

Disney
**magic
of healthy
living**

TRYathlon



GARDEN OF POSSIBILITIES

Experience the Disney Magic of Healthy Living

TRYathlon

Disney.com/healthyfun



TRY NEW FOODS, NEW MOVES, AND FUN NEW WAYS TO BE HEALTHY

with Disney Magic of Healthy Living

TRYathlon!



A three-part challenge inspired by food, fun and activities from around the world, this **TRYathlon** invites you, your family, and friends to discover a whole new world full of flavor and fun!

Going global is exciting—you can explore new ways to **TRY** new foods and moves! Spice things up at home with a tasty new recipe or learn to grow your own exotic ingredients! Discover fun, new activities to play with friends and family. This **TRYathlon** will give you a taste of culture so you can share your worldly knowledge with everyone you know. After all, knowledge is power!

Are you ready to celebrate healthy living ideas from across the planet? Just flip the page to put this part of your **TRYathlon** into ACTION!



TRYATHLON TIDBITS

Small things add up; TRY setting a small goal (like planting 1 seed or trying a new vegetable), and you'll see big improvement soon!



Grow a Flowerpot Herb Garden

TRYATHLON



COMPLETED!

Plant more than one herb and you have an herb garden! You don't need a huge plot of land. In fact, a flowerpot on a balcony or sunny windowsill will do the trick.

MATERIALS NEEDED

- A small shovel or large spoon
- A flowerpot (you can also use a rinsed out milk carton; just ask a parent or adult to cut the top off and make sure to poke holes in the bottom so water can drain out)
- A saucer or plate to place underneath your flowerpot
- Potting soil
- A watering can
- Two types of seedling herbs such as sage and thyme (you can find these at supermarkets, garden stores & farmers markets). Other herbs that grow well together in small containers are mint, parsley and oregano.

Note: Seeds can take up to a month to germinate, but buying plant starts makes for an instant garden. Directions below are for plant starts, but if you prefer seeds, just follow directions on seed packets.

TRYATHLON TIDBIT

Remember it's a world full of flavor & fun. Get out and explore it.



TRYATHLON TIDBIT

With a little water, soil, air & care, YOU can make miracles happen!

DIRECTIONS

- 1** Fill your flowerpot (or empty, cleaned milk carton) 3/4 full of potting soil.
- 2** With your shovel or spoon dig a hole big enough to hold the roots of your plant.
- 3** Place the plant in the hole, fill in soil around the roots (gently patting the dirt down).
- 4** Water your plants right after planting (a little water is best).
- 5** Place your pot in a sunny spot near a window.
- 6** Water it every few days (or if you notice the soil is dry).
- 7** When herbs are ready for harvest, choose a recipe to make and share with your family, such as:
 - White Bean & Sage Dip
<http://familyfun.go.com/recipes/white-bean-and-sage-dip-687169/>
 - Pasta Salad with Fresh Herbs
<http://familyfun.go.com/recipes/pasta-salad-with-fresh-herbs-688022/>



Plant a Favorite Food Garden

TRYATHLON



COMPLETED!

Many people grow gardens and then decide what meals to make with the harvest afterward. Why not plant a small garden to produce the exact ingredients of your favorite food? Here's how to plant your very own favorite food garden:

DID YOU KNOW?

Radishes and loose-leaf lettuce are some of the fastest growing veggies--from seed to harvest in less than a month. Sounds like the makings for a salad are coming right up!



- 1** First, select a fairly simple but favorite food, noting the main ingredients.
- 2** Then find out how and when to grow those ingredients (a nursery expert can help you with a plan, and lots of info can be found at the library or online).
- 3** Because many people like pizza and spaghetti, here's an example of how to grow a garden that produces healthy ingredients for the sauce - tomatoes and basil. (These two are also considered "companion plants" because they grow well together.)

TRYATHLON TIDBIT

Playing in the dirt can't hurt (as long as you clean up afterward); wear gloves, grubby clothes and old shoes or rubber boots.



PLANT A FAVORITE FOOD GARDEN:

Tomatoes



TRYATHLON



Tomatoes are great for container gardening, so you can grow them on a balcony or patio. Dwarf varieties and cherry tomatoes are readily available at most garden centers and nurseries. You decide which type of tomato you want to plant!

MATERIALS NEEDED

- Large flowerpot or planter box
- Spade or small shovel
- Watering can or hose
- Potting soil
- Slow-release organic fertilizer (10-10-10 or one specially formulated for tomatoes)
- Tomato seedlings
- One or more 4- to 5-foot stake(s), depending on how many plants you grow
- One or more pieces of cloth or plastic plant ties



DIRECTIONS



COMPLETED!

- 1 Fill your pot or planter with a moist potting mixture leaving a 2-inch space between the top of the potting mix and the rim of the pot.
- 2 Add 2 tbsp. of fertilizer.
- 3 Grab the tomato seedling by the stem and shake off loose soil—remember, you need to leave room to plant basil (below), so only use 1/2 of your planter for tomatoes.
- 4 Plant the tomato in the pot or planter to the same depth it was at in its nursery pot. Firm the soil around the plant lightly by hand.
- 5 Insert the stake into the potting mix behind the tomato plant pushing it down to the bottom of the pot or planter.
- 6 Water the tomato plant(s) until the excess moisture drains from the bottom, and water whenever the soil begins to feel dry.
- 7 Tie the tomato plant(s) to the stake(s) loosely with a cloth or plastic plant tie when it is 12 to 16 inches tall, then tie the plant every 8 inches as it grows.
- 8 Harvest tomatoes when they reach full color and size and the fruit feels firm to the touch.



Note: Depending on the variety of tomato you choose, you will need to adjust your grow time for the basil so they are both ready to harvest around the same time. Tomatoes usually take longer than basil, so you'll want to plant tomatoes first. Consult a garden expert at your local nursery for more precise timing.

PLANT A FAVORITE FOOD GARDEN:

Basil



Basil is an annual herb well known in Italian cooking, but it's originally from India! Today there are dozens of different basil varieties, which all grow well in warm, sunny weather (if you live in cold conditions, you can mimic growing conditions indoors). Only plant when and where there is no danger of frost.

DID YOU KNOW?

Dragonflies can fly up to 20 miles per hour! These insect-eating fliers are a welcome sight in any garden because they protect from gnats, beetles, moths, and mosquitoes.



COMPLETED!

MATERIALS NEEDED

- Basil seeds or starts
- Large flowerpot or planter box
- Spade or small shovel
- Watering can or hose
- Potting soil

DIRECTIONS

- 1 Plant the basil seeds or starts a good distance from the tomato plant(s) (at least 6 inches); if planting starts, make sure they are 10 inches apart. (Note: If you don't have a large enough space to grow tomatoes and basil in the same place, you can also grow them in separate pots.)
- 2 Cover seeds lightly with soil, or fill soil around starts, and keep moist. (Note: don't over water.)
- 3 Let your plants grow for about 6 weeks before picking the leaves. (Note: Pick the tips first, to encourage the plant to sprout additional stems.)

HERE ARE THREE TASTY TOMATO AND BASIL RECIPES FOR YOU TO TRY FROM DISNEY FAMILY FUN. BUON APPETITO!

Quick Marinara Sauce (you can substitute your fresh tomatoes for canned!)

<http://familyfun.go.com/recipes/quick-marinara-sauce-683761/>

Pesto Sauce (Pesto means "pounded" in Italian)

<http://familyfun.go.com/recipes/pesto-genovese-678581/>

Insalata Caprese (Tomatoes with Basil and Mozzarella)

<http://familyfun.go.com/recipes/tomatoes-with-basil-and-mozzarella-678461/>