



farm to TABLE

Preschool Resource Kit Guide

farm to TABLE

The Farm to Table program provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods.

Childcare sites receive stipends to purchase fresh, local foods for meals and snacks through an online marketplace hosted by Farmstand Local Foods. Tilth Alliance and Solid Ground offer nutrition and gardening education, including mobile classes, family nights, and farm field trips. Staff training in the form of menu planning, lesson plan development, and cooking skills workshops is provided by Nourishian for Life.

Farm to Table is supported by funding from the City of Seattle Sweetened Beverage Tax.



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Welcome to the Farm to Table Preschool Kit!

This kit provides the resources and tools needed to implement Farm to Table activities tailored to your students and classroom. It contains a wealth of information to give you the confidence to incorporate cooking, gardening, and nutrition lessons into your daily routines or at your leisure through themed events and activities.



One of the goals of Farm to Table is to support the learning environment to positively influence students, encouraging them to develop a healthy relationship with food and nature, as the source of our food. We encourage you to use the contents of the kit to best fit your students' needs and interests.

Some of the materials will look very familiar: children's books to read aloud and add to your library for children to explore on their own, plus interactive activities that engage students in hands-on learning opportunities. In addition to this, you'll find your own 20-piece learning-knife set. You'll also find what we call "passive" learning tools—these are tools that don't require an implementing activity but can instead be arranged around the classroom (or utilized at mealtime) for students to passively engage with.

As you explore this kit, we encourage you to reach out if questions arise or you need support on how to implement any of the farm-to-table activities. We welcome your feedback (both positive and suggested improvements), so we can improve future versions of the kit. Please email Tanya Fink, the Community Nutrition Registered Dietitian at Tilth Alliance, at TanyaFink@tilthalliance.org to share your thoughts, suggestions, and success stories using the Farm to Table Preschool Resource Kit.

We're thrilled to be working with you as we roll out this new resource, and we are excited to hear how you engage with it. Enjoy!

Farm to Table Guiding Principles

Access to Quality Food

Create easy access to locally produced, culturally appropriate food by building a local food system that benefits farmers, the environment, and consumers.

Actions: Provide fresh food subsidies, an online marketplace, nutrition and garden education, menu planning support, and training in food preparation and curriculum.

Community Connection

Focus on the shared experience of food, from eating together to connecting with those who grow, process, distribute, and prepare our food. Create activities for students, staff, and parents to experience how food can bring people together.

Actions: Support and promote family events, family-style meals in the classroom, and acknowledgement of farmers and food workers.

Health Equity

Promote fresh local food among young children in the classroom environment to build lifelong healthy habits as a means of preventing chronic diet-related diseases that disproportionately affect people of color. Providing quality, fresh meals and snacks to students builds the foundation for their learning capacity and educational success.

Actions: Provide consistent access to quality food while addressing systemic issues in our local food system. Provide information and skill building to childcare providers and parents/caregivers about how and why fresh, local food promotes overall health.

Appreciation for Farm Workers

Acknowledge farmers' work and the critical role they play in our community as the providers of our food. Provide age-appropriate context to the history and present-day complexity of food and farming in the United States.

Actions: Farmer visits in the classroom and farm field trips to visit and meet farmers. Read relevant books that highlight farmers and their stories. Highlight farmers in the food system as part of cooking, gardening, and nutrition lessons.

Honor the Land Our Food Comes From

Educate young eaters on how to be stewards of the land and understand that the health of the land connects to the health of our food and our bodies.

Actions: Acknowledge that the land we live on is of the Duwamish and Coast Salish people. Practice composting in the classroom, promote regenerative growing practices, introduce soil science, and teach about the food system as a web of life that we are a part of.

Respect Culture and Tradition

Recognize the integral role culture and food traditions have on our relationship to food and identity as a community. Welcome and represent food cultures that are reflected among students, families, and staff.

Actions: Include recipes from various cultures, use books in lessons that reflect different lifestyles and food traditions, and teach nutrition and gardening concepts from various traditional perspectives.

Enjoy and Celebrate Food

Model a positive relationship with food that emphasizes the pleasure of eating and how it nourishes our bodies. Show gratitude for the land and workers that provide for us.

Actions: Balance farm-to-table education between the science, skills, and social aspects that encompass food. Include messaging that acknowledges that food has an emotional component that affects what and how we eat.

Resilient and Regenerative Practices

Work to promote long-term practices that both sustain and heal, and actively minimize any harm to people, environment, and animals.

Actions: Build resilient systems within Farm to Table that ensure the work can continue and evolve as the staff and program changes. Educate about regenerative growing practices that promote the health of land, water, and all living beings.

Washington Farm Food by the Season

WHAT YOU'LL SEE IN THE FARM TO TABLE MARKETPLACE

SPRING Mar – May	SUMMER Jun – Aug		FALL Sep – Nov	WINTER Dec – Feb
	Early–Mid	Mid–Late		
FRUIT Apples Rhubarb Strawberries VEGGIES Asparagus Asian Greens Herbs Lettuces Potatoes Radishes Radd/Rapini Spinach Turnips	FRUIT Apricots Blackberries Blueberries Cherries Raspberries Strawberries VEGGIES Chard Collards Green Onions Herbs Kale Lettuces Radishes Snap Peas Turnips	FRUIT Blackberries Blueberries Peaches Plums Melons Raspberries VEGGIES Beans Broccoli Cabbage Carrots Cauliflower Collards Corn Cucumbers Garlic Kale Onions Peppers Summer Squash Tomatoes Zucchini	FRUIT Apples Pears Kiwi Berries Melons VEGGIES Asian Greens Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Collards Garlic Kale Onions Peppers Potatoes Radishes Tomatoes Winter Squash	FRUIT Apples Pears VEGGIES Brussels Sprouts Cabbage Carrots Garlic Onions Potatoes Pumpkins Turnips Winter Squash

YEAR ROUND: Dairy • Eggs • Beef • Chicken • Dried & Frozen Fruit • Juices • Flours & Grains

Additional Resources

Cooking and Nutrition Classes for Families

Cooking Matters provides a six-week class series on healthy cooking skills, nutrition education, and food budgeting for adults, teens, and families living on low incomes.

Participants engage in educational activities and help prepare a shared meal. The goal of classes is to provide a space for participants to share experiences, information, and foster a dialogue about what it means to be healthy for each individual.

Classes are typically hosted at your site, but during the COVID pandemic will be hosted online. All supplies and materials are provided for in-person classes (you just provide the space and a sink!), and participants receive groceries each week to try recipes at home. For virtual classes, participants cook in their own kitchens but are provided either groceries or gift cards to purchase ingredients needed for class recipes.

If you are interested in hosting a Cooking Matters class, contact Gina Lee at Solid Ground at cooking@solid-ground.org.



Gardening Support

If you're thinking about doing some gardening at your site, the Garden Hotline is a great resource. The Garden Hotline provides free support and advice for gardeners of all ages and experience levels. Their friendly experts are available 6 days a week to help, so give them a call!

206-633-0224
Monday through Saturday, 9am-5pm
<https://gardenhotline.org/>

Field Trips to Marra Farm Giving Garden

Since 1986, Solid Ground has cultivated a 3/4-acre Giving Garden on historic urban farmland at Marra Farm in the South Park neighborhood. Each year, community members, volunteers, and staff grow thousands of pounds of fresh, organic produce there. All the produce grown stays in the South Park community, nourishing residents via food banks, meal programs, health clinics, and other organizations.

Solid Ground hosts vibrant gardening, nutrition, and environmental education programs for young people, including hands-on field trips that engage the senses. They prioritize offering these opportunities to schools and organizations who serve a high percentage of students living on low incomes and are proud to be able to do so free of charge for these groups.



If you are interested in scheduling a field trip to Marra Farm, please use the contact form found here:

<https://www.solid-ground.org/get-involved/farm-tours-field-trips/>.

If you have any questions, please contact Scott Behmer at scottb@solid-ground.org.

Washington Farm to School Network – Farm to Early Care and Education (F2ECE)



Farm2ECE is the state and national equivalent of Seattle's Farm to Table program, focused on connecting preschool students to farm fresh produce and learning opportunities. Find resources on F2ECE curriculums, ordering guides, equity tools, community of practice connections, and COVID resources related to F2ECE.

<https://wafarmentoschoolnetwork.org/communities-of-practice/farm-to-childcare-ece/>

National Farm to School Network

This national resource offers connections to curriculums and best practices from participating sites across the country. Their website includes resources on the vision and strategies to successfully implement farm-to-table programming. Access webinars and related resources to support your program.



<http://www.farmentoschool.org/our-work/early-care-and-education>



Virtual Learning and Field Trips at 21 Acres

21 Acres is a regenerative farm that provides educational programming. During the COVID pandemic, they are offering virtual farm field trips through their website. Explore the farm using science, story, and song. Each episode has a different theme—great for curious youth of all ages!

<https://21acres.org/classes-events/virtual-learning/virtual-youth-learning/>

Summer and School-Year Farm and Garden Camps at Tilth Alliance

Tilth Alliance's education programs help young people of diverse backgrounds develop nourishing connections with their community and the natural world through meaningful learning experiences in fields, farms, and kitchens. Summer camps and new school-year farm and garden camps provide opportunities for children and youth to grow, prepare, and eat food with a clear understanding of the interconnectedness of food, health, community, and earth's sustainability. Winter programming is available for grades K-3 and 3-5. Please visit their website for Spring and Summer programming coming soon, which will include additional programs for preschool age. Reduced price tickets and scholarships are available.



<http://seattletilth.nonprofitsoapbox.com/kids-and-families>

Virtual Farm Adventures and In-Person Family Farm Adventures at Oxbow Farm



Oxbow's Virtual Farm Adventures connect you and your learning community to the seasonal changes on an organic vegetable farm, wherever you are! Hosted via Zoom you will meet an Oxbow Farmer, start with a welcome activity like a song or story, get a live video tour of what's growing at the farm, and cover a learning question or theme relevant for your group.

In Spring 2021, registration will open for Family Farm Adventures at Oxbow Farm, a personalized field trip for household/family units. Families will explore interdependent relationships, plant and animal needs, witness the cycling of nutrients, and learn how selection by farmers influences genetic traits of the food crops we love. Family Farm Adventures are available on a sliding scale of \$50-\$150. No one will be turned away, so please let Oxbow Farm know if program costs pose a barrier.

Email education@oxbow.org to schedule your Virtual Farm and Family Adventures!

<https://www.oxbow.org/education/school-programs/>

Book Guides

Our Community Garden by Barbara Pollak

Audrey Aubergine and her friends spend their summers playing and working in their neighborhood's community garden. Audrey and her friends are all planting different seeds! The story talks about gardening tools, various things to do in the garden, some of the critters that can be found in the garden, and different recipes that can be made with what was planted.



Before reading the book:

- What is a community?
- What does community mean to you?
- What can you find in a garden?
- Have you been to a garden?
- Does your family or someone you know grow food or flowers?

