



Instructions: Grow Your Alphabet with Dole

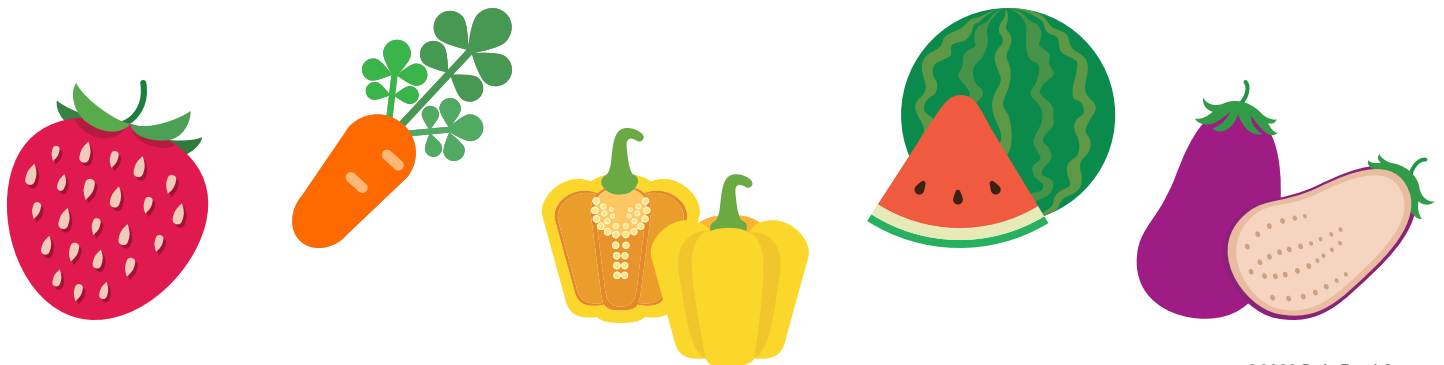
Grow a little goodness with your own Dole Printable Garden Markers! Follow the easy instructions below to create your own Dole Garden Markers, perfect for marking each of your soon-to-be homegrown fruits and veggies.

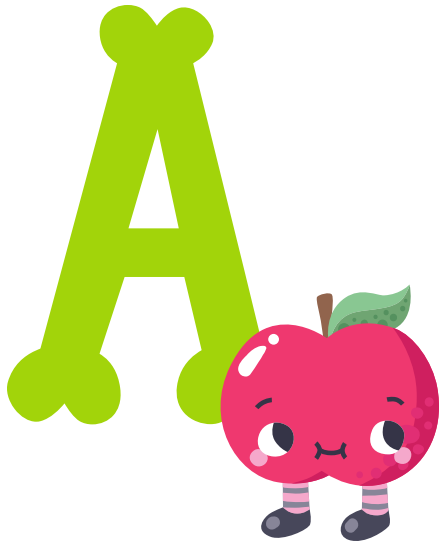
What you will need:

- Dole Garden Marker Sheets - Printed
- Large popsicle sticks
- Glue
- Scissors

Creating your Dole Garden Markers:

1. Print out your Dole Garden Markers from Dole.com.
2. Cut out each Dole Garden Marker.
3. Take a popsicle stick and place a dab of glue on one end and attach to the back of one of your Dole Garden Marker cutouts.
4. Repeat steps 2-3 for the remaining Dole Garden Markers.
5. Allow your Dole Garden Markers to dry for at least 30 min.
6. Once dry, use your Dole Garden Markers to label your fruits and veggies as you plant your garden!





APPLE



©2020 Dole Food Company, Inc.



BANANA



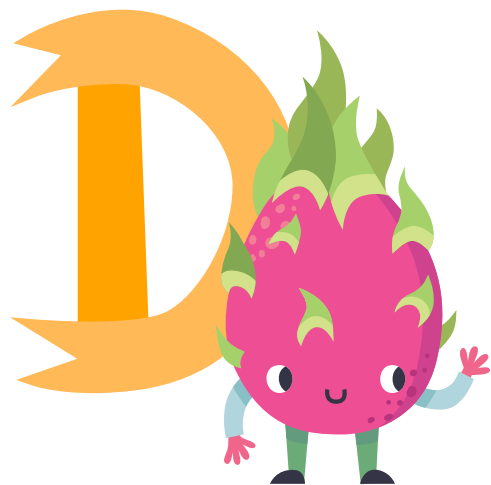
©2020 Dole Food Company, Inc.



