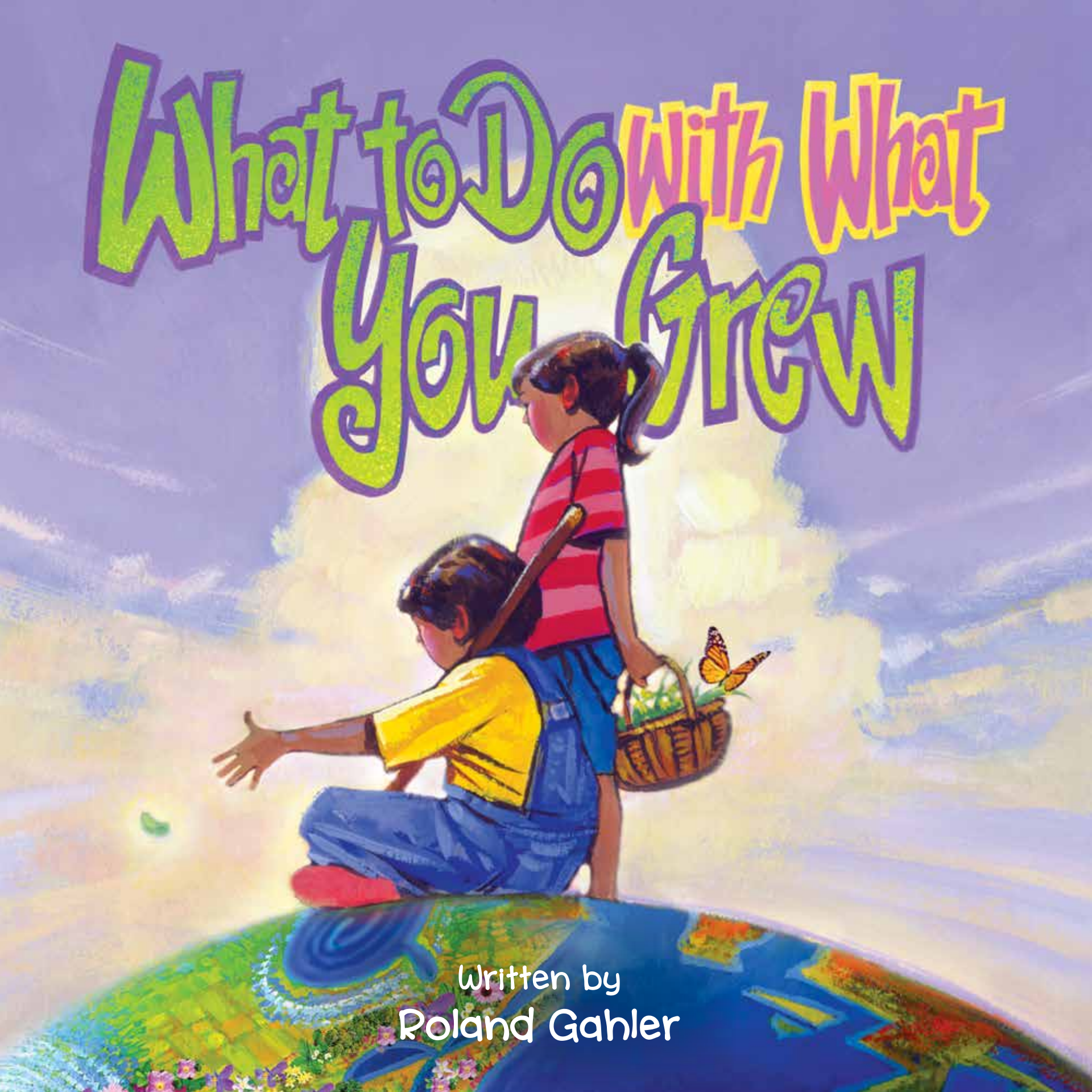