After reading the book:

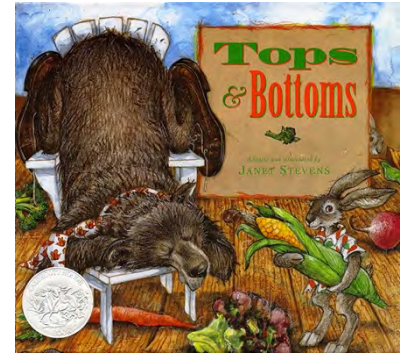
- What vegetables did Audrey and her friends plant?
- What did Audrey and her friends cook with their harvest?
- What work do Audrey and her friends do in the garden?
- What bugs did Audrey and her friends find in the garden? Can you name a bug?
- What is a weed? Why do you think people take weeds out of the garden?

Vocabulary

- **Community** - is usually a group of people who all have the same interests and can help each other. However, this word has lots of different meanings for different people. For example, some people consider plants, animals, and insects as a part of their community, like a shared garden. Others might consider where they live as part of their community, like their neighborhood.
- **Weed** - a plant growing where it is unwanted
- **Weeding** - removing unwanted plants from the garden
- **Gardening Tools:**
 - **Spade** - a tool for digging
 - **Trowel** - a tool for digging small holes
 - **Pitchfork** - a tool that helps lift loose materials, like a pile of leaves
- **Tomatillo** - a tart green fruit that is used in Mexican dishes, like salsa

Tops and Bottoms by Janet Stevens

Hare makes a clever scheme to feed his family by growing food on Bear's land, and splitting the harvest: one gets the tops, and the other gets the bottoms.



Before reading the book:

- What do you think the “tops” and “bottoms” are about?
- What does it mean to be “clever?”

After reading the book:

- How did the Hare trick Bear into getting all the unwanted foods?
- What are examples of tops and bottoms that Hare grew? What about the “middles?”
- What is your favorite “top,” “middle,” and “bottom” foods?
- How did Hare trick Bear?
- What did Bear do after he was tricked three times by Hare? What would you have done if you were Bear? Or Hare?

A Day at the Market by Sara Anderson

Set in Seattle's Pike Place Market, the book vividly recreates the cacophony, variety, joy, and life that can be found in every market. Illustrated with diverse characters of all identities and roles: lots of opportunity for conversations appropriate to different age levels about food and racial and cultural similarities and differences.



Before reading the book:

- Have any of you gone to the Pike Place market?
- What kinds of things do you see at a farmer's market?

After reading the book:

- Who did you see at the market?
- What kinds of things were they selling?
- What else was at the market?

More Books to Read

Topic: Culture and Community

Fry Bread: A Native American Family Story

By Kevin Noble Maillard

Grades: PreK-2

Told in lively and powerful verse by debut author Kevin Noble Maillard, *Fry Bread* is an evocative depiction of a modern Native American family, vibrantly illustrated by Pura Belpre Award winner and Caldecott Honoree Juana Martinez-Neal.

Amy Wu and the Perfect Bao

By Kat Zhang

Grades: K-3

Meet the funny, fierce, and fearless Amy Wu, who is determined to make a perfect bao bun today. Amy loves to make bao with her family. In this tasty story of tenacity and ingenuity, everyone in the family can make perfect bao except for Amy. Her parents and grandmother are happy to dedicate a day to helping, but perfection continues to elude Amy until she has an idea. A bao recipe concludes, as does a revelation that “not-so-perfect bao” taste just as good as their tidy counterparts.

Thank You, Omu!

By Oge Mora

Grades: PreK-2

Everyone in the neighborhood dreams of a taste of Omu’s delicious stew! One by one, they follow their noses toward the scrumptious scent. And one by one, Omu offers a portion of her meal. Soon the pot is empty. Has she been so generous that she has nothing left for herself? Oge Mora brings to life a heartwarming story of sharing and community in colorful cut-paper designs as luscious as Omu’s stew. An author’s note explains that “Omu” (pronounced AH-moo) means “queen” in the Igbo language of her parents, but growing up, she used it to mean “Grandma.”

Bee-Bim Bop!

By Linda Sue Park

Grades: K-3

Bee-bim bop (the name translates as “mix-mix rice”) is a traditional Korean dish of rice topped, and then mixed, with meat and vegetables. In bouncy rhyming text, a hungry child tells about helping her mother make bee-bim bop: shopping, preparing ingredients, setting the table, and finally sitting down with her family to enjoy a favorite meal. The energy and enthusiasm of the young narrator are conveyed in the whimsical illustrations, which bring details from the artist’s childhood in Korea to his depiction of a modern Korean American family. Even young readers who aren’t familiar with the dish will recognize the pride that comes from helping Mama, the fun of mixing ingredients together in a bowl, and the pleasure of sharing delicious food. Includes author’s own recipe.

Carla's Sandwich

By Debbie Herman

Grades: K-4

Carla's lunch box is filled with odd delights that, to her, are delicious and creative lunches, but her teasing classmates are unconvinced and abandon her at the lunch table to eat alone. One day, Buster—the worst tease of all—forgets his lunch and Carla thoughtfully offers him her extra sandwich. Carla teaches her classmates that “unusual” can actually be good. Lively illustrations help showcase the book's messages of acceptance, tolerance, individuality, and creativity, and the funny plot and authentic dialogue are sure to make this tale a favorite among elementary school children. Carla's creative sandwiches inspire young chefs to create sandwich masterpieces of their own.

Magda's Tortillas

By Becky Chavarria-Chairez

Grades: 1-3

Magda is learning to make tortillas with her abuela, but it's harder than it looks and hers are coming out in all different shapes. She keeps trying, and ultimately her family loves her shapes the best. The book is bilingual—written parallel in English and Spanish with the option to read either, but the English portion still has some Spanish words.

Priya Dreams of Marigolds & Masala

By Meenal Patel

Grades: K-3

Priya lives in the United States and her family is from India. She feels the magic of the place her family comes from through her Babi Ba's colorful descriptions of India—from the warm smell of spices to the swish-swish sound of a rustling sari. Together, Priya and Babi Ba make their heritage live on through the traditions that they infuse into their everyday lives. *Priya Dreams of Marigolds & Masala* is a celebration of the special bond between grandparents and grandchildren, the threads that connect each of us to our heritage, and the power of sharing our traditions with others.

The Ugly Vegetables

By Grace Lin

Grades: K-2

In this charming story about celebrating differences, a Chinese American girl wishes for a garden of bright flowers instead of one full of bumpy, ugly vegetables. The neighbors' gardens look so much prettier and so much more inviting to the young gardener than the garden that she and her mother grow. Nevertheless, mother assures her that “these are better than flowers.” Come harvest time, everyone agrees as those ugly Chinese vegetables become the tastiest, most aromatic soup they have ever known. As the neighborhood comes together to share flowers and ugly vegetable soup, the young gardener learns that regardless of appearances, everything has its own beauty and purpose. Includes recipe for ugly vegetable soup.

Two Old Potatoes and Me

By John Coy

Grades: K-2

One day at her dad's house, a young girl finds two old potatoes in the cupboard. "Gross." But before she can throw them away, her dad suggests that with some advice from Grandpa, they try to grow new potatoes from the old ones, which have sprouted eyes. Told from May to September, the potato-growing season, the story includes all the basic steps for growing potatoes.

Topic: Food Systems, Farming, and Markets

How Did That Get in My Lunchbox? The Story of Food

By Chris Butterworth

Grades: K-3

A look at each item in a lunchbox and how it was grown, produced, and transported. This book contains a diversity of characters, but is based on the premise of students bringing lunch to school which may not be relatable for all students.

On the Farm, at the Market

By G. Brian Karas

Grades: K-3

On the farm, workers pick vegetables, collect eggs, and make cheese. At the market the next day, the workers set up their stands and prepare for shoppers to arrive. Amy, the baker at the Busy Bee Café, has a very special meal in mind—and, of course, all the farmers show up at the café to enjoy the results of their hard work. This informative book introduces children to both local and urban greenmarkets and paints a warm picture of a strong, interconnected community.

Topic: Gardening and Composting

Wiggling Worms at Work

By Wendy Pfeffer

Grades: PreK-2

Crawling through the dirt, worms are hard at work helping plants to grow. Worms help the fruit and vegetables we eat by loosening the soil and feeding the plants. Read and find out about these wiggling wonders! This Stage 2 Let's-Read-and-Find-Out book lets readers know about all the important ways worms work to help the environment—and people!

Yucky Worms

By Vivian French

Grades: K-2

Who would want to be friends with a wiggly, slimy worm? You can't even tell which end is which! But there's more to these lowly creatures than meets the eye. Kids are invited to find out where worms live, see how they move, and understand why gardeners consider them friends with the help of this humorous and informative look at a fascinating, yet unappreciated, creature. Back includes further information about worms and an index.

The Tiny Seed

By Eric Carle

Grades: PreK-2

Carried from its flower home by the autumn wind, a tiny seed travels around the world. Its journey is perilous, and the reader learns the fate of fellow seeds. Against the odds, this tiny seed survives to grow into a grand, beautiful flower, ready, in turn, to send its seeds out into the world on the wind. Brightly colored collage pictures invite young readers to share the tiny seed's exciting journey. Carle also provides basic information on the seasons and the life cycle of plants, making this a good introduction to beginning science projects and an enticement to students to further explore the natural world.

A Seed Is Sleepy

By Dianna Aston

Grades: K-3

This gorgeous book from award-winning artist Sylvia Long and author Dianna Hutts Aston offers children a beautiful and informative look at the intricate, complex, and often surprising world of seeds. Poetic in voice and elegant in design, the book introduces children to a fascinating array of seed and plant facts, making it perfect reading material at home or in the classroom.

A Fruit Is a Suitcase for Seeds

By Jean Richards

Grades: K-3

Fruits come in many shapes and sizes and are very important to plants. One of their jobs is to protect the seeds inside. Like a suitcase, fruit holds the seed and keeps it warm and safe. Fruits also help seeds travel to a good place to germinate and grow.

Compost Stew: An A-to-Z Recipe for the Earth

By Mary McKenna Siddals

Grades: PreK-3

A rhyming A-Z book about compost and what can go in it. Not as informative as some others, but a good portal for talking about compost. Appealing illustrations and rhyme scheme makes it especially appealing for young students.

Gardening in the Classroom

Planting a seed and watching it grow is a great way for students to connect with nature, increase their understanding of where food comes from, and feel empowered to grow their own food. Gardening indoors requires the same basics as any gardening endeavor: light, water, and soil. Here are some tips for gardening in the classroom:



Classroom Gardening Tips

- Growing a bean in a bag is one of the simplest growing activities and allows students to get a close-up view of root formation. See instructions below.
- Any container can be a planter if it has drainage holes. Use recycled yogurt cups, drinking cups, or other small containers for individual seedlings. Small tubs or buckets can be used for larger gardening projects.
- Most kids, especially young ones, will love to water their plants, and it is easy to overwater and drown new seedlings. If needed, try establishing a watering schedule, or how much water students should give their plant. As a general rule for herbs, flowers, and vegetables, soil should be moist but not saturated, and should not be allowed to dry out.
- A sunny windowsill is an ideal spot for classroom gardening, but you can also grow plants using bright lights. While special full spectrum grow lights exist, any light bulb can provide adequate light for plants.
- Most seedlings will grow better if they are warm. If gardening in the winter, be thoughtful about not putting seedlings in a drafty or unheated space.
- If you have outdoor space for your pots, remember that concrete and brick will hold heat. This can benefit your plants in cooler seasons, but it also means that pots can dry out faster or overheat in the summertime.
- When growing, consider having students to keep a journal, writing or drawing their observations of the growing process.