CARROT



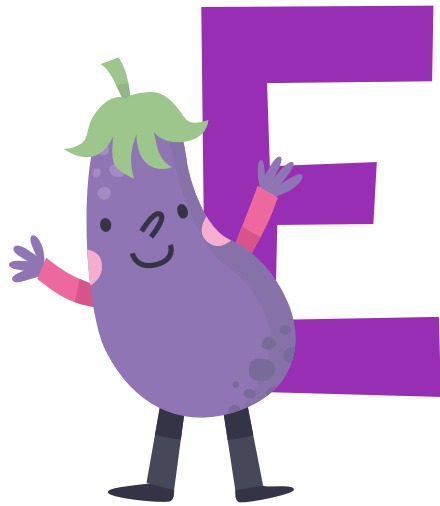
©2020 Dole Food Company, Inc.



DRAGON
FRUIT



©2020 Dole Food Company, Inc.



EGGPLANT



©2020 Dole Food Company, Inc.



FIG



©2020 Dole Food Company, Inc.



GARLIC



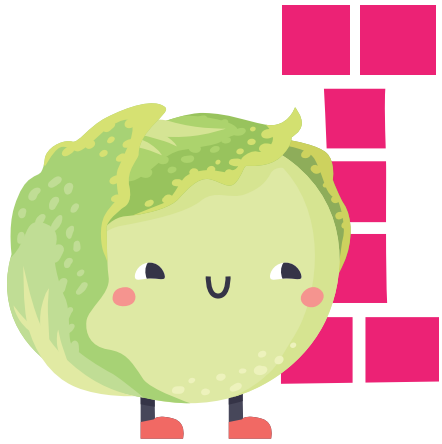
©2020 Dole Food Company, Inc.



HORSERADISH



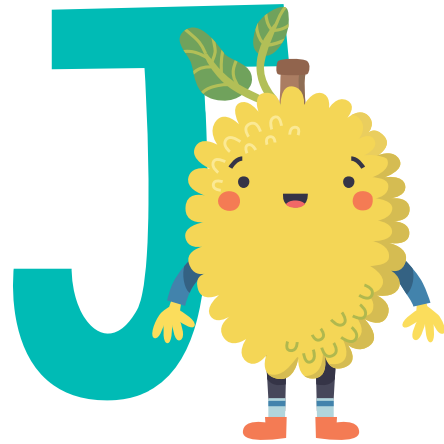
©2020 Dole Food Company, Inc.



**ICEBERG
LETTUCE**



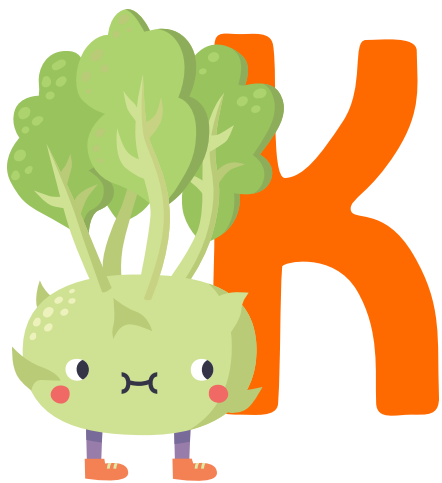
©2020 Dole Food Company, Inc.



JACKFRUIT



©2020 Dole Food Company, Inc.



KOHLRABI



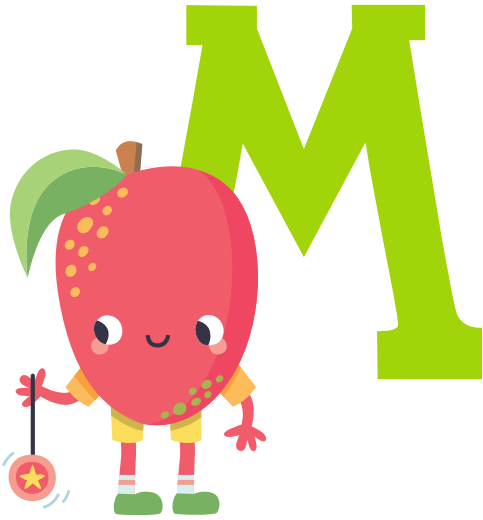
©2020 Dole Food Company, Inc.



