruth Krauss*

When a little boy plants a carrot seed, everyone tells him it won't grow. But when you are very young, there are some things that you just know, and the little boy knows that one day a carrot will come up. So he waters his seed, and pulls the weeds, and he waits.



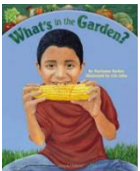
Before We Eat: From Farm to Table Author: *Pat Brisson*

Before We Eat: From Farm to Table teaches the reader about what happens to the food we eat before it reaches the table.



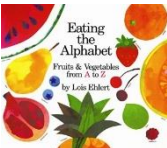
My First Garden Author: *Wendy Cheyette Lewison*

A girl and her mother plant lots of colorful vegetables as they make their very first garden together. Children will learn all about gardening, vegetables, and colors in My First Garden.



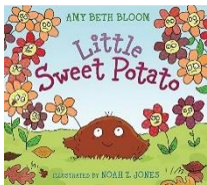
What's in the Garden? Author: *Marianne Berkes*

The reader will learn all about fruit and vegetables and where they come from. A *Food for Thought* section offers interesting facts about each fruit and vegetable. Readers will also learn about gardening and the parts of a plant in the section, "How does your garden grow?"



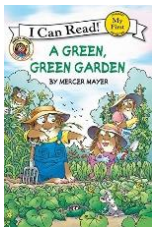
Eating the Alphabet: Fruits & Vegetables from A to Z Author: *Lois Ehlert*

While teaching upper and lowercase letters to preschoolers, Ehlert introduces fruits and vegetables from around the world. A glossary at the end provides interesting food facts.



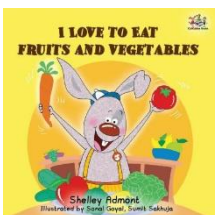
Little Sweet Potato Author: *Amy Beth Bloom*

"It's not all mulch and sunshine out there." When Little Sweet Potato rolls away from his patch, he is forced to search for a new home. He stumbles upon some very mean plants on his journey and begins to wonder if maybe he is too lumpy and bumpy to belong anywhere. Will Little Sweet Potato ever find a home that's just right for him?



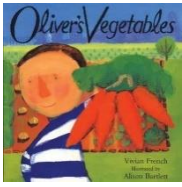
A Green, Green Garden Author: *Mercer Mayer*

Little Critter learns that planting his own garden is a lot of fun and a lot of work. But the result, a green, green garden is something he can cherish and enjoy. *Little Critter: A Green, Green Garden* is a My First I Can Read book, which means it's perfect for shared reading with a child.



I Love to Eat Fruits and Vegetables Author: *Shelley Admont*

Jimmy, the little bunny, likes to eat candy, but doesn't even want to taste fruits and vegetables. He sneaks into the kitchen to try to find a bag with candies that was hidden inside the cupboard. What happens right after Jimmy climbs up to reach the bag of candy? Jimmy starts to develop healthy eating habits and even likes to eat his fruits and vegetables.



Oliver's Vegetables *Author: Vivian French*

Do you like chips? Oliver does. In fact, he won't eat anything else until he plays a game with his grandpa. Whatever vegetable Oliver finds in the garden, he must eat. On Monday, he pulls up carrots, on Tuesday, it is spinach. An excellent book for slightly fussy children, which also introduces the days of the week.



We're Going to the Farmers' Market *Author: Stefan Page*

In this story, readers get to visit local farmers, fill baskets with fresh fruits and vegetables, and then head home to cook a feast, all with goodies from the farmers' market!



Discover MyPlate Emergent Readers

Set of 6 books featuring kindergarten level sight words that help children build literacy skills while learning about the five food groups and *MyPlate*. Set includes Fruits, Vegetables, Protein Foods, Grains, Dairy, and A MyPlate Meal. Available free from [Team Nutrition](https://www.teamnutrition.org/) for CACFP organizations.

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