What to Grow

If you will be growing inside for the life of the plant, try these things that do well in containers and will thrive in a bright indoor spot:

- Nasturtiums (the flowers are edible!)
- Herbs: basil, mint, cilantro, chives, and others
- Lettuce or any salad green



If you are starting seeds indoors, but either have some outdoor space to transplant (either larger containers or in the ground) or plan to send plants home with kids for their home gardens, these are some good options:

- Beans
- Peas
- Squash (pumpkins, zucchini)
- Tomatoes

Growing a Bean-in-a-Bag

Supplies needed:

- Sandwich bags (Ziplocs)
- Paper towels
- Spray bottle or container with water for wetting paper towels
- Dried beans



<https://lifeovercs.com>

1. Label bags with students' names before starting.
2. Students need to wet a paper towel so that it is soaked through, but not dripping wet. Do this by dipping a paper towel in a container of water and wringing it out, spraying a paper towel with water (a plastic tray underneath will contain the water!), or wetting it in the sink. Put the wet paper towel in the bag.
3. Add 1-2 dried beans: put beans between paper towel and bag for the best view. Push air out of bag and zip closed.
4. Put bag in a sunny spot: lay on a windowsill, tape to a window, or hang on a clothesline stretched in front of a window. Be sure that bags are at a height at which students can watch the changes.
5. Bean should begin to germinate within a couple days.

Growing Kitchen Scraps

Many vegetables can be regrown from the part unused in cooking. The easiest thing to regrow is green onions. Cut off the greens, leaving at least a couple inches at the root end. Put the root end(s) in a jar or cup with a little water in the bottom. Change the water every day or two, and you should see new growth within a few days. Green onions can typically be cut and regrown two or three times: eventually the roots will get mushy or start to rot and you'll know it's time to compost and start over!



Garden Gate Magazine

Other vegetables that can be regrown using the bottom/root end:

- Bulb onions
- Romaine or bibb lettuces
- Garlic (use individual cloves)
- Celery

Vegetables that can be regrown using the tops:

- Carrots
- Pineapples
- Beets
- Turnips

Growing Kitchen Herbs from Cuttings

Many herbs are easy to grow from seed in containers, but some herbs are also easy to grow from cuttings. Basil and mint can be grown easily this way. Take a small cutting from a plant (with permission!) or save a stalk from the next bunch you get from the grocery store.

How to make a cutting: Go down from the tip of the plant about 4-6 inches and use scissors or a knife to make a fresh, clean cut just below a node (where the leaves attach to the stem). Leave at least 2 or 3 sets of leaves attached and remove the lower leaves (as shown in the picture to the right). Put the cutting in water, and in 5-7 days you'll see roots starting to form at the nodes where leaves were removed. Change the water every 2-3 days. Once there is a healthy root system, transplant into soil.



<https://smartgardenguide.com>

Cooking with Kids

Cooking with students can be fun and creates unique learning opportunities. If you are new to cooking in the classroom, it can be quite different than cooking at home, even if you're accustomed to cooking with kids. Here are some tips for success:



Prioritize Safety

- Ensure everyone washes their hands before beginning. Remind students to rewash their hands if they touch their face/mouth or handle anything other than kitchen utensils.
- Limit cross-contamination by having students only touch raw ingredients that they will consume. For example, when making fruit salad, pre-cut fruit into larger pieces (cut an apple in quarters, cut a banana in half, etc.), and then have students cut that segment for their own bowl of fruit salad.

Knife and Tool Safety

- Review knife safety before handing out knives. Remind students that even though these are plastic knives, they should practice good knife safety (not touching the blade, using their knife only as a cooking tool and not as a weapon).
- Remind students to always keep their blade facing down, avoid them building habits that use the knife in unsafe ways.
- Demonstrate knife skills for students to learn good cutting habits:



Bridge technique



Chop technique



Claw technique

- Graters can present safety hazards when students use them and accidentally cut their knuckles or fingertips. A better tool for grating is a “shredder peeler” that cuts hard items like carrots into a shape similar to a grater. These can be purchased at Asian markets in their kitchen equipment aisle.

Set Reasonable Expectations

- Cooking with kids is messy! Encourage students to be thoughtful and clean up after themselves but expect that cooking will take longer and be messier than if you were cooking alone at home.
- Choose simple, straightforward recipes, especially when you are first starting and haven’t had a chance to gauge students’ skills.

Choose Appropriate Recipes

- Always ensure that recipes are free of allergens. If there is an allergy, it is possible to find an alternative ingredient that will allow all students to participate. For example, soy yogurt instead of dairy, or gluten free pasta.
- Choose recipes with simple, straightforward steps that don’t require specialty utensils or equipment.
- Recipes with pictures can help with low literacy students, whether your students are new or non-readers or have limited English proficiency. Even adding pictures of the ingredients can allow students to help “read” the ingredient list.



Rethink What a Kitchen Looks Like

- If your site doesn’t have a full kitchen, or the kitchen does not have enough space to gather all students, start with recipes that don’t require heat or other appliances.
- If you are interested in recipes or cooking activities that require appliances you don’t have, contact Tanya Fink at TanyaFink@tilthalliance.org about potentially borrowing or acquiring an electric skillet, blender, electric water kettle, or other tools.
- Multi-use spaces can easily be transformed into the cooking area. Before starting, clear the space you’ll need, make sure art projects, toys, and personal items are stowed away, and spray surfaces with a bleach solution.

Setting Up the Kitchen

- Always sanitize your workspace.
- Put all ingredients for a recipe in one area and set out cutting boards for the number of students participating.
- Keep utensils (knives, peelers, etc.) aside until you can demonstrate tool safety and clearly explain the activity before students begin. Knives and other utensils can often be a distraction from listening to instructions.



- Have samples of ingredients precut to show what size and shape they should be.
- Set out compost bowls or bins containing a few examples of what can go in them, like paper towels and potato peels. Remind kids that plastic, foil, and other non-biodegradable items do not go in compost.

Tie Cooking Activities into Other Lessons and Activities

- Reading recipes aloud can help students practice listening and language comprehension skills, and math skills including chronology and measurements.
- Food is an important element of all cultures. If you are doing activities, lessons, or units in your classroom that highlight a specific culture, geographic location, time period, or holiday, consider adding a related cooking activity.
- Encourage students to bring in recipes from home or talk about the foods they eat with their families. This can be a way to celebrate the diversity in your classroom and expose students to the wide variety of cuisines.



Good Tools for Preschool-Age Students

- Butter knives
- Plastic knives
- Scissors for cutting leafy greens
- Crinkle cutters
- Rolling pins
- Whisks
- Peelers

Shareable Guides



Our team knows how important it is for learning in the classroom to extend to the family and home of each student. For this reason, we have included the following pages as resources you can copy and share with families. We hope that kids will be excited to share what they're learning in the classroom and motivate parents to cook and explore food with their children at home!

Glossary of Cooking Terms

Bake	To cook by dry heat, usually in the oven.
Beat	To mix foods thoroughly to a smooth consistency using a spoon, fork, whisk, or electric beater/mixer.
Blanch	To cook a food in boiling water for a few minutes and then plunge into cold or ice water to stop cooking further. Blanching seals in color and juices and helps to remove skin or peels. Most vegetables should be blanched before being frozen.
Blend	To combine two or more ingredients by hand, with a blender, or by using an electric mixer.
Boil	To heat a liquid until many bubbles appear on the surface. A full or rapid boil is when the bubbles appear very quickly or appear as rapidly churning bubbles.
Broil	To broil is to cook food (usually meat and veggies) directly under a heat source. For example, you can broil food in a traditional oven or in a toaster oven, on the broil setting. Food turns brown and crispy on the outside and cooks quickly.
Broth	A clear, flavorful liquid made by simmering meat or poultry and other ingredients. Broth is generally seasoned, whereas stock is not.
Brown	To quickly cook a food (usually meat) on the outside only. Browning creates appetizing aromas and flavors and makes meat a more appealing color.
Chill	To place food inside of the refrigerator until it gets cold.
Chop	To cut into small pieces about 1/2 inch in size.
Cored	When a recipe calls for a fruit to be “cored,” it means to remove the center or “core” of the fruit which often has seeds or a pit.
Cream	To blend butter with another ingredient, like sugar, until the mixture is smooth and creamy. To cream fats (such as butter), the fat needs to be at room temperature.
Cube	To cut a food into small cube shapes, usually the size of a 1/2 to 1 inch cube.

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Dash	A small amount of dry spices or seasonings. Approximately 1/8 teaspoon.
Deep fry	To cook by immersing food in hot fat.
Dice	To cut something into very small pieces of uniform shape and size, about 1/4 inch in size.
Dilute	To thin a liquid or reduce the intensity of flavor by adding liquid.
Dissolve	To cause a dry substance (like salt) to mix completely with liquid.
Divided	When a recipe calls for an ingredient to be divided, it means that you will use the ingredient more than once in a recipe. Read ahead in the cooking steps to find the measurements you will need.
Drain	To remove the liquid out of a food that you are cooking. A strainer or colander can be used to drain liquid from a food.
Flip	To cook something on one side and then the other, such as pancakes.
Fold	To gently mix a lighter, delicate ingredient, like beaten egg whites, into a heavier one, like batter, without releasing air bubbles. Best performed with a rubber spatula and an over-and-under turning technique, rather than traditional stirring.
Fry	To cook in hot fat. To cook in a pan with a very small amount of fat is called pan-frying or sautéing; to cook in a 1-2 inch layer of hot fat is called shallow-fat frying; to cook in a deep layer of hot fat is called deep-fat frying.
Garnish	To decorate food with other food items such as herbs like parsley or dill, lemon slices, or vegetables.
Grate	To cut either a soft food such as cheese or a hard food such as carrots into small pieces using a metal tool with small holes called a grater, or by using an electric food processor on the “grate” setting.
Grease	To cover a pan or dish with butter or oil to prevent food from sticking.
Grill	To cook food on a barbecue grill, stovetop grill, or hibachi grill. This cooking process uses flames to cook the food with high heat.
Grind	To process solids by hand or mechanically to reduce them to tiny particles. Typically uses a machine like a food processor or coffee grinder, or a tool such as a mortar and pestle.