LEMON



©2020 Dole Food Company, Inc.



MANGO



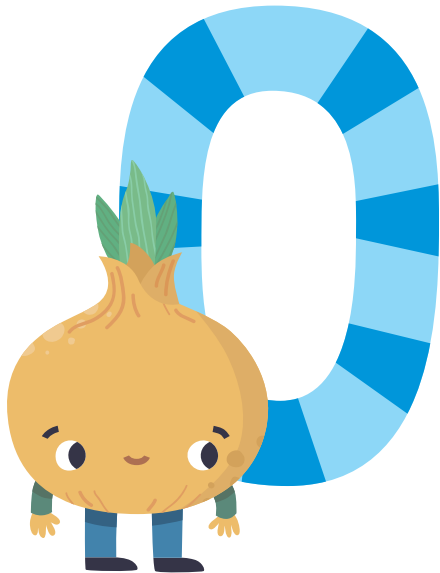
©2020 Dole Food Company, Inc.



NECTARINE



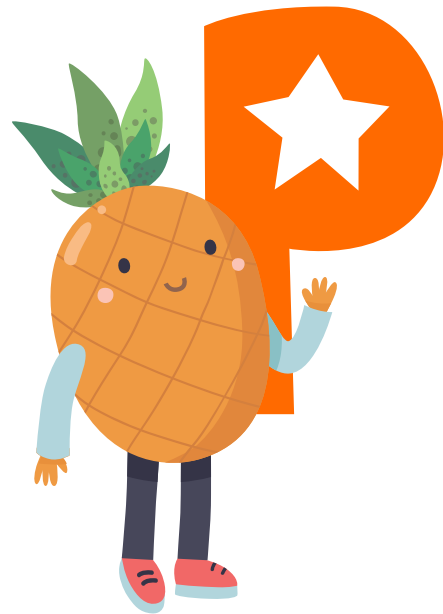
©2020 Dole Food Company, Inc.



ONION



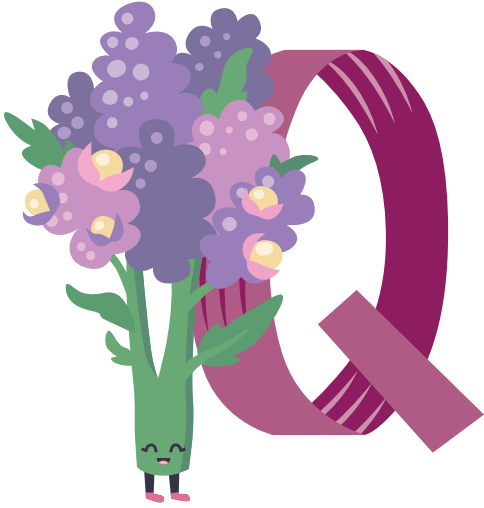
©2020 Dole Food Company, Inc.



PINEAPPLE



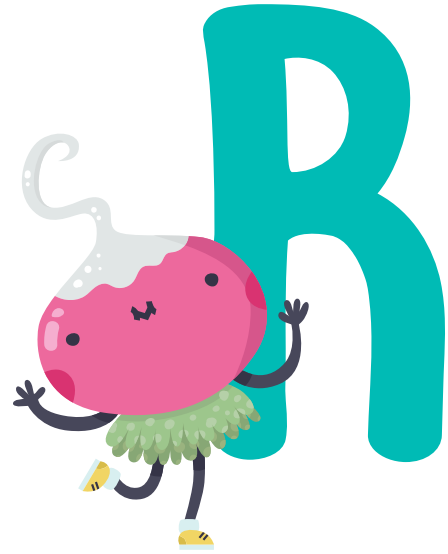
©2020 Dole Food Company, Inc.



QUINOA



©2020 Dole Food Company, Inc.



RADISH



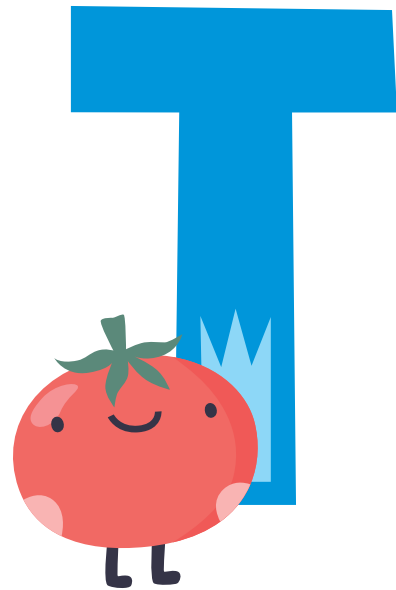
©2020 Dole Food Company, Inc.



