

# Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE  
Mental Health Awareness

## HEALTHY BRAIN SMOOTHIE

### INGREDIENTS

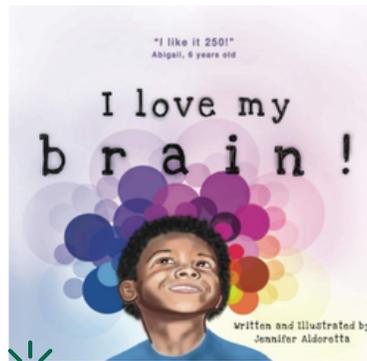
#### CLASSROOM TASTING:

- 10 strawberries, tops removed 
- 1 banana, sliced
- 1 cup kale 
- 3 Tbsp cacao nibs
- Dash of each, turmeric & cinnamon
- 16 oz. almond milk

### DIRECTIONS

1. Wash and prepare ingredients.
2. Add ingredients to blender and blend on high for 45-60 seconds or until well blended. Serve and enjoy!

### TEACHER RESOURCES



 Read Along



Lesson Ideas 

Did you know that a smoothie with kale and turmeric is a tasty way to help your brain? Kale is packed with vitamins like folate, which is important for brain health, while turmeric contains curcumin, known for its anti-inflammatory properties that support clear thinking. Together, they make a delicious drink that's great for your mind!

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## BLUEBERRY OVERNIGHT OATS

### INGREDIENTS

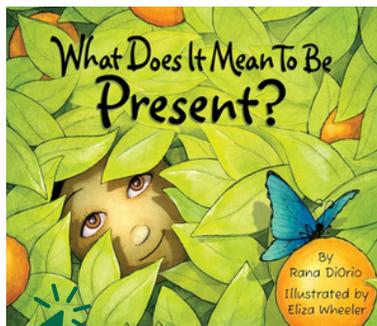
#### CLASSROOM TASTING:

- 12 oz rolled oats 
- ½ Tbsp ground cinnamon
- 1½ cups 2% milk
- 56 oz low-fat vanilla yogurt
- 5 Tbsp honey
- 18 oz frozen blueberries, thawed & drained 
- 3 Tbsp brown sugar

### DIRECTIONS

1. Thaw and drain blueberries.
2. In a large bowl, stir together oats and cinnamon.
3. Add milk, yogurt, and honey; mix until well combined.
4. Cover and refrigerate overnight.
5. Top with blueberries and brown sugar before serving. Enjoy!

### TEACHER RESOURCES



 Read Along

 Design a  
Healing  
Garden

Reading *What Does It Mean to Be Present?*, tending a healing garden, and making blueberry overnight oats all help you practice patience and focus.

Blueberries are full of nutrients that help your brain stay strong, and watching seeds grow or waiting for the oats teaches mindfulness. Together, the story, the garden, and the food show how slowing down and caring for living things can help your brain and mind stay healthy.

### SCHOOL FOOD SERVICE RECIPE

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## SEASONAL GARDEN YOGURT DIP

### INGREDIENTS

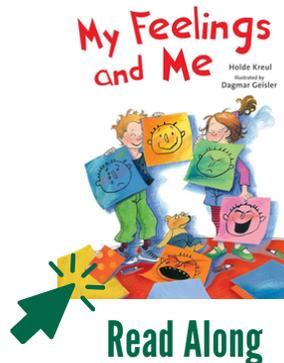
#### CLASSROOM TASTING:

- House Spice Blend ([full recipe](#))
  - 1 tablespoon paprika
  - 1 teaspoon garlic powder
  - 1 teaspoon onion powder
  - ½ teaspoon black pepper
  - ½ teaspoon dried oregano
  - ½ teaspoon dried thyme
- Yogurt Sauce
  - 1 cup plain Greek yogurt
  - ½–1 teaspoon House Spice Blend (from above)
  - 1–2 teaspoons fresh lemon juice (or apple cider vinegar)

### DIRECTIONS

1. Combine yogurt and spice blend in a medium bowl. Stir until fully mixed.
2. Add lemon juice. Stir again.
3. Taste and adjust — add more spice blend in ¼-teaspoon increments if needed.
4. Let rest 30–60 minutes in the refrigerator so the dried herbs hydrate and flavors develop.
5. Stir before serving. Add a splash of water if you prefer a thinner consistency.
6. Serve with fresh cut seasonal vegetables.

### TEACHER RESOURCES



Read Along

Social and emotional herb gardens



HERBS & SPICES IMPROVE SCHOOL LUNCH VEGETABLE INTAKE



Did you know that growing herbs can make you feel happier and calmer? When you plant basil, mint, or cilantro and take care of them, it helps your brain relax, kind of like a superpower! Some schools even have special herb gardens where kids learn between the five senses and their emotions. Plus, you get to pick fresh herbs and make yummy dips like this one!

Spring



Summer



Fall



Winter



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## SCHOOL GARDEN TEA

### INGREDIENTS

#### CLASSROOM TASTING:

- 1 tablespoon fresh lavender
- 1 tablespoon fresh lemon balm leaves
- 1 tablespoon fresh chamomile flowers
- 1 tablespoon fresh mint leaves
- 4 cups water
- Honey or lemon (optional)

### DIRECTIONS

1. Rinse and Dry Herbs: Clean and gently pat dry the lavender, lemon balm, chamomile, and mint.
2. Boil Water: Bring 4 cups of water to a boil.
3. Steep Herbs: Remove from heat, add herbs to the water, and cover. Steep for 10-15 minutes.
4. Strain and Serve: Strain the tea and serve hot, with honey or lemon if desired.
5. Enjoy: Relax and savor your homemade herbal tea.

### TEACHER RESOURCES



Read Along



Lesson Plan



### GROWING AN HERBAL TEA GARDEN



Did you know that growing your own tea garden can create a "quiet place" right in your classroom or backyard? When you plant calming herbs like lavender, lemon balm, chamomile, and mint, you're growing peace! Just like Charlotte in "Charlotte and the Quiet Place," you can make your own cozy spot by growing these special herbs, then picking them to brew a warm, soothing cup of tea.