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Herbs	Any green or leafy part of a plant used for seasoning and flavoring a recipe, but not used as the main ingredient. Basil, parsley, rosemary, thyme, and dill are all herbs.
Ice bath	A bowl with water and ice cubes used to chill something very quickly.
Julienne	To cut food into long thin strips resembling matchsticks. Most commonly used for vegetables.
Knead	To work and press dough with the palms of the hands or mechanically to develop the gluten in the flour. Kneading dough is what gives bread its texture and structure.
Let stand	To let a food cool or set at room temperature before cutting it or before serving it.
Lukewarm	A medium temperature that doesn't feel either hot or cold to the touch, approximately body temperature.
Marinate	To place food such as meat, chicken, fish, or vegetables in a seasoned liquid in order to give the food additional flavor before cooking.
Measure	Real measuring holders like measuring cups and spoons are important for recipes. Pour dry ingredients into measuring cups or spoons and level off with a flat knife so the amount is just right. Use a liquid measuring cup for liquids. This is usually a 1 or 2 cup sized clear glass or plastic container with measurements marked on the side.
Mince	To chop a food finely. For example, mincing an onion means to first chop the onion and then cut it up even smaller by rocking a knife back and forth and across the food until the pieces are tiny. This process can be done by hand or by using an electric food processor.
Mix	To stir or put together more than one ingredient. This can be done by hand with a spoon or by using an electric mixer.
Pan-fry	To cook in small amounts of fat.
Pare	To cut the skin off a fruit or vegetable with a small knife, to ensure you lose as little of the flesh as possible.
Peel	To take off the outer covering of a food such as an apple. A "peeler" is a kitchen tool that helps with this task. If you use a knife instead, always peel in the direction away from your body to avoid cutting yourself.
Pinch	A pinch is a very small amount of an ingredient that is measured between your thumb and index fingers. Approximately 1/16 teaspoon.

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Puree	To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.
Reduce	To thicken and intensify the flavor of a liquid by boiling it until the liquid reduces in volume, so the flavor is concentrated. The reduced liquid is called a reduction.
Reserve	To reserve is to temporarily set something aside. For example, sometimes recipes will have you reserve liquid ingredients to add to the recipe later.
Roast	To cook by dry heat in an oven.
Sauté	To sauté is to fry lightly with a small amount of butter or oil in a hot pan, and is used to cook foods like vegetables, meat, and seafood very quickly, turning the food often while it cooks.
Sear	To brown meat over a high temperature very quickly.
Season	To improve the flavor of food by adding salt, pepper, and other spices and flavors.
Seeded	To remove all of the seeds before cooking or eating.
Shred	To cut or tear in small, long, narrow pieces.
Sift	To sift is to put dry ingredients through a kitchen tool called a “sifter” in order to remove lumps and to make the dry ingredients lighter.
Simmer	To boil liquid ingredients very gently at a lower temperature so that only tiny bubbles come to the surface.
Slice	To cut large ingredients into similarly shaped, flat pieces. Slices can be thin or thick, and the recipe will direct you accordingly.
Spices	Any dried part of a plant, other than the leaves, used for seasoning and flavoring a recipe, but not used as the main ingredient. Dried bark, roots, berries, seeds, twigs, or anything else that is not the green leafy part, is considered a spice.
Steam	To cook food over boiling water using a “steamer” basket that is placed inside a pot or by cooking food in a small amount of boiling water.
Steep	To stand a food in water that is just below boiling point to allow the flavors to emerge.

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Stir	To stir is to mix ingredients in a rotating motion in a bowl by using a spoon or whisk.
Stir-fry	To cook over high heat with a small amount of oil while constantly tossing in a pan or wok. The food is usually cut in small pieces to ensure quick cooking.
To taste	To add salt, pepper, or an herb (amount is up to the cook) to give the food more flavor.
Toss	To combine ingredients with a lifting motion.
Whip	To beat ingredients at a high speed by hand or with an electric mixer in order to make the mixture lighter.
Whisk	To beat ingredients with a kitchen tool called a “whisk” or a fork in order to make sure the food is well mixed and making the mixture light and airy.

Guide to Cutting Techniques



Chopping: The most basic of the cutting techniques. Put your middle, ring, and pinky fingers around the handle, and grip the blade with your index finger and thumb. To do the wrist-fulcrum method, keep the heel of the knife (the part of the blade closest to the handle) near the cutting board and pointing the tip of the knife upward. To do the tip-fulcrum method, keep the tip on the far side of the piece of food you're cutting.

Dicing: Use this technique to cut fruits and vegetables into even cubes. To begin, first cut your food into several square-sided pieces of equal length. After placing these pieces in a row, cut everything into as many cubes as possible.

Chiffonade: This technique is good for cutting herbs and greens. Pull off the stems and place the leaves on top of each other, stacking from small to large. Use your knife in a rocking motion to cut the stacks into thin strips.

Batonnet: Start by chopping off each end of what you are cutting, and then make a rectangle with the knife by squaring off all four sides. Slice the rectangle into 1/4-inch pieces, stack them and cut again, this time into 1/4-inch strips.

Mincing: Similar to chopping but smaller pieces. To mince, cut food lengthwise into strips, then again after turning the strips 90 degrees. Place one hand on the top of the knife to hold it steady and be sure to keep the tip of the blade anchored to the cutting board as you chop. Continue this motion by moving the knife back and forth swiftly through the pile until the pieces are very tiny.

Juliennning: The most difficult of the cutting techniques. Cut food into rectangular 1/8-inch planks, then stack the planks on top of each other and slice lengthwise into 1/8-inch strips. This technique takes practice, so don't worry if you don't get it right the first time.

Guide to Common Herbs

Storing Fresh Herbs

In the refrigerator: Wrap in a damp paper towel and place in a plastic bag, or trim the ends and place in a glass with about one inch of water, covered loosely with a plastic bag. Herbs will last for about a week in the refrigerator.

In the freezer: Delicate leafy herbs can be chopped and put in ice cube trays. Top off with water and freeze. Frozen herbs are best used in cooked dishes, such as soups, as they will lose color and crispness when thawed.

Basil



A close relative to mint, basil has a floral anise and clove-like flavor and aroma. There are two main types of basil: Sweet (or Genovese) basil and Asian basil. In Western cuisine, basil is most often associated with Mediterranean foods like pesto and tomato sauce. Sweet basil pairs naturally with tomatoes, but it can be used with almost every type of meat or seafood. Asian basil has a more distinct anise flavor and is often used in soups, stews, stir fries, and curry pastes.

Bay Leaves



The smell of bay's noble leaves reminds you of balsam, clove, mint, and some say even honey! Well known for use in hearty stews and other long-simmering dishes with its slightly sharp, peppery, almost bitter taste. Add whole leaves at the beginning of the cooking process and remember to remove them before serving. Sweet bay is native to the Mediterranean.

Chervil



Chervil has lacy, light-green leaves with a hint of anise and enhances the flavor of chicken, fish, vegetables, eggs, and salads. It's an heirloom herb that was most likely introduced to European herb gardening by the Romans. Closely related to parsley, chervil has become an indispensable herb plant in the kitchen, and a classic among herb plants in French cuisine.

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Chives

Chives add a flavor similar to onion without the bite. Chives are native to Asia but have been used as an additive to food for almost 5,000 years. Chives work well with eggs, fish, potatoes, salads, shellfish, and soups. They are an excellent source of beta carotene and Vitamin C. Add chives at the very end of cooking to maximize their color and delicate flavor. Purple chive blossoms are more pungent than the stems and are a beautiful addition to salads.



Cilantro

Cilantro, also called coriander, has a flavor that some people find “soapy,” but it is still one of the world’s most popular herbs. Many people love its bright, refreshing flavor, and it’s a staple of Latin and Asian cooking. The mild stems and leaves are usually eaten raw, added after a dish has been cooked. The roots are used to make Thai curry pastes. The seeds of cilantro are known as coriander.



Dill

The feathery leaves, or fronds, of the dill plant add a pleasant anise-like flavor to seafood, soups, salads, and sauces. Its subtle taste is an excellent complement to foods with delicate flavors like fish and shellfish, and it is commonly used in cuisines across Europe and the Middle East. Fresh dill should have a strong scent.



Fennel

Fennel is native to the Mediterranean region and grows best in dry soils near the ocean or on riverbanks. Fennel leaves and bulbs have a licorice flavor. The leaves (or fronds) are similar in shape to dill and can be added to salads and dressings, or used in stock. The bulbs can be sautéed, roasted, or eaten raw in salads.



Lemongrass

Lemongrass has a strong lemony flavor. It can be brewed into tea or used as a seasoning in foods. When cooking with fresh lemongrass, use only the lower bulbous portion of the stem. It can be pounded and used whole or cut in slices. If using the ground powder (sereh), use one teaspoon as an equal to one stalk of fresh. It is advisable to soak dried sliced lemongrass for two hours before using. Lemongrass is featured in Indonesian, Malaysian, Sri Lankan, and Indian cooking and is widely used in savory dishes and meat, poultry, seafood, and vegetable curries. Lemongrass stems can last 2-3 weeks in the refrigerator wrapped in a paper bag. Stems can also be frozen for several months.

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Lovage

Lovage belongs to the parsley family, and its seeds, leaves, and roots are used for flavoring foods and for their medicinal properties. It has a bright celery flavor with undertones of parsley and anise, and can be used cooked or raw. Use lovage in place of parsley in chicken and tuna salads or add to soups and stocks.



Mint

Although more commonly associated with sweet treats, mint lends its cooling peppery bite to many savory dishes, particularly from the Middle East and North Africa. Fresh mint is perfect for summer salads, to liven up a sauce, and or to brew fragrant teas. Mint's cooling flavor is also used to temper spicy curries.



Oregano

Oregano is a pungent herb found primarily in Mediterranean and Mexican cuisines. It is one of the few herbs that dries well, so it's often easier to find dried oregano than fresh. Dried oregano can be used in place of fresh oregano, but use half as much since the flavor is more concentrated. Oregano can also be used as a substitute for its close cousin, marjoram.



Parsley

One of the most common and versatile herbs used in Western cooking, parsley has a light peppery flavor that complements other seasonings. It is most often used in sauces, salads, and sprinkled over dishes at the end of cooking for a flash of green and a fresh taste. Flat leaf or Italian parsley has the best texture and flavor for cooking. Curly parsley is best used as a garnish.



Rosemary

A tough, woody herb with a pungent flavor, rosemary's spiky leaves can be used fresh or dried in long-cooking soups, meats, stews, and sauces. Because its flavor is strong, it is best to add rosemary sparingly at first and more if needed.



Sage

Many people use sage in their Thanksgiving stuffing, but there are many other delicious uses for this herb, particularly in dishes with pork, beans, poultry, squash, or potatoes. Dried sage has a strong flavor, so start with a small amount. Fresh sage is more vibrant in flavor and is often used in marinades, sauces, and savory breads.



Thyme

One of the most popular herbs in American and European cooking, thyme can be paired with nearly any kind of meat, poultry, fish, or vegetable. To use fresh thyme, peel the leaves off the woody stem by running your fingers along the stem, or use whole stems in soups and stews. With younger thyme, some of the main stem or little offshoot stems will come off with the leaves, which is fine.



Winter Savory

Winter savory is a shrubby herb with flavors of sage and pine. It gives food an earthy flavor and pairs well with pork, beef, chicken, and root vegetables in long-cooking dishes. It is popularly used with beans and is an important ingredient in the dried herb mixture called Herbes de Provence. In addition to its culinary uses, winter savory is used medicinally for its antibacterial and antifungal properties.

Rosemary Roasted Potatoes

Recipe from Tilth Alliance

Makes 6 servings

Ingredients

2 pounds potatoes

2 tablespoons oil

2 tablespoons fresh rosemary

1 teaspoon salt

Instructions

Preheat oven to 425°F.