SPINACH



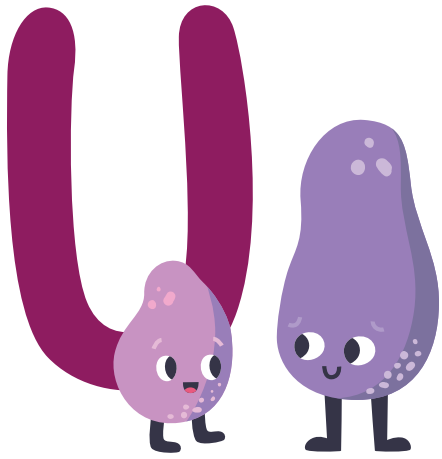
©2020 Dole Food Company, Inc.



TOMATO



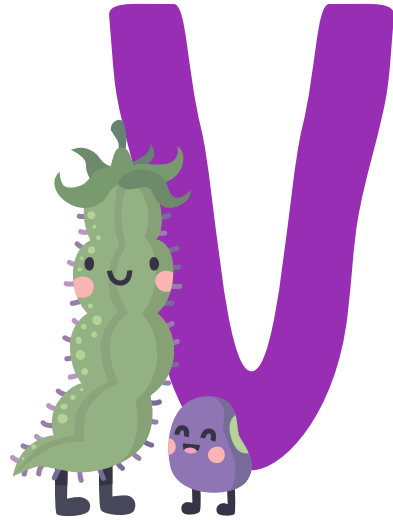
©2020 Dole Food Company, Inc.



UBE



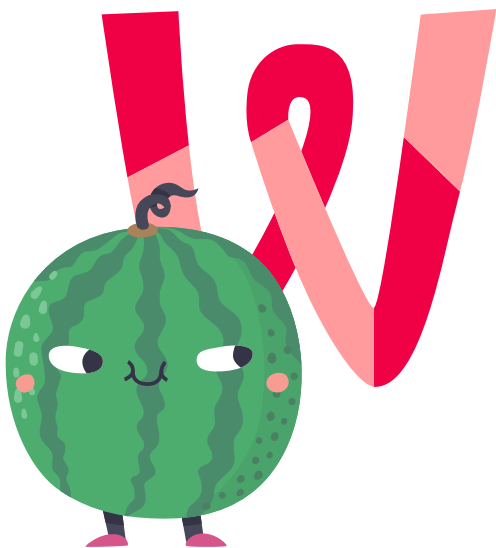
©2020 Dole Food Company, Inc.



**VELVET
BEAN**



©2020 Dole Food Company, Inc.



WATERMELON



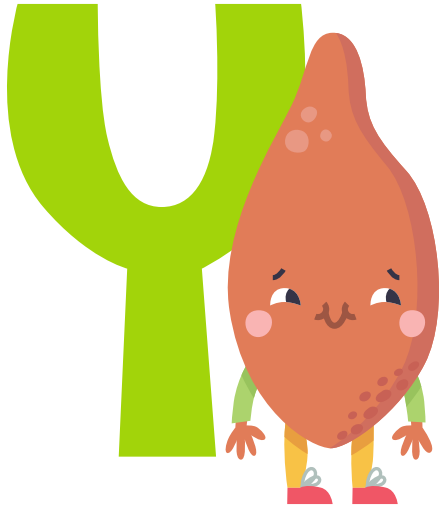
©2020 Dole Food Company, Inc.



**XIMENIA
FRUIT**



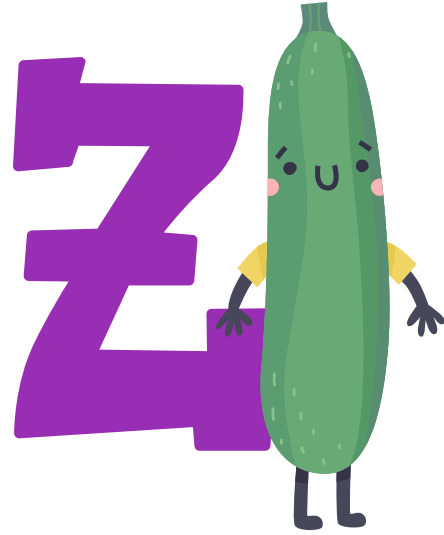
©2020 Dole Food Company, Inc.