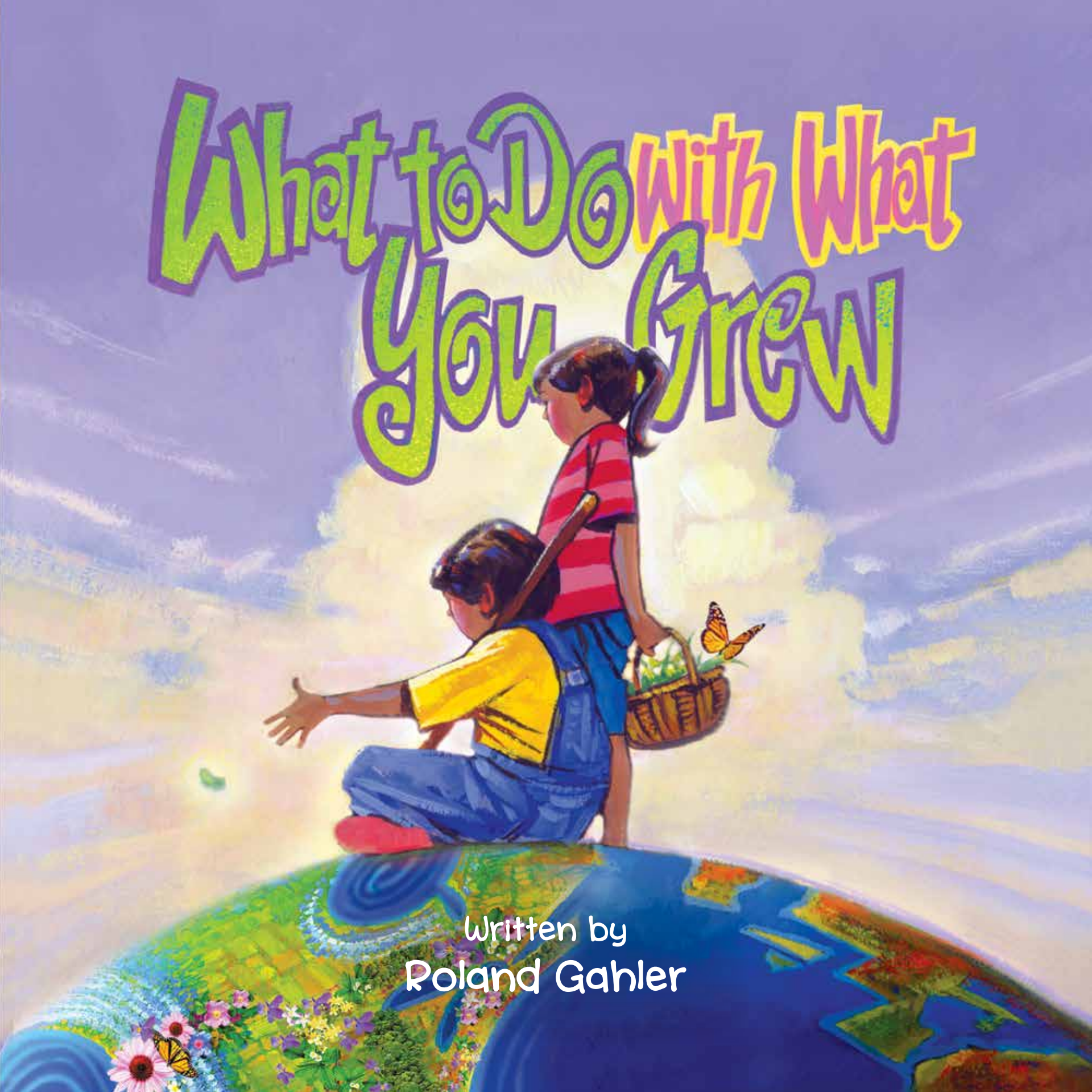

