



RECESS MUSIC

Mama Earth's Kitchen

Performed by: Susan Rozler

Hear the robins sing in Mama Earth's kitchen
Hear the robins sing in Mama Earth's kitchen
All the birds are singin' in Mama Earth's kitchen
Let's wake up...and we'll talk about the world

Gather up the eggs from Mama Earth's kitchen
Gather up the eggs from Mama Earth's kitchen
Hear the rooster crow in Mama Earth's kitchen
We'll make breakfast...and we'll talk about the world

Look at all the gardens in Mama Earth's kitchen
Look at all the gardens in Mama Earth's kitchen
Let's pick vegetables from Mama Earth's kitchen
We'll make soup...and we'll talk about the world

It's high noon in Mama Earth's kitchen
It's high noon in Mama Earth's kitchen
Sun's up high in Mama Earth's kitchen
We'll eat lunch...and we'll talk about the world

Takin' out the compost from Mama Earth's kitchen
Takin' out the compost from Mama Earth's kitchen
We're making dirt in Mama Earth's kitchen
We recycle all our garbage as we talk about the world

Pickin' all the strawberries in Mama Earth's kitchen
Pickin' all the strawberries in Mama Earth's kitchen
Blueberries and raspberries from Mama Earth's kitchen
Let's make pie and we'll talk about the world

It's dinnertime in Mama Earth's kitchen
It's dinnertime in Mama Earth's kitchen
We'll thank God for Mama Earth's kitchen
We'll praise God...and will ask to bless the world

Nighttime's fallin' in Mama Earth's kitchen
Nighttime's fallin' in Mama Earth's kitchen
Bullfrogs croakin' in Mama Earth's kitchen
Driftin' off to sleep as we dream about the world

Come on down to Mama Earth's kitchen
Come on down to Mama Earth's kitchen
There's a lot to hear in Mama Earth's kitchen
We'll get together...and we'll talk about the world



RECESS MUSIC

The Zucchini Zong

Performed by: Dan Crow

Chorus:

We have a garden
I beg your pardon
We have a garden and we grow our own food
We have a garden
I beg your pardon
I didn't mean to shout and be so rude

We have some carrots and zucchini
Some lettuce and zucchini
Tomatoes and zucchini and some peas
We have some cabbage and zucchini
Some onions and zucchini
Some pepper and zucchini and some beans
We have some parsley and zucchini
Some broccoli zucchini and some greens
Alfalfa and zucchini
Cauliflower and zucchini

Chorus

We have some berries and zucchini
Melon and zucchini
Pumpkin and zucchini and some bugs
Spiders and zucchini
Snails and zucchini
Beetles and zucchini and some slugs
Popcorn and zucchini
Ice cream and zucchini
Pizza and zucchini and some kelp
Candy and zucchini
Chocolate and zucchini
Zucchini chini chini chini HELP!

Chorus



RECESS MUSIC

Working in My Garden

Performed by: Peanut Butter Jellyfish

Vegetables were getting hard to buy
With prices going up through the sky
Chemicals might make me die
But there was something I could try
I found some ground that I could call my own
Turned up the dirt where I don't like to mow
Before I know it, oh the hours I'd spend, working in my garden

Chorus:

Working in my garden, I'm working in my garden
Love to eat the things I grow
Peppers squash and tomatoes
Great big plants from little seeds grow
Working in my garden

Now all my seeds come in the mail
And I put 'em in the dirt without fail
I cover 'em up, water 'em down
Watch those suckers pop through the ground
And after awhile they're big and strong
They're on the table where they belong
Now I get all my vitamins with good stuff from my garden

Chorus

Bridge:

Then there come the times I dread
Like creepy crawlers and weeds that spread
I pick and pluck and pluck and pick
I work so hard that I get sick and tired
Of keeping those critters few
Somehow I seem to muddle through
After awhile I'm starting to win
Working in garden

Chorus

Now pretty soon I'll have enough of those vegetables and other stuff
I'll try to give a lot away and some I'll freeze for another day
You know, times ain't what they used to be
With plenty of farms, well the food was cheap
Well, we can be farmers, you and me
Working in our garden

