

Pauli's Try-It Tasting Chart

Week of: _____ Taster: _____



Day	Food we tried	Friend	Yum!	Okay	Not yet	Sticker
Mon			☐	☐	☐	
Tue			☐	☐	☐	
Wed			☐	☐	☐	
Thu			☐	☐	☐	
Fri			☐	☐	☐	
Sat			☐	☐	☐	
Sun			☐	☐	☐	

Every try counts, even "not yet"! Many kids need to taste a new food lots of times before they like it.
Check with your grown-up about allergies before trying a new food. Grown-ups: cut foods to a safe size and supervise tasting.

Global Garden Taste List: tick each food you try!

- | | | |
|---|---|---|
| ☐ Bananas (Bambina Banana) | ☐ Pomegranate (Pouri Pomegranate) | ☐ Cloves (Zena Clove) |
| ☐ Strawberries (Selma Strawberry) | ☐ Figs (Karmous Fig) | ☐ Mango (Mara's cousin) (Mara Marula) |
| ☐ Broccoli (Pauli Broccoli) | ☐ Dates (Dalia Date) | ☐ Breadfruit (Malu Breadfruit) |
| ☐ Apples (Annabel Apple) | ☐ Coconut (Chief Coconut) | ☐ Rhubarb (Saga Rhubarb) |
| ☐ Tomatoes (Gino Tomato) | ☐ Lemon (Lena Lemon) | ☐ Ginger (Ginn Ginger) |
| ☐ Mango (Mate Mango) | ☐ Lime (Humberto Lime) | ☐ Moringa leaves (Malunggay Moringa) |
| ☐ Blueberries (Mary Blueberry) | ☐ Cacao (Catalina Cacao) | ☐ Walnuts (Wendy Walnut) |
| ☐ Carrots (Pamela Carrot) | ☐ Asparagus (Hans Asparagus) | ☐ Durian (Dumadi Durian) |
| ☐ Watermelon (Kadin Watermelon) | ☐ Cabbage (Colin Cabbage) | ☐ Hazelnuts (Harry Hazelnut) |
| ☐ Oranges (Oriana Orange) | ☐ Beets (Boguslaw Beet) | ☐ Fennel (Fariq Fennel) |
| ☐ Raspberries (Rory Raspberry) | ☐ Parsnip (Peter Parsnip) | ☐ Plums (Kellee's cousins) (Kellee Cocoplum) |
| ☐ Kiwifruit (Piripi Kiwi) | ☐ Shiitake mushrooms (Saki Shiitake) | ☐ Onion (Eduardo Onion) |
| ☐ Pineapple (Patti Pineapple) | ☐ Guava (Mana Guava) | ☐ Prickly pear (Saloma Sabra Fruit) |
| ☐ Avocado (Fernando Avocado) | ☐ Lingonberries (Linn Lingonberry) | ☐ Chili peppers (Chantico Chili Pepper) |
| ☐ Celery (Cecilia Celery) | ☐ Olives (Elitsa Olive) | ☐ Cilantro (Jose Cilantro) |
| ☐ Grapes (Claude Grape) | ☐ Cloudberry (Cloudy Cloudberry) | ☐ Garlic (Gabriela Garlic) |
| ☐ Lychee (Li Lychee) | ☐ Soursop (Lola Soursop) | ☐ Eggplant (Samira Eggplant) |
| ☐ Sweet peppers (Piroska Pepper) | ☐ Coconut (Seyla's cousin) (Seyla Coco de Mer) | ☐ Ackee (Akeem Ackee) |
| ☐ Potatoes (Bakey Potato) | ☐ Sea buckthorn (Nils Sea Buckthorn) | ☐ Pandan (Pandan Pan) |
| ☐ Cauliflower (Cathy Cauliflower) | ☐ Vanilla (Mira Vanilla) | ☐ Jujubes (Sidra Jujube) |
| ☐ Cherries (Barry & Kerry Cherry) | ☐ Mushrooms (Toni's cousins) (Toni Truffle) | ☐ Coffee beans (smell only!) (Kafa Coffee) |
| ☐ Papaya (Pablo Papaya) | ☐ Harissa (Hedi Harissa) | ☐ Saffron rice (Zafar Saffron) |
| ☐ Dragon fruit (Trúc Dragon Fruit) | ☐ Rosehip (Rosa Rosehip) | |
| ☐ Passion fruit (Zuri Passion Fruit) | ☐ Carob (Cara Carob) | |