Wash and cut potatoes into bite-size pieces. Mince rosemary into small pieces.

Combine potatoes, oil, rosemary, and salt in a medium bowl and toss together. Make sure the potatoes are evenly coated with oil. Add more oil if needed for all the potatoes to be coated.

Spread the potatoes out on a baking sheet. Bake 45-50 minutes until potatoes are golden, stirring every 15 minutes. Serve while hot and crispy.

Note:

If fresh rosemary is not available, substitute 1 tablespoon dried rosemary.



Photo credit: Toaster Oven Love website

Herb Butter in a Jar

Adapted from The Spruce Eats

Makes 1/2 cup

Ingredients

Fresh herbs of choice (such as rosemary, thyme, chives, dill, sage, or parsley)

1 cup heavy cream

1/4 teaspoon salt

Instructions

Mince 1-2 tablespoons of herbs.

Combine herbs, heavy cream, and salt in a 16-ounce mason jar and close lid tightly.

Shake jar vigorously until butter forms, approximately 5-10 minutes. As you shake, the butter will begin to form a ball and buttermilk liquid will separate out.

Once the butter has solidified, pour off the buttermilk into a separate container. Try using the buttermilk in a creamy salad dressing. Spread your fresh butter onto bread and enjoy!



Photo credit: Mrs Rogers website

10-Minute Chia Seed Jam

Adapted from Gimme Some Oven

Makes 1 cup

Ingredients

2 cups fresh or frozen fruit (see note below)

2 tablespoons chia seeds

1 tablespoon lemon juice (optional)

1 tablespoon maple syrup (optional)



Photo credit: Choosing Chia website

Instructions

If needed, remove pits from fruit and cut large fruit, like peaches, into smaller pieces.

Place fruit in a medium pot. Cook over medium heat, stirring occasionally, until the fruit begins to break down and bubble, about 5-10 minutes. As it cooks, use a fork or potato masher to mash the fruit to your desired consistency.

Stir in chia seeds until combined. Then taste and stir in lemon juice and maple syrup (if using).

Remove from heat and let cool for 5 minutes. The jam will thicken considerably as it cools. Give the jam one final good stir. Serve immediately or transfer to a sealed container and refrigerate for up to 1 week or freeze for up to 3 months.

Note:

Fruits that work well in chia seed jam: berries (such as strawberries, blackberries, blueberries, raspberries, and marionberries), cherries, peaches, apricots, plums, pineapples, and kiwis... basically any "juicy" fruits.

Oatmeal-Brown Sugar Baked Apples

Adapted from The Kitchn by Tilth Alliance
Makes 4 servings

Ingredients

4 apples (such as Fuji or Honeycrisp)
1/4 cup packed brown sugar
1/4 cup rolled oats
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
Pinch ground cloves
1 tablespoon butter, cut in 4 pieces
1 cup hot water

Instructions

Preheat oven to 375°F.

Remove the core of each apple, but do not cut all the way through. Stop cutting a half inch before the bottom of the apple and create a well roughly 3/4-inch wide. This can be done with an apple corer, melon baller, grapefruit spoon, or a paring knife.

Place the brown sugar, oats, cinnamon, nutmeg, and cloves in a medium bowl and stir to combine. Spoon the mixture evenly into the well of each apple, packing firmly.

Arrange the apples in an 8x8 baking dish and top each one with a piece of butter. Pour the hot water into the bottom of the baking dish and cover loosely with aluminum foil.

Bake for 20 minutes. Uncover and continue baking until the apples are soft and the brown sugar has melted into a syrup, 20-30 minutes more.

Test the apples for doneness by poking a paring knife through the oatmeal mixture and into the apple flesh. It should slide into the apple easily with no resistance. The skin on the apples will also become wrinkled and soft by the end of cooking.

Note:

- To make the recipe gluten free, ensure the oats are gluten free.
- To make the recipe dairy free, use coconut oil in place of butter.



Photo credit: The Kitchn website

Butternut Squash Veggie Pizza

Adapted from Minimalist Baker
Makes 8 slices

Sauce Ingredients

1 medium butternut squash (about 2 pounds)
3 cloves garlic
2 tablespoons oil (divided)
Salt and pepper to taste
1 tablespoon maple syrup

Pizza Ingredients

1 ½ cups broccolini
1/2 cup red onion
1/2 cup canned chickpeas
1 teaspoon oil
1 teaspoon dried oregano
Salt and pepper to taste
6 ounces store-bought pizza dough
1 cup Butternut Squash Sauce (instructions below)
1/2 cup shredded parmesan or mozzarella cheese

Instructions for Sauce

Preheat oven to 400°F.

Slice the ends off butternut squash, peel, and cut in half lengthwise. Scoop out seeds and cut squash into 1/2-inch pieces. Peel garlic cloves. Place butternut squash and garlic cloves on a baking sheet and drizzle with 1 tablespoon of oil and a pinch of salt and pepper. Toss to coat evenly with oil and spread into a single layer in the pan.

Bake for 15-20 minutes, or until all the squash is fork tender.

Transfer cooked squash and garlic to a blender or food processor and add maple syrup and remaining 1 tablespoon of oil. Puree until smooth, adding more oil or water if the sauce is too thick. The consistency should be creamy and spreadable, but not pourable. Taste the sauce and adjust seasonings as needed. Set aside.



Photo credit: Minimalist Baker website

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Instructions for Pizza

Increase oven heat to 425°F.

Remove any large stems from the broccolini and save them for another use. Roughly chop broccolini and red onion. Rinse and drain chickpeas.

Heat a large skillet over medium heat. Once hot, add oil, broccolini, red onion, chickpeas, oregano, and salt and pepper to taste. Sauté for 2-3 minutes, stirring frequently. Remove from heat and set aside.

Roll out pizza dough into an even circle and transfer to a parchment-lined baking sheet. Spread 1 cup of butternut squash sauce over the dough and then add the cooked veggies. Sprinkle parmesan or mozzarella cheese on top. (Note: you will probably have leftover sauce that can be used for another pizza, as a topping on pasta, or eaten as a puree.)

Transfer pizza to the oven, laying the pizza and parchment paper directly on the oven rack. Bake for 13-18 minutes, or until crust edges are golden brown.

Slice and serve with extra cheese, oregano, or red pepper flakes. Leftover pizza will keep well for 2-3 days, though it is best when served fresh.

Note:

- To make the recipe gluten free, use a gluten-free pizza dough.
- To make the recipe dairy free, use a dairy-free cheese alternative.

Rainbow Smoothies

Be adventurous. Enjoy the power boost! There are endless combinations that you can create based on what you have on hand and what you like.

Makes about 12 ounces.

Ingredients

- 1 banana
- ¼ cup juice (orange, apple, etc.)
- 1 cup fresh or frozen fruit (berries, pineapples, mangoes, etc.)
- ½ cup of spinach or leafy green of choice
- ½ avocado (adds creamy texture and bonus nutrients)
- ¼ cup yogurt (optional)

To boost protein

- Nuts or nut butter
- Seeds or seed butter (hemp, chia, flax)
- Avocado
- Yogurt or kefir

Other fruit options

- Melons
- Kiwi
- Papaya
- Guava
- Pears
- Apples

Flavor boosters

- Fresh herbs like mint and basil
- Lime or lemon
- Ginger
- Yogurt or kefir



Instructions

1. In a blender, combine juice, fruit and yogurt.
2. Blend until smooth and no lumps are left.
3. Slowly pour in water or juice to your desired thickness and consistency.

Blueberry Electric

This is a natural homemade electrolyte drink, minus the cost and artificial colors. Get creative with different combinations that you enjoy.

Makes 16 ounces.

Ingredients

1 quart filtered water
1 cup fresh blueberries
2 tablespoons honey
¼ teaspoon salt
Juice of 1 lemon

Instructions

1. Fill ½ gallon pitcher with filtered water.
2. Place blueberries in a bowl and gently smash them with a fork to break the skin and release juices. Poor into water.
3. Add honey, salt, and lemon juice and stir.
4. Taste and adjust to desired flavor and strength.
5. Add ice and enjoy!

Other additions

- You can use other berries for this drink, including strawberries, blackberries and raspberries.
- Use cucumbers instead of blueberries.
- Add in fresh mint, lemon balm or other refreshing herb.



Ranch Dressing

This is one of the easiest recipes to make with kids, and they LOVE it! Encourage them to eat their veggies by dipping them in their very own homemade dressing!

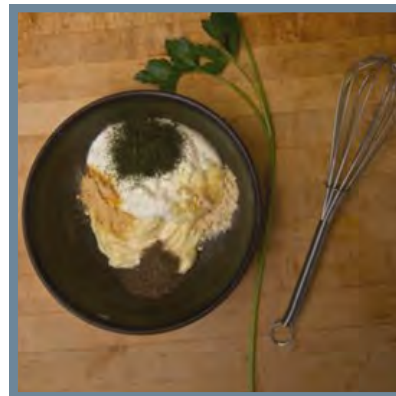
Makes 1 cup (8 ounces).

Ingredients

- ½ cup mayonnaise
- ½ cup plain yogurt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried dill
- ½ teaspoon black pepper
- 1 tablespoon fresh parsley (optional)
- 1-2 tablespoons milk (to make it thinner if desired)



1. Chop the parsley or any herbs you would like to include in the dressing.



2. Measure and pour all ingredients into a mixing bowl.



3. Stir together with a whisk until all the herbs and spices are mixed evenly. Add more milk one tablespoon at a time to for a thinner consistency.



4. Add your ranch to salads and sandwiches, or as a dip for your favorite veggies, and enjoy!

Handmade Salsa

Made with fresh tomatoes, this chunky sauce is the perfect accompaniment to your favorite Mexican dish.

Makes approximately 3 cups.

Ingredients

2 to 3 fresh tomatoes, medium size
½ onion, yellow or red
1 jalapeno peppers (optional)
½ cup cilantro, rough chop
1 garlic clove
Juice from 1 lime
Salt to taste

Instructions

1. Finely dice the tomatoes, onion, and jalapeno peppers, cilantro and garlic.
2. Combine ingredients in a bowl with lime juice and salt.
3. Ingredients can also be pureed in a blender or food processor for a smoother consistency.



Pumpkin Seed Pesto

You can use this simple pesto on pasta, over salad or as a dip for vegetables. Explore using other herbs with or in place of basil and other nuts and seeds, too!

Makes 4 -6 servings.

Ingredients

- ½ cup hulled raw pumpkin seeds
- 2 cloves garlic, peeled
- 2 teaspoons lemon juice
- 2 teaspoons brown rice miso paste
- 2 cups chopped fresh basil
- ½ to ¾ cup extra virgin olive oil
- Salt and freshly ground black pepper, to taste



Instructions

1. Place pumpkin seeds and garlic in the bowl of a food processor. Pulse until smooth, stopping to scrape down the sides, if necessary.
2. Add lemon juice, miso paste and basil leaves. Pulse until blended. Slowly drizzle in olive oil while the machine is running.
3. Season with salt and pepper.



Strawberry Parfait

The custard in this parfait is made with Greek yogurt. The addition of cereal between the layers makes it a great breakfast idea.

