

FOR KIDS!

Sandwich on a Stick

(Ingredients for one sandwich - increase to make as many sandwiches as you like.)

One wooden skewer

2 cubes of bread

2 or 3 cubes of your favorite cheese (Cheddar curds, or any other cheese that looks yummy)

One or two cut pieces or cubes of any of the following: sweet red pepper, whole cherry tomatoes, apple, pear, cucumber, lettuce, or any other interesting fruit or veggie that's in season now at the Farmers Market.

Make the sandwich: start with the first cube of bread, then a piece of cheese, then a cherry tomato, then another piece of cheese, then a piece of apple, etc. Finish with the other piece of bread. Your sandwich is done! Optional: have a small bowl of mayo, mustard, ketchup, hummus or dressing for dipping as you eat.