Chorus



RECESS MUSIC

Seeds for My Garden

Performed by: Jack Grunsky

Planting seeds from row to row
Come and see my garden grow
Pray for sunshine, pray for rain
Plants will spring to life again

Seeds for my garden...seeds
Seeds for my garden...seeds

Take a shovel, take a hoe
Take a rake, now here we go
Dig some holes in the ground
Sow some seeds, round and round

Oats peas beans and barley grow
Dancing 'round from row to row
Cover up the magic seeds
Don't forget to pull the weeds

Winter, Summer, Fall to Spring
Nature re-awakening
All the seeds we sow
Loving nature helps them grow

Bring on the sun and the clouds and the rain
My garden will blossom to life again

Seeds for my garden...seeds
Seeds for my garden...seeds



RECESS MUSIC

Soup

Performed by: Mary Kaye

Soup...soup. I like soup...soup.
I like soup...soup
The dish ran away with the spoon...
I need that spoon back!
Soup...soup. I like soup...soup.
I like soup...soup
I borrowed Little Miss Muffet's bowl...
Hope no spider attacks!
Onions aren't always fun things!
I cut and tears bring. Still...
I'll put some in my soup!
Water. Pour in the pot. Stir.
And make it hotter!
I'm gonna put some in my soup!
Stir it up! Stir it up! Stir it up! Yeah!
Stir it up! Stir it up! Stir it up! Yeah!
Salt and pepper! Basil and thyme!
Soup-a-licious! Soup-a-time!
Magic beans, jack from the Beanstalk has seen!
Minus that Giant mean...
I'm gonna put some in my soup!
Tomatoes...my neighbors grows...
And if I say help...I get to put some in my soup!
Stir it up! Stir it up! Stir it up! Yeah!
Stir it up! Stir it up! Stir it up! Yeah!
Salt and pepper! Basil and thyme!
Soup-a-licious! Soup-a-time!
Simmer...simmer! You want to eat it now!
You want to taste it on your tongue!
But it must...
Simmer...simmer...simmer...simmer...simmer!
Seems like forever...
But there's time you're still young!
It's got to simmer...simmer...simmer...simmer!
Ahhhhhhhh!
Soup...soup. I like soup...soup.

I like soup...soup. I like soup.



RECESS MUSIC

Dirt Made My Lunch

Performed by: Banana Slug String Band

(Chorus)

Dirt made my lunch. Dirt made my lunch.
Thank you, dirt, thanks a bunch – for my salad, my sandwich,
my milk and my munch
Cause dirt, you made my lunch.

Dirt is a word we often use, when we're talking about the earth
beneath our shoes.
It's a place where plants can sink their toes, and in a little while
a garden grows.

(Chorus)

A farmer's plow will tickle the ground. You know the earth has
laughed when wheat is found.
The grain is taken and flour is ground for making a sandwich
to munch on down.

(Chorus)

A stubby green beard grows upon the land. Out of the soil,
the grass will stand.
But under hoof it must bow for making milk by way of a cow.

(Chorus)



RECESS MUSIC

Brussel Sprout

Performed by: Madeline L. Pots

Brussel Sprout, Brussel Sprout,
You're one food I can live without.
I tried to feed you to the dog but he spit you out.
Doggie won't eat no Brussel Sprout.

Brussel Sprout, Brussel Sprout,
You're one food I can live without.
I tried to feed you to the cat but she left no doubt,
She wasn't gonna' eat no Brussel Sprout.

Brussel Sprout, Brussel Sprout,
You're one food I can live without.
I fed you to my baby brother but he started to shout,
Brother won't eat no Brussel Sprout.

Brussel Sprout, Brussel Sprout,
You're one food I can live without.
I tried to feed you to the goldfish but she shut her mouth,
Fishy won't eat no Brussel Sprout.

Brussel Sprout, Brussel Sprout,
You're one food I can live without.
If I had my way I'd throw you out
And I wouldn't have to eat no Brussel Sprout.



