



Mud Kitchen Recipes

Aayla the Aardvark loves to dig in the dirt! It helps her keep cool on a hot summer day. You can have some fun making recipes to help you cool off this summer too!

What you need:

- Clothes you don't mind getting dirty
- Old bowls, pots, spoons, measuring cups, etc.
- Dirt, sand, pebbles, rocks, leaves, seeds, sticks, etc.
- Pitcher of water, a hose, or rainwater

Directions:

You can build an elaborate mud kitchen with an old sink and wooden pallets or an old gardening table. (Check out some fun designs for DIY mud kitchens online!) But for the basics, all you need is some dirt, a little water, and a lot of imagination!

Find an area in your yard with a little bare dirt you can dig in, or just get a tub filled with potting soil and away you go! Try out our fun recipes below, or create your own! Show us your creations and share any new recipes you create with us @henryvilaszoo.

Bon appetit!

Concepts:

- Connection - animals like digging in dirt too
- Fine motor skills - pouring, dumping, mixing, stirring

What to say:

- In what habitat do aardvarks live?
- Why do they dig in the dirt?
- What do they eat?
- Where can they get their water?
- How do animals prepare their food?





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Stone Soup

Place two rocks in a large pot. Add water and set on a hot rock or sidewalk to simmer in the sun. Stir frequently with a stick. Add bits of grass and bark and gravel for a hearty flavor. Season with a pinch of dirt. Serve while hot.

“Sand”wiches

Mix together mud and fine sand until smooth. Spread the mixture on a piece of bark, leaves, or between two thin flat rocks. Enjoy!

Summer Salad

Toss together leaves, dandelions, grasses, and daisies. Sprinkle some bark mulch for garnish and top with a dressing of water.

Pebble Muffins

Mix equal parts gravel, dirt, and water. Slowly stir in a handful of crushed pine needles. Put a heaping spoonful into each section of a muffin tin. Bake on a hot rock until ready to eat.

Pine Needle Tea

Mix a handful of pine needles into a large pot of water. Add one spoonful of dirt, stirring carefully, and some crushed flower petals to taste. Can be served hot or cold.

Mud Pies

The classic recipe! Mix dirt with a little water until smooth. Pour onto a pie plate or muffin pan. Garnish with flower petals on top. Bake in the sun until done.

Note: Recipes are for pretend “eating” only.

*Recipes adapted from Puddles and Wings and Grapevine Swings
by Imogene Forte and Marjorie Frank*