What to Do with What You Grew
Written by
Roland Gahler


What to Do with What You Grew
Written by
Roland Gahler

What to Do with What You Grew

Written by Roland Gahler
Illustrated by a friend

Mind Publishing
Our focus is education

Copyright © 2016 Mind Publishing Inc.

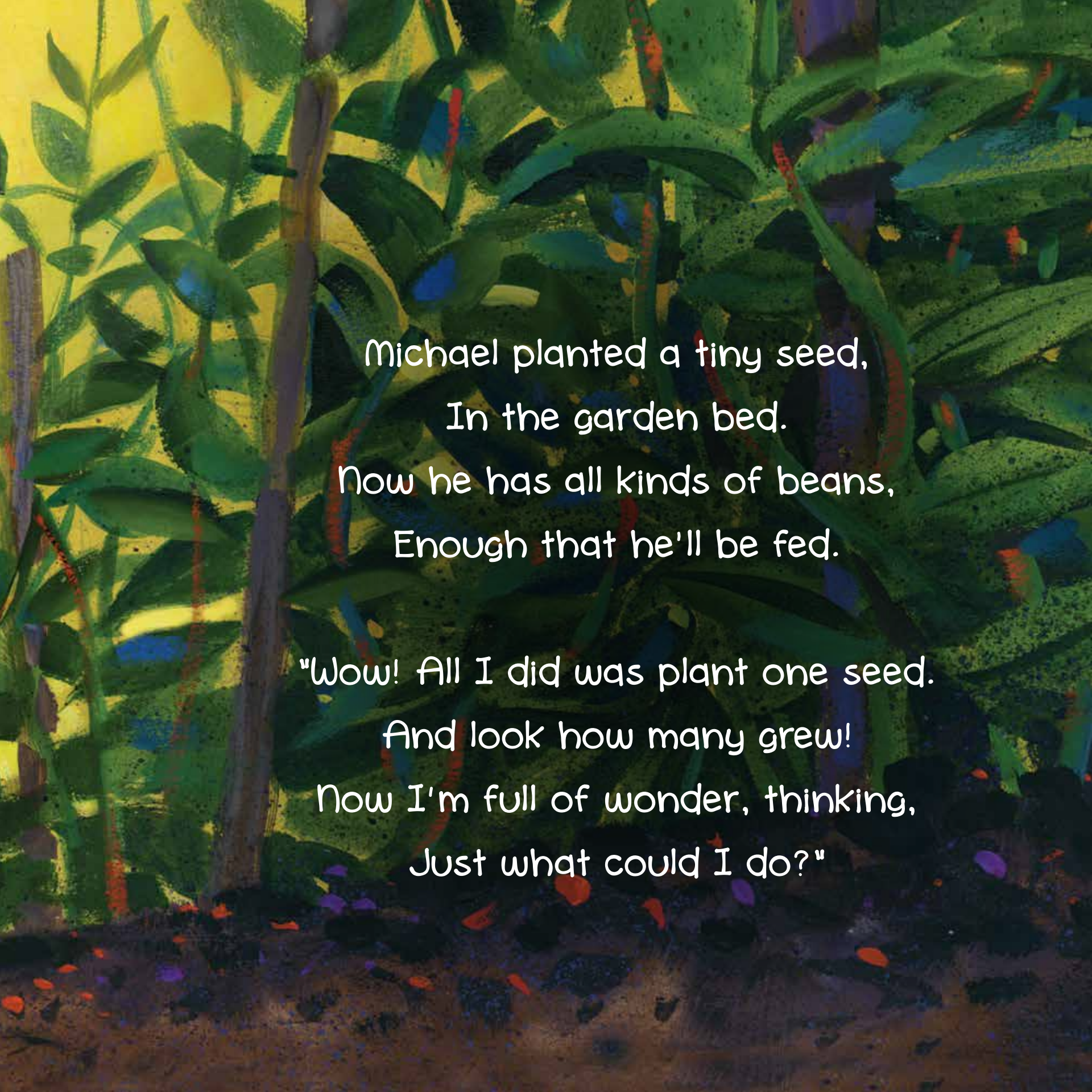
All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without written permission, except in the case of brief quotations embodied in critical articles and reviews.

For information contact:

Mind Publishing Inc.
PO Box 57559
1031 Brunette Avenue
Coquitlam, BC Canada V3K 1E0
Tel: 604-777-4330
Toll free: 1-877-477-4904
Fax: 1-866-367-5508
Email: info@mindpublishing.com
www.mindpublishing.com

ISBN: 978-1-927017-23-4
Printed in Canada

The FSC designation means this book is printed on paper that is Forest Stewardship Council certified. The paper is old growth free, acid free, and all fibres are harvested using sustainable forest practices. No chlorine is used in the processing. All inks are vegetable/soya based.



Michael planted a tiny seed,
In the garden bed.
Now he has all kinds of beans,
Enough that he'll be fed.

"Wow! All I did was plant one seed.
And look how many grew!
Now I'm full of wonder, thinking,
Just what could I do?"