Makes four 12 ounce servings.

Ingredients

- 2 cups plain Greek yogurt
- 2 tablespoons maple syrup
- 1 pound strawberries, rinsed, stemmed and cut in half
- 1 cup mixed blueberries, raspberries and/or blackberries, rinsed
- 1 cup granola or muesli cereal



Instructions

1. Mix together Greek yogurt and maple syrup in a food processor, or by hand, until smooth.
2. Put three to four spoonfuls of this mixture into the bottom of four tall, 12 ounce glasses.
3. Add some strawberries, blueberries, raspberries and/or blackberries to each glass until they are $\frac{1}{2}$ to $\frac{3}{4}$ full.
4. Sprinkle on some granola or muesli cereal, then add another layer of the yogurt mixture.
5. Top with a few strawberries and serve cold.

Beet Chocolate Cake

This cake is incredibly moist and delicious! The beets add a marvelous sweetness without being overpowering.

Makes 4 dozen mini muffins or 18 regular size muffins.

Ingredients

1½ cups white flour	½ teaspoon salt
1¼ cups whole wheat pastry flour	½ cup oil
1¼ cups sugar	1¼ cups water
2 teaspoons baking soda	2 small beets, grated
1/3 cup cocoa powder	1 tablespoon apple cider vinegar
	2 teaspoons vanilla



Instructions

Preheat oven to 325 °F.



1. Sift dry ingredients together in a bowl, getting out any clumps of cocoa powder.



2. Combine wet ingredients in a measuring cup.



3. Shred beets into a bowl.



4. Combine with wet ingredients.



5. Add wet ingredients to dry and mix just enough to moisten all the ingredients.



6. Oil and flour mini muffin tin. Pour batter into cake pans and place in oven for 30-35 minutes until middle bounces back when pressed.

Seasonal Fruit Crisp

Who knew that dessert could be so fun and healthy! Switch the fruit as it becomes available by season – apples in the fall, berries in the summer, etc.

Ingredients

4 cups seasonal fruit (apples, peaches, berries, rhubarb)
 ½ cup unrefined sugar
 1 tablespoons arrowroot starch
 1 tablespoon lemon juice (optional)
 1 teaspoon lemon zest (optional)

Topping

½ cup butter (one stick), cut into small pieces
 ½ whole wheat pastry flour
 1 cup rolled oats
 ¾ cup brown sugar, packed
 ¼ teaspoon salt
 ½ teaspoon cinnamon (optional)



Instructions

Preheat oven to 400° F.



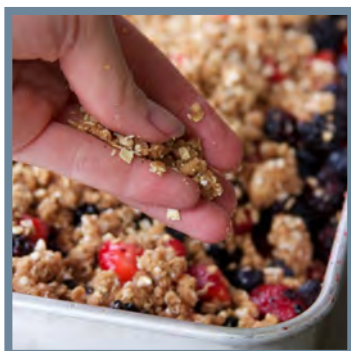
1. Mix together the fruit, sugar and arrowroot. Add lemon juice and lemon zest if using. Place in a 8"x8" baking dish.



2. Combine the flour, oats, brown sugar, salt and cinnamon in a mixing bowl.



3. Melt or soften butter and stir until combined evenly.



4. Pour oat mixture evenly over the fruit and place in oven for 35-45 minutes, until berry mixture is bubbling and the oat crumb top is golden brown.



5. Pull from oven and let it rest about 10 minutes before serving.

Frittata Poppers

Feel free to use any vegetables you have on hand in this mini frittata, or add in some fresh herbs. This can be enjoyed as a breakfast or snack.

Makes 2 dozen mini muffins or 12 regular size muffins.

Ingredients

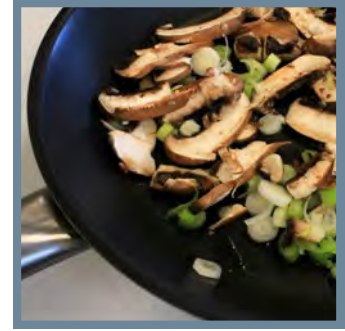
- 8 large eggs
- ½ cup milk
- ½ teaspoon salt
- ½ freshly ground pepper
- 2 tablespoons extra virgin olive oil
- 2 green onions, sliced
- 1 cup crimini mushrooms, stems removed and sliced into ¼-inch slices
- 1 tablespoon fresh thyme
- ½ cup parmesan cheese
- 1 tablespoon canola oil or oil spray



1. Crack eggs into a bowl, add milk, salt and a dash of pepper to taste. Whisk together.



2. Combine wet ingredients in a measuring cup.



3. Heat olive oil in pan over medium heat. Add in green onions and mushrooms. Sauté about five minutes.



4. Remove veggies from pan and mix into egg mixture.



5. Oil a muffin tin with canola oil, oil spray or other oil for coating. Pour in about ¼ cup of egg mixture into each muffin hole.



6. Bake for 30-35 minutes until middle bounces back when pressed.

Sweet Potato Fries

This recipe is a great way to explore spices and different ways of preparing fries and still support our bodies to be strong!

Makes 4 servings.

Ingredients

2 medium sweet potatoes
1 tablespoon of Spice Mix (see recipe below)
2 tablespoons high heat oil (safflower, sunflower, canola, or grapeseed)

Spice Mix

2 tablespoons salt
2 tablespoons paprika
2 tablespoons garlic powder
2 tablespoons ground black pepper
Mix all spices together and store in an airtight jar.



Instructions

Preheat oven to 400° F.



1. Cut sweet potatoes in half.



2. Cut each half into ½ inch slices lengthwise. (The potatoes will roast evenly when they are all cut the same size).



3. Turn these pieces on their side and cut again into ½ inch pieces so that you have evenly cut strips of sweet potato.



4. Place in bowl with spices and drizzle the oil over. Toss together in bowl until each potato is evenly shiny with oil, but not dripping in oil.



5. Place on baking sheet and put in oven on top shelf for 20 to 25 minutes, until cooked and soft all the way through.

Activity: Eating the Rainbow



Health Benefits of Eating a Rainbow

Different colors of fruits and vegetables provide different nutrients that human bodies need to be healthy. No one food can give us everything we need, so eating a rainbow of fruits and vegetables every day is important to overall health. “Eating the rainbow” can be an easy way to ensure that your body gets the nutrition it needs.

Some of the benefits that different color groups provide:

- **Red:** helps to keep the heart healthy and supports joints.
- **Orange:** helps fight against cancer, promotes collagen growth, and contains beta carotene, an essential nutrient for eyesight.
- **Yellow:** improves digestion and is good for skin, heart, and eyes.
- **Green:** improves the immune system. Many green leafy vegetables are also high in calcium which supports blood and bone health.
- **Blue & Purple:** support memory and brain function, and help fight against cancer.
- **White:** supports immunity and the circulatory system.

Colorful Fruits and Vegetables

Here are some examples of the rainbow of fruits and vegetables. What other examples can students think of?



Red: strawberries, tomatoes, bell peppers, watermelon, apples



Orange: pumpkins, carrots, sweet potatoes, melons, citrus



Yellow: pears, star fruit, pineapples, mangos, bananas



Green: spinach, kale, kiwi, cucumbers, broccoli



Blue & Purple: blackberries, purple cabbage, figs, grapes, eggplant



White: onions, parsnips, cauliflower, garlic, mushrooms

Related Activities

Rainbow Collage

- Make a rainbow on a poster or bulletin board. Have students cut out pictures of colorful fruits and vegetables from magazines, or draw their own, and add to your rainbow.
- An alternative is a rainbow garden collage. Either as a class or as individuals, students can choose what to grow in their garden, “planting” a diverse crop.
- The included fruit and vegetable pages can be copied and used for this activity.



<https://www.superteacherworksheets.com>

Rainbow Snacks

Make a snack using a variety of fruits and vegetables. Some easy ideas:

- Use skewers to make fruit or vegetable kebabs. Dip fruit kebabs in yogurt and veggie kebabs in hummus or salad dressing.
- Make a fruit salad with at least one fruit from every color group. Students can tear up mint leaves to add a burst of flavor and a bit of green to their fruit salad.
- Using tortillas or pitas for crust, let students make their own personal pizzas, encouraging them to choose different colored toppings, which could include peppers, mushrooms, spinach, basil leaves, pineapple, broccoli, or cauliflower.

Rainbow Sorting

Use the included farmers market color sorting set to sort foods into color groups while talking about some of the main benefits of each group.

Coloring Pages

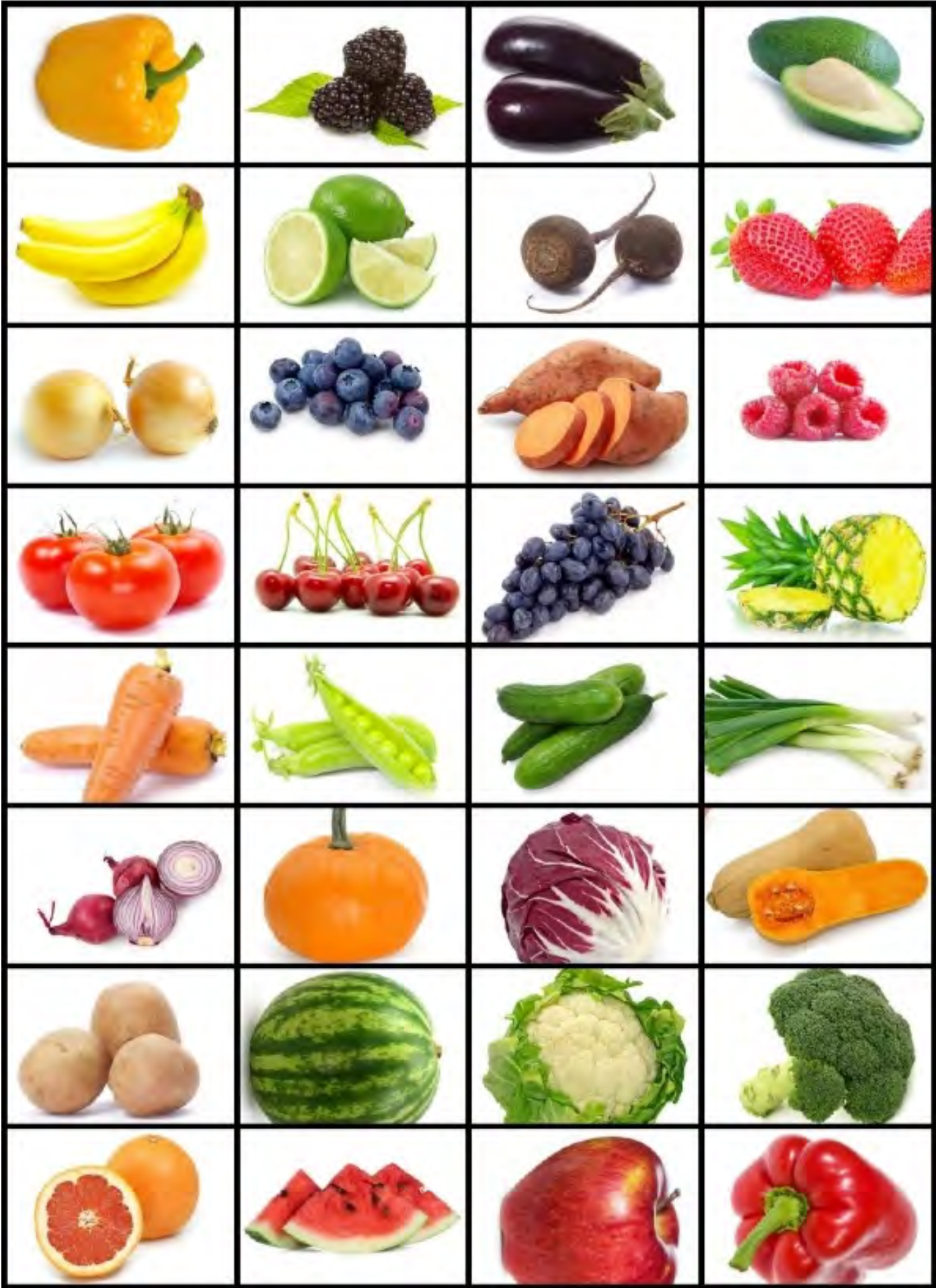
Make copies of the included coloring pages and use for the collage activity above, as additional classroom activities, or send them home with students.