YAM



©2020 Dole Food Company, Inc.



ZUCCHINI



©2020 Dole Food Company, Inc.



Grow A Little Goodness Extras

Did You Know: Bananas aren't just great for humans—they are superstars at helping gardens grow! This is because bananas contain essential nutrients such as potassium, phosphorus, magnesium and iron, all which both humans and plants need and use as food—and the peels do, too. By adding chopped banana peels to your soil when planting a garden, you're creating the perfect organic plant food that those future fruits and vegetables will love!

Grow Your Own Banana Garden

What you will need:

- Dole Garden Markers (*Create using the directions above for the Garden Markers*)
- Vegetable or fruit seeds
- 1 DOLE® Banana peel for every 2 seeds planted (*make sure to remove the Dole Banana Stickers*)
- Pots for your plants
- Planters soil
- Gardening tools

Directions:

1. Chop your left-over DOLE® Banana peels into 1-inch pieces. Set aside.
2. Fill your pot about halfway with soil.
3. Dig a hole in the soil 6 to 8 inches deep.
4. Place a handful of your chopped banana peels into the hole and add some of the soil back on top of the peels.
5. Add a bit of water to moisten the soil.
6. Add your vegetable or fruit seeds per their package instructions and cover with more soil.
7. Repeat steps 1-6 for every plant you are potting. Water each plant two to three times per week to keep the soil moist. If the soil feels dry to the touch, water more often.

**Another way you can add banana peels to your garden is by taking your chopped peels and mixing them within your soil before placing the soil into the pots. Then, use that soil to plant your seeds. You would need to make sure you have around 6 DOLE Banana peels for planting up to 4 plants.*



Cook What You Grow – Recipe Inspiration From Dole

Enjoy your new homegrown fruits and vegetables with some of our dietician-developed Dole recipes featured below. Find hundreds more recipe inspirations at [Dole.com](https://www.dole.com).

Sweet Potato, Garden Vegetable and Field Greens Salad with Maple Vinaigrette

INGREDIENTS:

- 1 medium DOLE® Sweet Potato, baked
- Salt and ground black pepper, to taste
- 1 pkg. (7 oz.) DOLE® Field Greens
- 3/4 cup pecan halves, toasted
- 1/2 cup dried cranberries
- 6 tablespoons Maple Vinaigrette (recipe below)
- 3 oz. Brie cheese, diced

DIRECTIONS:

1. Peel and cube sweet potato; season with salt and pepper, to taste.
2. Combine salad blend, garden vegetables from pouch, pecans and cranberries in large bowl. Toss with 6 tablespoons Maple Vinaigrette. Arrange on serving platter.
3. Top with sweet potato and brie cheese; season with pepper, to taste.

Maple-Vinaigrette: Whisk together 1/3 cup apple cider vinegar, 3 tablespoons maple syrup, 2 tablespoons canola oil, 1 shallot (finely chopped), 1/4 teaspoon ground ginger, pinch of crushed red pepper and pinch of salt until blended. Makes about 1/2 cup.





Dole Kids with Almond Toast

INGREDIENTS:

- 4 slices whole-grain bread
- 6 tablespoons unsalted almond butter
- 2 teaspoons honey, optional
- 1 DOLE® Banana, peeled
- 2 DOLE® Strawberries, trimmed and halved
- 2 DOLE® Blackberries
- 2 DOLE® Blackberries
- 3 oz. Brie cheese, diced
- 2 teaspoons toasted flaxseed

DIRECTIONS:

1. Toast bread slices. Spread with almond butter and drizzle with honey if desired.
2. Make the Dole Kids: Cut 8 slices and 32 matchsticks from banana. Arrange one strawberry half and a pineapple chunk on two slices of toast and arrange the remaining strawberry halves and blackberries on the remaining slices. Place a banana slice "head" at the top of each piece of fruit and arrange 4 banana matchsticks around each kid for arms and legs. Sprinkle flaxseed along the bottom edge of the toast, under the Dole kids' feet.