"I could eat them raw,
As much as I grew.
Or maybe I could,
Make a soup too!"

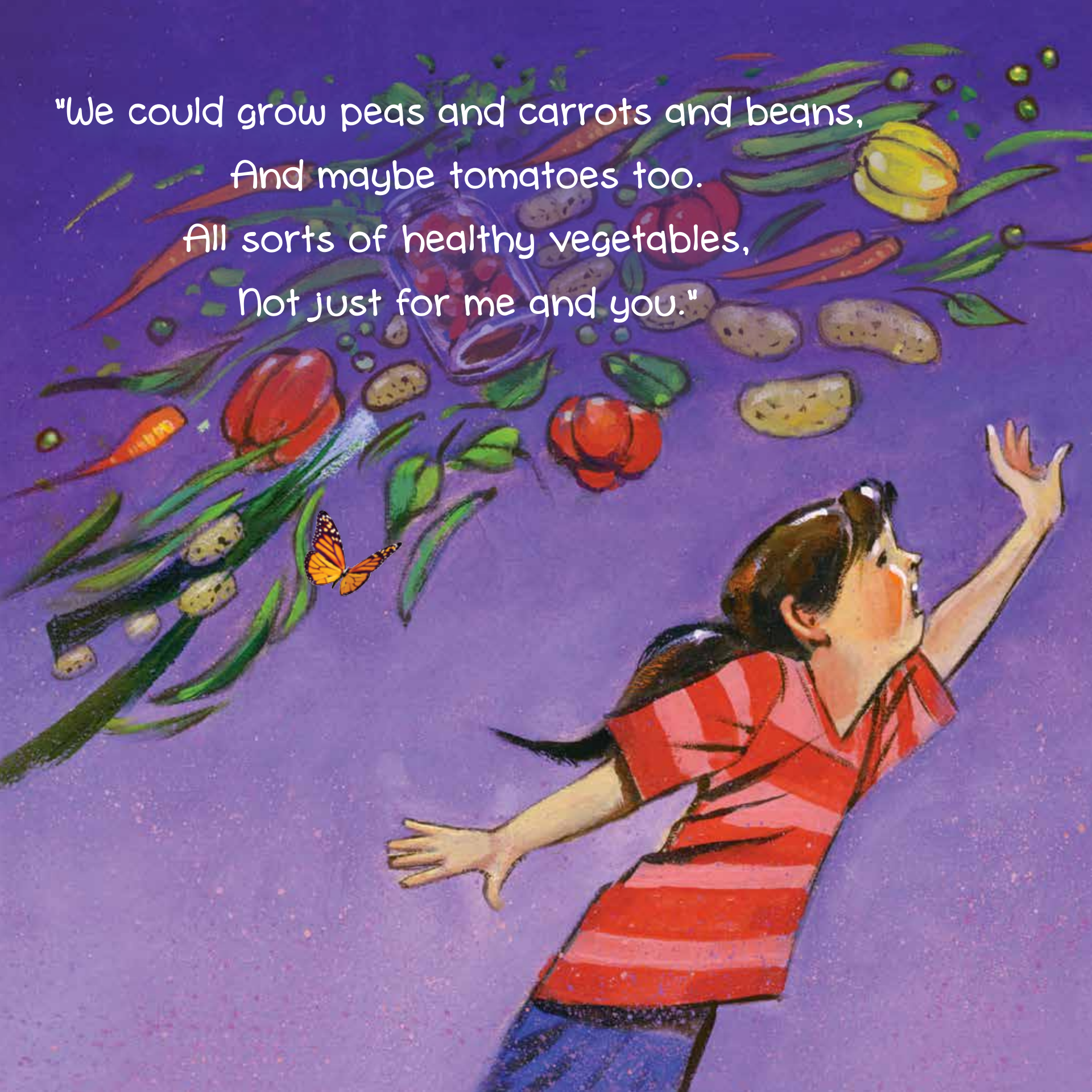
"Mom has made a salad,
That I could add them to.
That's another different thing,
That I could also do."