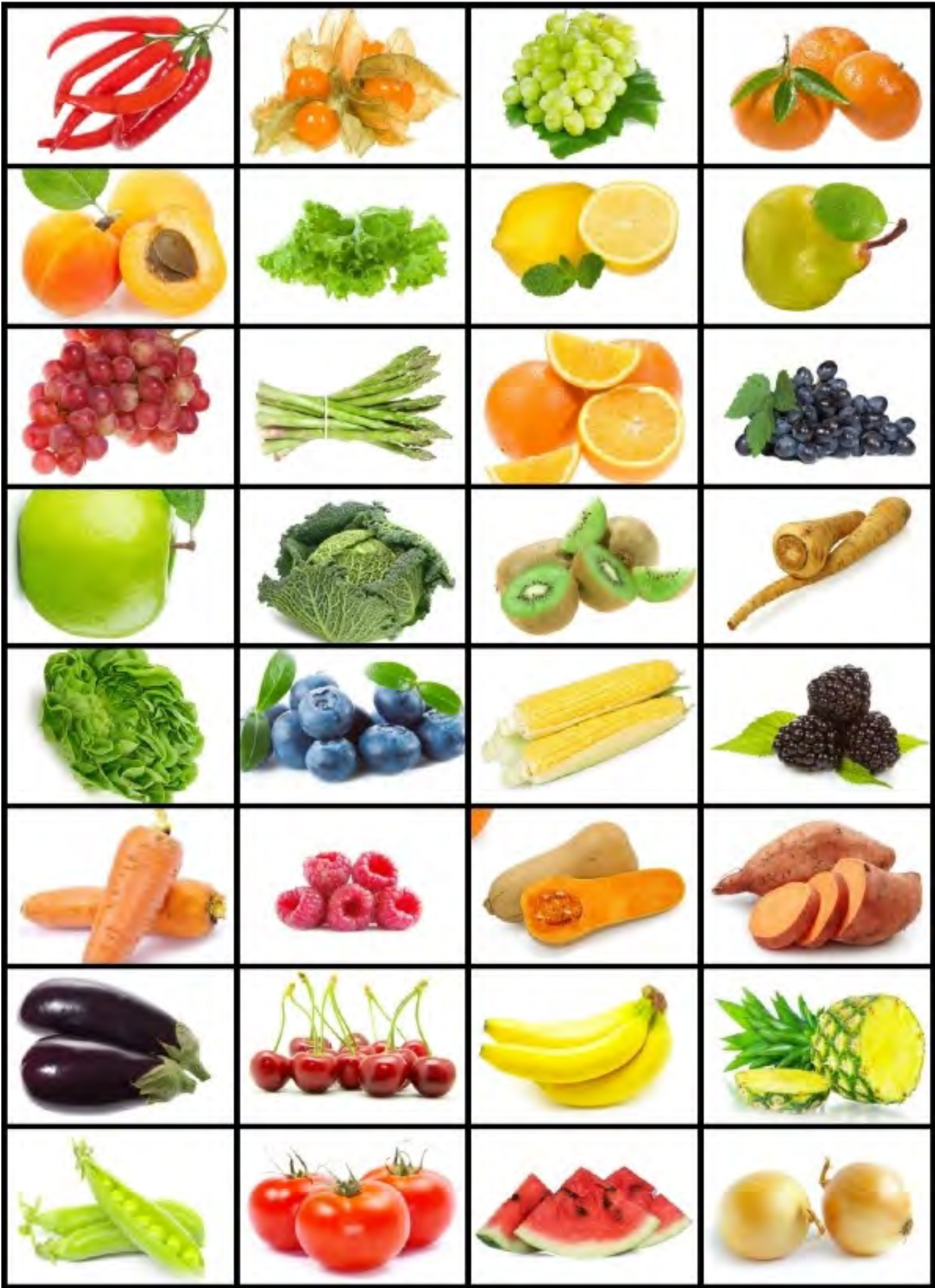
Recommended Books

Let's Eat by Ami Karnosh

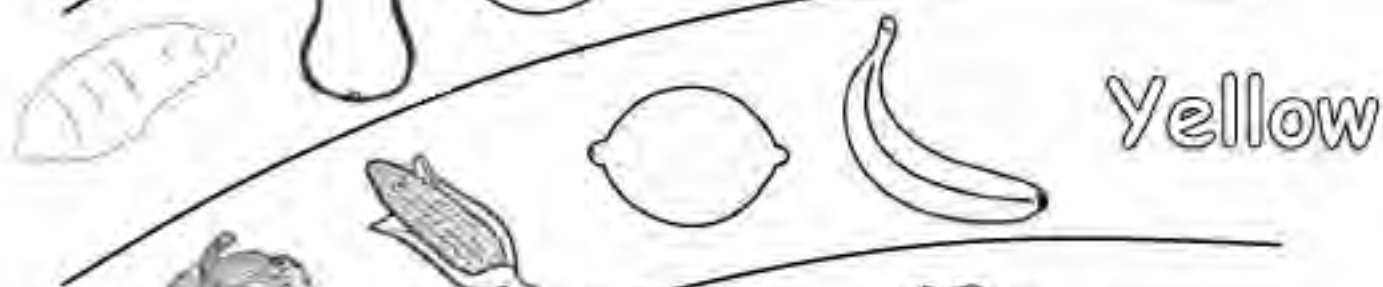
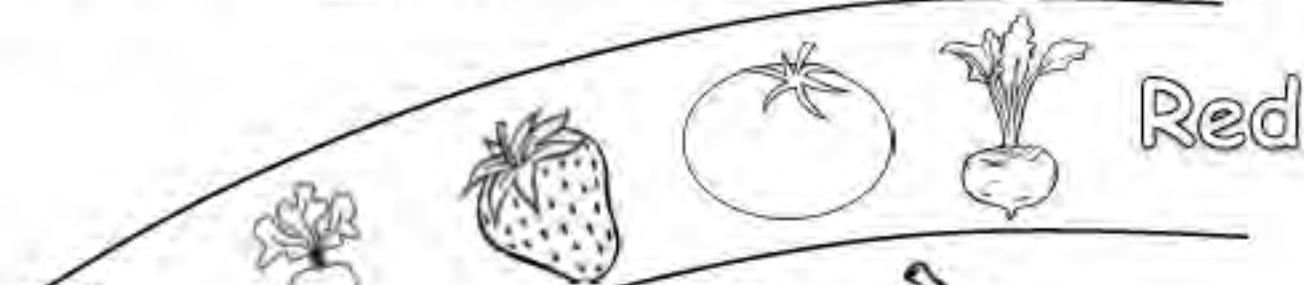
Eating the Alphabet by Lois Ehlert

The Fruit Flies' Picnic by Kathleen Stefancin





Eat the Rainbow!





EAT A RAINBOW

FOOD
REVOLUTION
★ DAY ★

Activity: Do Eggs Grow on Trees?

Where Did These Foods Come From?

Many kids are unfamiliar with the sources of foods we commonly eat. This matching game activity takes familiar foods that kids eat and asks them to find the picture that connects it back to the source. Have fun with kids and get creative. Try samples of the foods, like fresh cacao nibs. Who would ever have thought that the sweet chocolate we know is so bitter in its raw form! A Ziploc bag containing the stack of matching cards is located in the Resource Kit bin.

Place the pictures of these items on a table or on the floor and have kids match the foods to their sources from the farm. Below is a match up for all the photos included.

Food

Original Form

Raisins	→	Grapes
Milk	→	Cow, goat, and mother
Potato chips	→	Fresh potatoes from the soil
Apple juice	→	Fresh whole apples on the tree
Bread, pasta, pastries	→	Wheat stalks and grains
Chocolate	→	Cacao tree, fruit, and seeds
Sugar	→	Sugar canes and cane grinder
Ketchup	→	Fresh tomatoes on the vine
Honey	→	Bees in hive
Eggs	→	Chicken (hen), duck, and quail













