

chapter 5

CHOOSING A RECIPE

We've found that it's best to choose simple recipes that are quick, have minimal ingredients, and are easy to replicate at home. For complete lesson plans, check out the lessons in Chapter 6. For a list of simple ideas, we've put together our favorite "Easy" and "Easier" recipes below.

Easy Recipe Ideas

Seasonal Salads and Slaws

- Make a "Fall Salad" with greens, root vegetables, thinly sliced kohlrabi, and fresh herbs.
- Make a "Spring Salad" with lettuce, sugar snap peas, strawberries, and edible flowers.
- Use kohlrabi instead of cabbage in a basic slaw recipe.



Dressings and Dips

- Add herbs or strawberries to a basic salad vinaigrette recipe.
- Try a homemade ranch dressing with dill, chives, lemon juice and yogurt. Use on salads or as a dip for root vegetables.
- Make "Garden Hummus" in a blender or food processor with chickpeas, lemon juice, olive oil, garlic, spinach, and herbs such as cilantro, basil, parsley or dill.

Smoothies

- Make a green smoothie with kale or spinach, mango, apple juice, bananas, yogurt and ice.
- Make a pink smoothie by adding fresh strawberries and omitting the greens.



Wraps and Burritos

- Make a veggie wrap using pita bread or tortillas, cream cheese or hummus, and shredded root vegetables, lettuce, and herbs.
- Wrap salad fixings (such as shredded roots, sunflower seeds, grated cheese, or dried fruit) inside a large piece of lettuce for a salad wrap. Dip in dressing.
- Make a collard green burrito by removing the thick middle stem, steaming the leaves and adding beans, cheese, avocado, and either shredded root vegetables, cabbage, or lettuce. Roll it up and dip in salsa.

Easier Recipe Ideas

These are our favorite ways to sample veggies straight from the garden with minimal materials and set up needed.

Pick and Eat

- **Leafy Greens** such as arugula, lettuce, spinach, mustard greens, kale, or collard greens: pick the best-looking leaves and tear a little piece off a single leaf to taste.
- **Edible Flowers** such as nasturtiums, borage, calendula, and flowering brassicas can be plucked from the stalk and eaten whole.

Fun Fact: Brassicas are members of the cabbage family which will develop edible flowers on tall stalks towards the end of their life cycles.

- **Sugar Snap Peas or Snow Peas:** snap pods from the vines and eat whole; both the pod and peas are edible. The tendrils, leaves and flowers are all edible as well! However, keep in mind that eating a flower prevents a pod from growing.

Fun Fact: Snap peas are often called “mange tout” which is French for “eat all” since you can eat almost the whole plant.

- **Herbs:** cilantro, dill, parsley, basil, rosemary, oregano, thyme and mint are all great for tasting.

Tip: Make an herbal tea with hot water and a few sprigs of herbs such as rosemary, basil, oregano, and mint. Add a little honey to sweeten things up!

- **Strawberries:** if quantity is limited, slice strawberries into smaller pieces before serving to a whole class.



Pick, Scrub, Slice, and Eat

- **Roots** such as carrots, radishes, beets, and turnips: harvest a few roots and remove greens. Wash roots and cut into pieces for students to share.
- **Kohlrabi:** harvest one plant and remove the bulb from its leaves. Peel skin (optional), wash and cut into pieces for students to share.
- **Broccoli, Cauliflower, and Cabbage:** harvest from 1-2 plants, wash and cut into pieces for students to share.

See Chapter 1 for guidelines to ensure optimal food safety and see the Appendix for harvesting and washing tips.

Kitchen Skills Scaffolding

Here are some skills and types of recipes that are appropriate for each grade level.



K-1st Grade:

- Choose recipes that involve less equipment such as dips and smoothies.
- Students can tear leaves, break apart bananas to add to a blender, and add ingredients with a measuring cup.

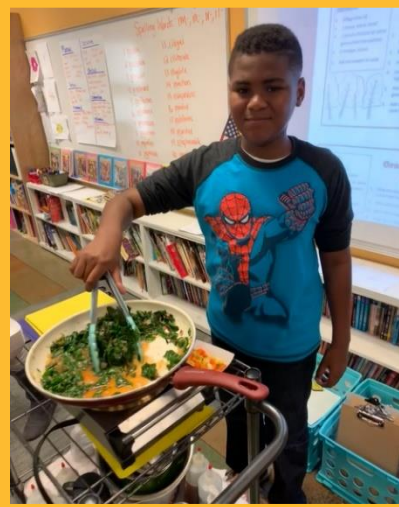
2nd-3rd Grade:

- Choose recipes that involve basic chopping using kid-safe knives such as salads, slaws and simple stir fries.
- Student jobs can include learning basic knife skills and measuring ingredients.



4th-5th Grade:

- Choose recipes that involve more ingredients and steps such as braised greens and turnips or curried vegetables.
- Students can use a wider range of kitchen tools, such as kid-safe knives, graters, peelers, juicers, and hot plates.



Keep in mind that the cooking lesson can simply be a demonstration led by yourself, another teacher, a volunteer, or a local chef willing to partner with you and the school. In this case, students' main role will be actively watching. All students can be engaged by following along on a recipe card, passing out serving utensils, and cleaning up afterwards. Check out Chapter 6 for full lesson plans.