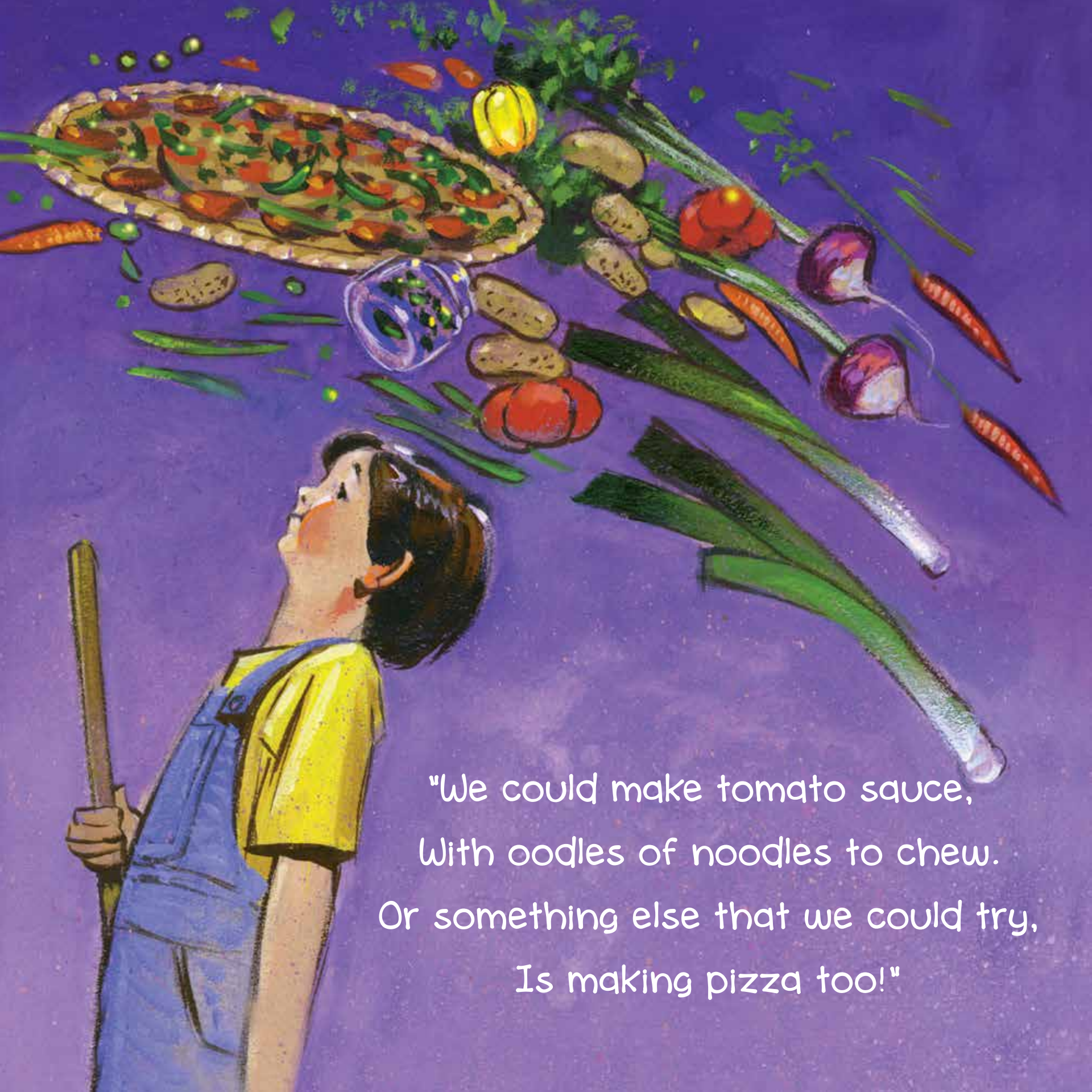
His sister Megan was amazed,
"From where did all this come?"
"I just planted a little seed,"
He said, "This is such fun!"

"Let's work together,
Both me and you.
To see what we could do,
With what you grew."

"What if we planted another one?
Or maybe a hundred and two!
Then we could feed the neighbourhood,
What an amazing thing to do!"

"We could feed our family,
And all of our friends too.
We could work with local farmers,
What a special thing to do!"


"We could grow peas and carrots and beans,
And maybe tomatoes too.
All sorts of healthy vegetables,
Not just for me and you."



"We could make tomato sauce,
With oodles of noodles to chew.
Or something else that we could try,
Is making pizza too!"