RECESS MUSIC

Pesticides

Performed by: Recycleman & The Waste Band

Pesticides why are they killing me
Pesticides why won't they let me be
Pesticides why are they spraying me
Cause I'm just a little old apple tree
They take off in their crop dusting plane
They swoop down and spray the field
Spraying out the pesticide
Now what is the deal
Pesticide
Pesticide

Insecticide it's killing me
Insecticide what are they selling me
Insecticide why are they spraying me
I'm just a little old pesky flea
They seal up the house and set off a bomb
Send poison into the air
Kills the insects both bad and good
But what do they care
Insecticide
Insecticide

Herbicide it's killing me
Herbicide why won't they let me be
Herbicide why are they spraying me
Cause I'm just a little old nuisance weed
They fill up the spray gun and strap it on their back
Spray it all over the ground
Kills the weeds and also the worms
When will they learn
Herbicide
Herbicide



RECESS MUSIC

Farmer's Market

Performed by: Ken Cooper

Come on, come on, come on everybody
Come to the Farmers Market
Get your fruit and veggie
Come on, come on, come on everybody
Come to the Farmers Market
It's time to eat more healthy

Everyday a burger
French fries and a shake
Made my wallet thinner
And my stomach ache
I had to change my diet
I had to follow through
Now I feel like a million bucks
And you can do it too

Chorus

I like romaine lettuce
Carrots and green peas
Celery and Broccoli
And spinach, if you please
Apple, grapes and melons
All taste mighty good
I got them from a grower
In my neighborhood

Chorus

It's ok to eat like a rabbit
Make a salad today for lunch
Get some exercise while you're at it
And beat that heart attack to the punch
To the punch

Chorus



RECESS MUSIC

Wonderful Wiggly Worms

Performed by: Lisa Atkinson

Down in the dirt they are workin' so hard.
Tunnellin' around in your own backyard
Hiding underground where they can't be found
Those worms wonderful worms
Those worms wiggly worms
Those worms help plants in a special way
Make good soil every day
Just munchin' up dirt and they never do stop
Those worms wonderful worms
Those worms, wiggly worms
No teeth, no ears, no eyes, no clothes
No feet, no bones, not even a nose
But, they've got a mouth & they chew & chew
That's what those worms are supposed to do
Those worms, worms, wonder worms
Those worms, worms, wiggly worms
So when you're diggin' in the dirt
and you happen to see one of those worms, just let it be
Thank it for the work that it does each day
Sing this song as it wiggles away



RECESS MUSIC

Digging the Weeds

Performed by: Readeez

Digging the weeds
Because it is what the garden needs
Planting the seeds
Dirt on our knees and elbows
Everybody knows
That's how it grows

Digging the weeds
Sweeping away the fallen leaves
Loving the breeze
Trusting that we can always help our garden grow
Taking it slow



RECESS MUSIC

My Food Is Made From Sunshine

Performed by: Jay Mankita

The sun shines down without a sound
Feeds the plants growing on the ground
Helps them grow in every way
My food is made from sunshine

I got energy to work and play
Helps me feel good every day
Sleep better at night when I hit the hay
My food is made from sunshine

The sun shines down upon my fruits, and veggies, grains, and beans
Fills my life with sunshine through my berries, seeds and greens
The colors in my food seem brighter every time I dine
When I remember that my food is made from sunshine

Vitamins, minerals, every day
A little bit goes a long, long way
Phyto-nutrients on my tray
My food is made from sunshine

Healthy, flexible, skin and bone
Strong, athletic, muscle tone
A happy heart and an open mind
My food is made from sunshine



RECESS MUSIC

Mother Nature Delivers

Performed by: Linda Book

CHORUS:

Bugs and birds and snakes and stars,
And weeds and dirt and rivers,
Meadows and mountains and flowers and frogs:
Mother Nature delivers

The ocean wide with whales inside.
A sun that daily rises.
Trails that wind and trees to climb.
And rocks in many shapes and sizes

CHORUS

Eggs from chicken and chicken from eggs
Bubbles in a geyser
Fish with fins and crabs with legs
Drops of dew on webs of spiders

CHORUS

The breeze that blows around your nose,
To say that winter's coming.
Fields of wheat for us to eat
The oil that keeps a heater humming