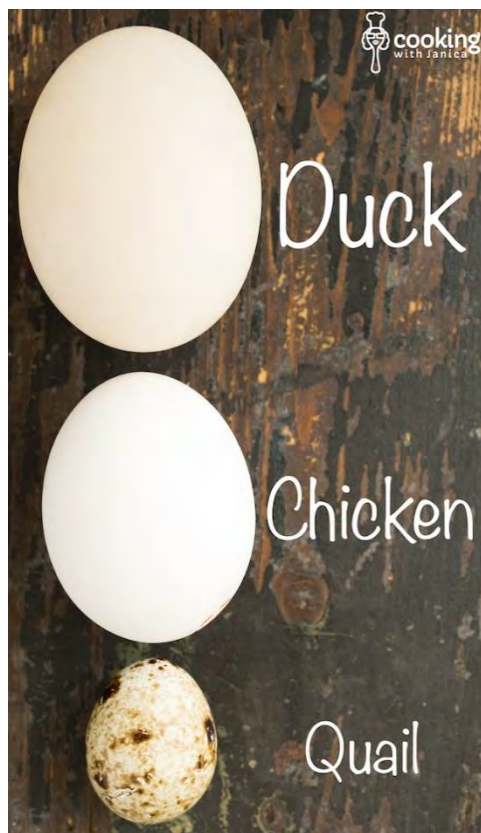




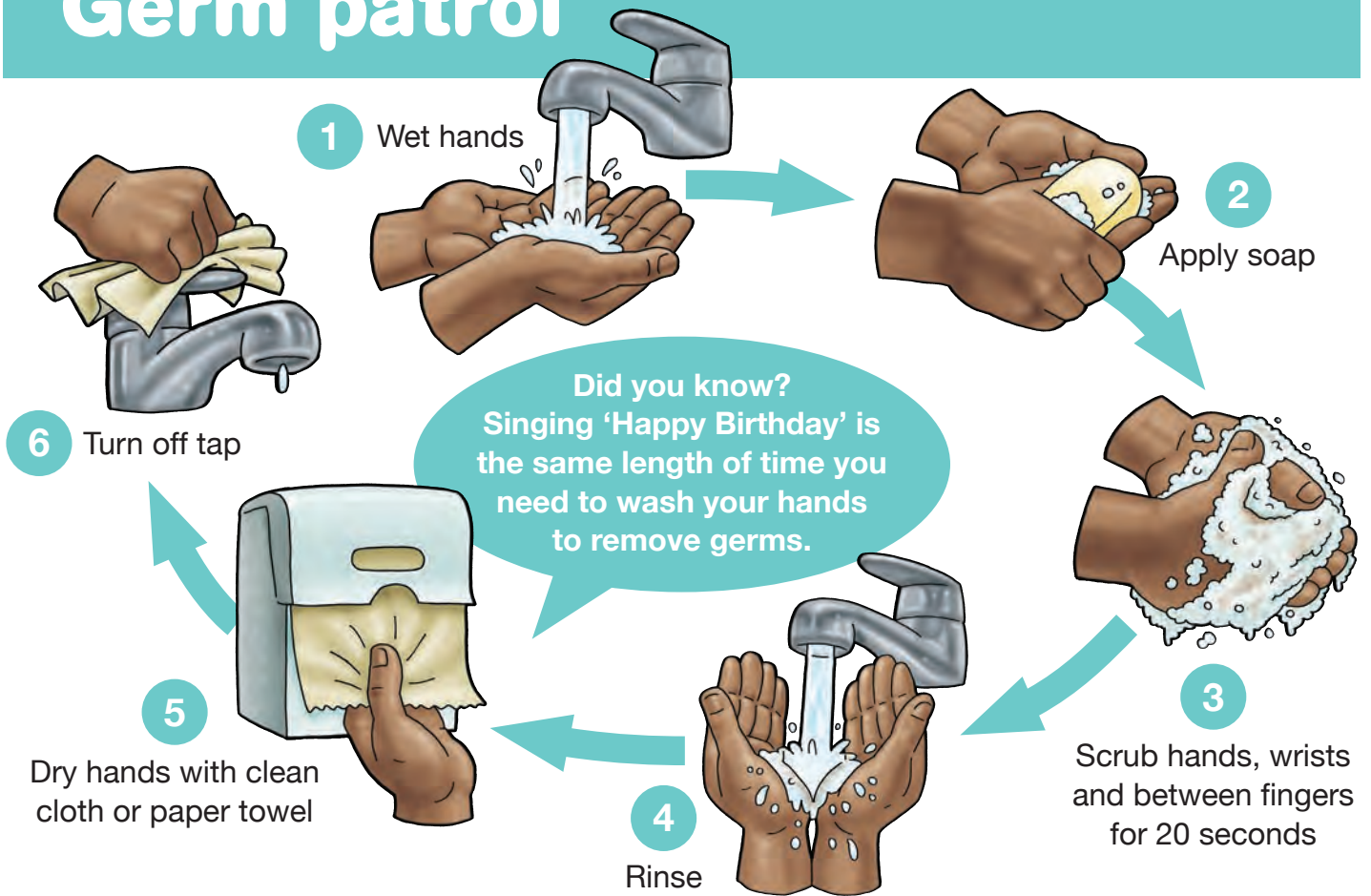








Germ patrol



Wash your hands again...

1. After touching raw meat, fish or chicken
2. After blowing your nose, coughing or sneezing
3. After using the toilet
4. After petting animals

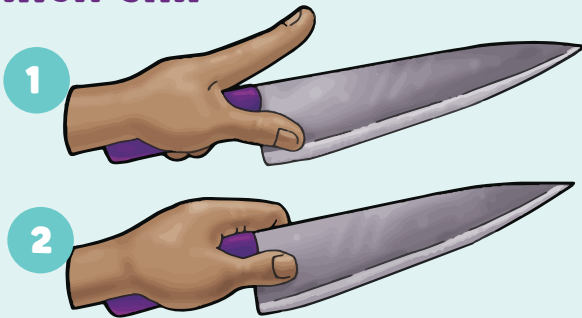


Tip:
Sneeze and cough into your elbow away from food and people



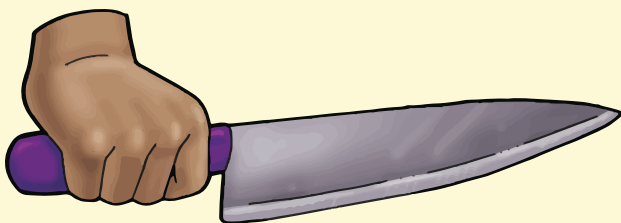
KNIFE SAFETY

PINCH GRIP



1. Thumb and index finger grip blade.
2. Use the rest of your fingers to grip the handle.

HANDLE GRIP



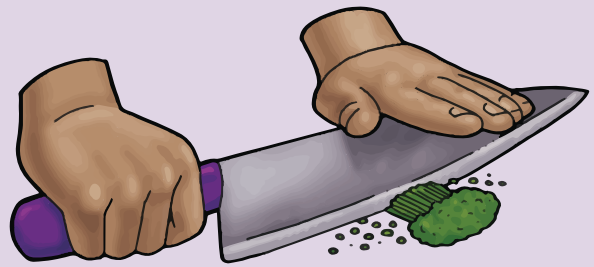
With all fingers and thumb opposite, grip handle firmly.

CARRYING A KNIFE

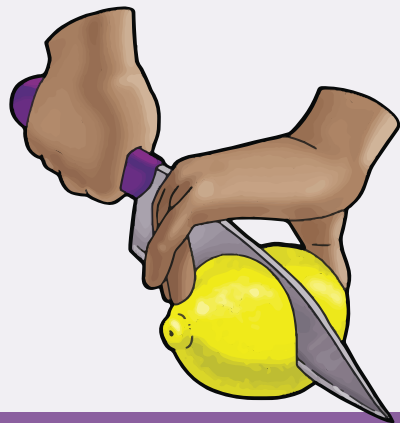


Carry a knife with the blade pointing downward, close by your side.

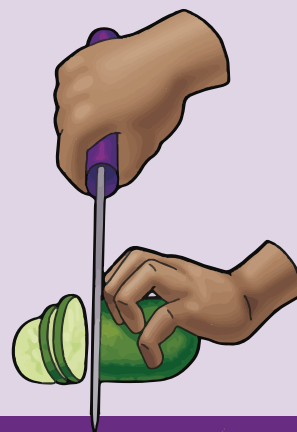
CUTTING METHODS



'PLANK': With a firm hand, push top of knife down with palm of hand, fingers away from blade.



'BRIDGE': Place your hand over top of knife holding food securely, use knife to saw food item.



'CLAW': Fingers tucked under with knife blade resting up against knuckles.

For yummy recipes and nutrition resources go to superherofoodshq.org.au



Seasonal Local Foods

in the Seattle area

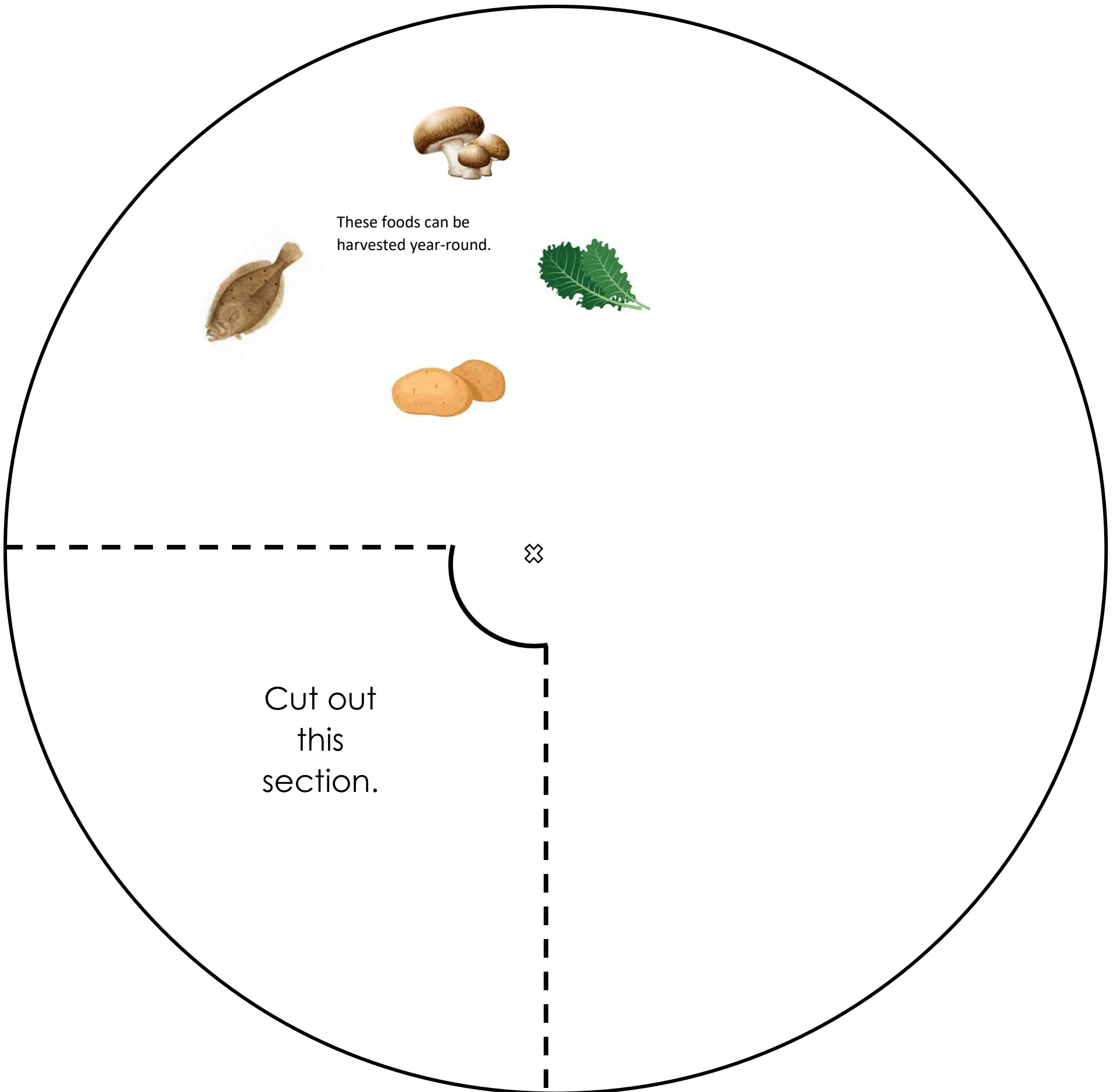
Supplies needed:

- Scissors
- Brad
- Seasonal food wheel base
- Seasonal food stickers

Note: See further instructions on facilitating the Seasonal Local Food Wheel with adults and youth for suggested uses and talking points.

Instructions:

1. Cut out this circle, including the pie shaped piece in the lower quadrant.
2. Use a metal brad to poke a hole on the "x."
3. Place wheel on top of Seasonal food wheel base, lining up the edges of the circles.
4. Use the brad to connect the two pieces in the center of the circles.
5. Use the seasonal food stickers to put produce in the month or season during which it is harvested in Washington.



Seasonal Local Foods

in the Seattle area