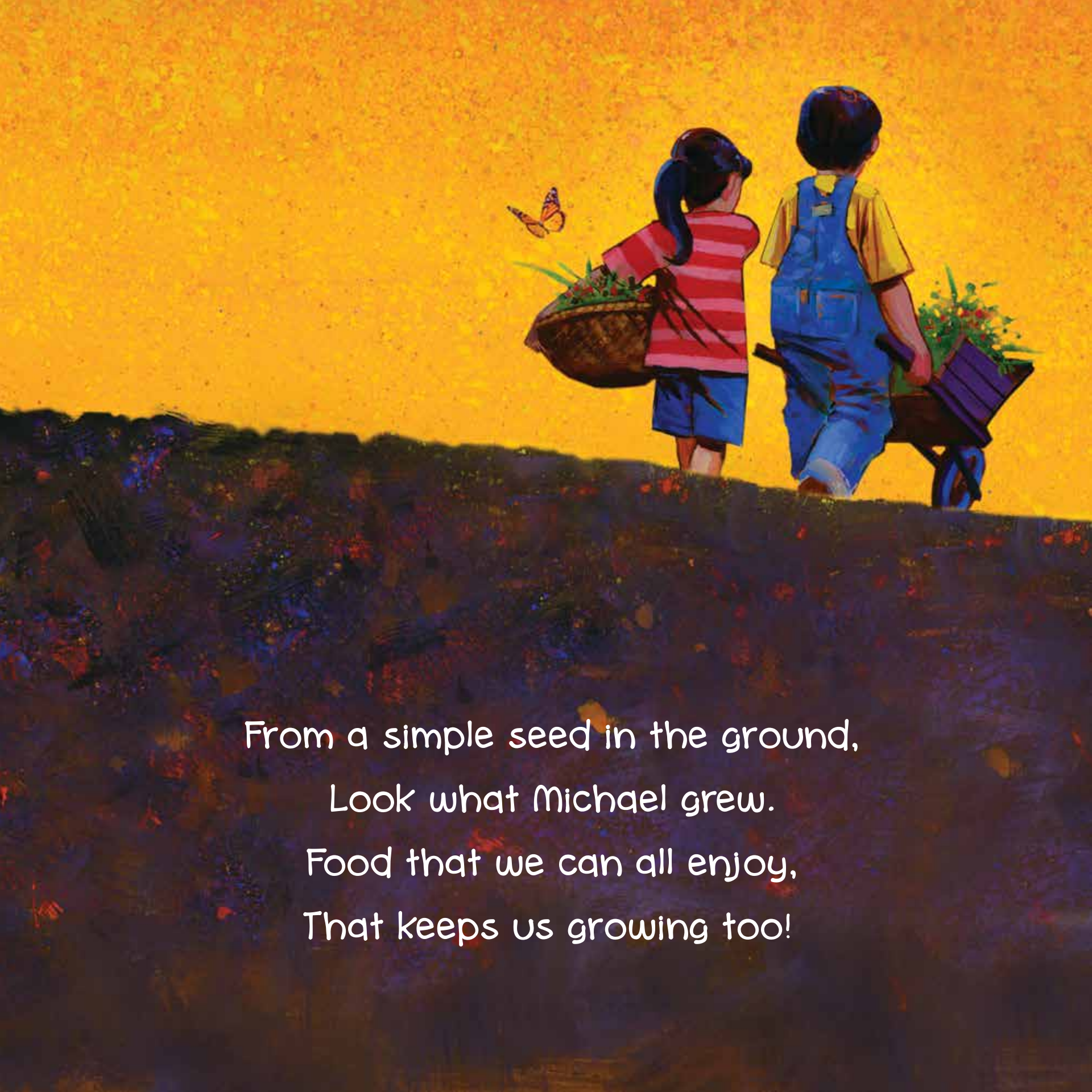
"We could jar up our tomatoes,
They'd last a long time too.
That's another helpful thing,
That you and I could do."

"Potatoes, kale, and brocolli,
Any vegetable would do.
Good foods that build our bodies up,
And other people's too."

"Now I know what I can do,
With what I grew.
Maybe others didn't help,
But they need to eat too."

