

## RECOMMENDED RESOURCES

### *The Comic Book Guide to Growing Food*

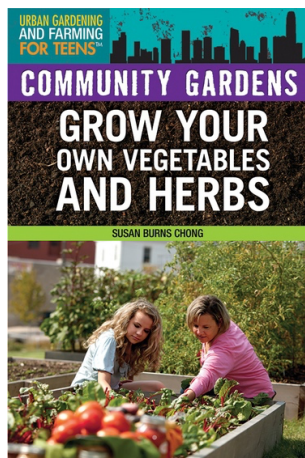
By Joseph Tychonievich, illustrated by Liz Anna Kozik

Community Read, March–May 2023

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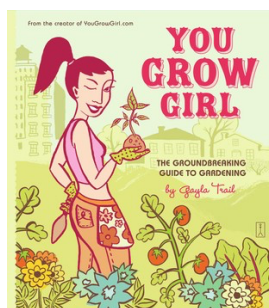
We hope that *The Comic Book Guide to Growing Food* has inspired you to help your middle- grades student find more resources about vegetable gardening and cooking. Here are some that we recommend.

#### Books



***Community Gardens: Grow Your Own Vegetables and Herbs*** by Susan Burns Chong (Rosen Publishing, 2014. ISBN 9781477717776)

From the publisher: From the Urban Gardening and Farming for Teens series. In community gardens, people of all ages work together to improve their communities, turning abandoned lots and other plots of land into vibrant green spaces. Community gardens beautify neighborhoods, provide residents with nutritious food and flowers, and serve as places to meet and socialize. This exciting title gives teens the information they need to get a gardening project off the ground, from holding the first community meetings to harvesting what they grow. In accessible text, the author provides useful advice on designing the garden, choosing appropriate plants, and preparing the soil, as well as on planting and tending the garden. ([rosenpublishing.com](http://rosenpublishing.com))



***You Grow Girl*** by Gayla Trail (Simon & Schuster, 2005. ISBN 9781439103517)

From the publisher: *You Grow Girl* is a hip, humorous how-to for crafty gals everywhere who are discovering a passion for gardening but lack the know-how to turn their dreams of homegrown tomatoes and fresh-cut flowers into a reality. Gayla Trail provides guidance for both beginning and intermediate gardeners with engaging tips, projects, and recipes -- whether you have access to a small backyard or merely to a fire escape. Divided into accessible sections like Plan, Plant, and



**Community Read**  
Read. Think. Engage.

Grow, *You Grow Girl* takes readers through the entire gardening experience. ([simonandschuster.com](https://www.simonandschuster.com))



***Omari McQueen's Best Bites Cookbook*** by Omari McQueen (Simon & Schuster, 2022. ISBN 9781499812619)

From the publisher: Learn how to make more than 35 plant-based recipes, from pizza to pasta, snacks to smoothies. This easy-to-use cookbook is filled to the brim with delicious natural treats created by the award-winning chef! In this book, Omari shares his favorite plant-based dishes in this fun and accessible recipe guide designed to encourage the next generation of vegan cooks. ([simonandschuster.com](https://www.simonandschuster.com))

## Organizations

### ***Seed Your Future*** ([seedyourfuture.org](https://seedyourfuture.org))

Seed Your Future is the movement to promote horticulture and inspire people to pursue careers working with plants. We envision a world where everyone understands and values the importance of plants and the people who work in the art, science, technology, and business of horticulture.

### ***BLOOM!*** ([wearebloom.org](https://wearebloom.org))

BLOOM! is the movement to improve the world through the power of plants. There is a natural world around us, but we don't see the incredible potential just waiting to be unlocked. BLOOM! is built for today's youth—the next generation of game changers and dreamers—but there is truly something for everyone here. Whether you are a student, parent, teacher, youth program leader, or organization, we encourage you to explore BLOOM's resources to find your own plant power and discover the many ways you can change the world through the power of plants. You have the power to grow this movement and seed your future. Check out the *We Are Bloom* YouTube channel ([www.youtube.com/WeAreBloom](https://www.youtube.com/WeAreBloom))

### ***National Junior Horticultural Association*** ([njha.org](https://njha.org))

NJHA's goal is to promote and sponsor educational programs for youth through a variety of projects and activities that foster a better understating of horticulture.



**National FFA Organization** ([ffa.org](https://ffa.org))

FFA is a dynamic youth organization that changes lives and prepares members for premier leadership, personal growth, and career success through agricultural education.

**4-H** ([4-h.org](https://4-h.org))

4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better.

**Junior Master Gardener** ([jmgkids.us](https://jmgkids.us))

The Junior Master Gardener program is an international youth gardening program of the university cooperative Extension network. JMG engages children in novel, “hands-on” group and individual learning experiences that provide a love of gardening, develop an appreciation for the environment, and cultivate the mind.