"As we grow older,
We can grow bolder.
Like growing healthy food,
For people the world over."

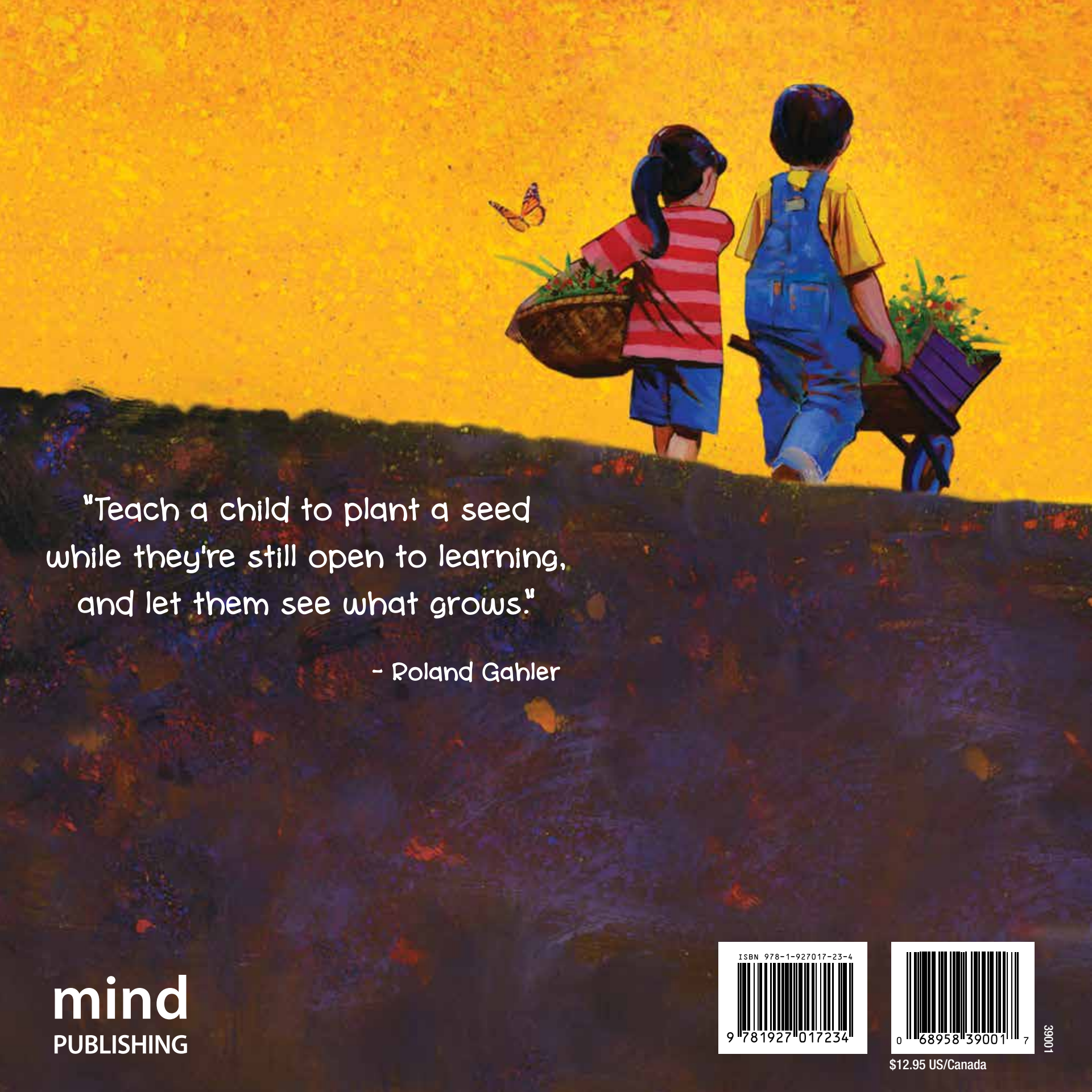
Plant a seed and see what grows,
Right before your eyes.
A living thing so green and tall,
A beautiful surprise.



From a simple seed in the ground,
Look what Michael grew.
Food that we can all enjoy,
That keeps us growing too!

The End

www.seewhatgrows.org



mind
PUBLISHING

ISBN 978-1-927017-23-4

$12.95 US/Canada