K-2 Farm to School

Monthly Harvest Celebration Toolkit
The mission of the Watertown City School District Farm-to-School Initiative is to incorporate locally grown foods into a healthy meal program to improve student health and link nutrition to life-long learning.
This toolkit was created to encourage K-2 classrooms to celebrate a different local or seasonal food each month. It was lovingly created and assembled during the 2014-2015 school year by the teacher representatives that made up our inaugural K-2 subcommittee.

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September: Apples, Cucumbers

October: Pumpkins

November: Potatoes

December: Winter Squash

January: Citrus

February: Dairy

March: Cabbage, Maple Syrup, Eggs

April: Carrots

May: Lettuce, Herbs

June: Strawberries
Month: September

Food: Apples

Celebration Days: September 14-18, 2015

Books:

Apples, Apples Everywhere by Robin Koontz
Autumn is apple harvest time. Come along on a trip to the apple orchard. Find out how apples are picked and stored. Learn which apples are best for munching. But watch out for the apple worms!
Interest Level: Pre-K-2

The Apple Pie Tree by Zoe Hall
This simple nature story, told from the point of view of two young sisters, describes the changes that occur in a backyard apple tree. At story's end, is a factual, step-by-step description of how bees help apples grow through pollination. Also included is an easy recipe for apple pie. This story provides an excellent primary science lesson as well as a great read aloud for autumn days.
Interest Level: Pre-K-3

How Do Apples Grow? By Betsy Maestro
Describes the life cycle of an apple from its initial appearance as a spring bud to that point in time when it becomes a fully ripe fruit. This carefully detailed presentation of how "fruit comes from flowers", from winter's snow-covered buds through pollination and growth to ripening and harvest.
Interest Level: K-2

Recipes/Cooking Activities:

- Making applesauce
- Apple crisp
- Tasting varieties of apples

Other Activities:

- Burrville Cider Mill/learning how cider is made
- Johnny Appleseed

Health/Nutrition Message:

Did you know that a 20 ounce bottle of soda has 16 teaspoons of sugar in it? Fruit-flavored drinks, lemonade, and sweetened iced tea have almost as much! Drinking too much of these is easy and can lead to weight gain. Even 100% juice is easy to over-do. To stay healthy: avoid sweetened drinks, limit 100% juice to 1 cup a day, drink skim or low-fat milk at every meal, and drink water whenever you’re thirsty. For a fun twist, add cut fruit or vegetable slices to water or seltzer.
Fun Facts:

- New York State produces more commercial varieties of apples than any other region of the country
- New York State ranks 2nd in apple production in the US, producing an average of 32 million bushels of apples each year
- In 1970, the apple was named New York’s official fruit
- Apple trees bloom in the spring. Those flowers are pollinated and grow into apples
- Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each
- A peck of apples weighs 10.5 pounds
- A bushel of apples weighs 42 pounds
- Apples contain natural sugars called fructose
- Apple trees can live as long as 200 years
- Americans eat 45 pounds of apples and apple products every year
- It takes about 2 pounds of apples to make one apple pie
- The biggest apple pie ever made weighed 30,116 pounds
- In 1730, the first apple tree nursery was opened in Flushing, New York
- Apples can float. They are made up of 25% air
- Apples are very healthy! They have no fat, no sodium, only about 80 calories, and are a good source of fiber and Vitamin A
- Apples come in different colors-red, yellow, green, pink, and striped
- There are 2,500 different kinds of apples grown in the United States
- Many farmers have beehives in their orchard so the bees can pollinate the apple blossoms

Vocabulary Words:
Harvest    Orchard    Bushel    Fructose    Pollinated    Beehives

Jokes:

- What kind of apple has a bad temper? (A crab apple)
- What kind of apple isn’t an apple? (A pineapple)
- What did the apple tree say to the farmer? (Stop picking on me)
- If an apple a day keeps the doctor away, what does an onion do? (Keeps everyone away)
- What did the apple skin say to the apple? (I’ve got you covered)

Additional Resources:

http://thefirstgradeparade.blogspot.com/2014/09/apples-apples-everywhere.html
https://www.youtube.com/watch?v=VL5EihU_UPk
www.nyapplecountry.com
Slow Cooker Applesauce (No Added Sugar)

Author: Detoxinista.com

Serves: 40 oz.

An easy no-peel applesauce with no sugar added.

Ingredients

3 lbs. apples (Fuji, McIntosh, Jonathan, etc.)
½ cup water

Instructions

Prepare the apples by slicing and coring them-- no need to peel, unless you want to.

Place the sliced apples and water in the bowl of your slow cooker, then cover and set to cook on low for 6 hours, until the apples are very soft.

Use an immersion blender to puree the applesauce, or transfer the apples in batches to a blender and (carefully!) blend using a dishtowel to cover the vent at the top.

Store the applesauce in the fridge for a week, or freeze for up to 6 months.

Note:
You can spic up this applesauce by adding 1 teaspoon of ground cinnamon. (More or less, to taste)
Apple Crisp

Yield: 8 servings

Filling Ingredients:
8 tart apples
⅓ Cup honey or maple syrup
1 tsp. lemon juice
1 tsp. cinnamon
½ tsp. vanilla extract
¼ tsp. nutmeg

Topping Ingredients:
½ cup all-purpose flour
½ cup whole wheat flour
½ cup brown sugar
1 stick unsalted butter, softened
1 tsp. cinnamon
¼ tsp. nutmeg
Pinch of salt
Optional: mix in ¼ to ½ cup rolled oats
Optional: add ½ cup blueberries, raspberries or rhubarb

Directions:
1. Preheat oven to 375 °F.
2. Slice and chop the apples, about an ⅛ inch thick—no need to peel!
3. In a lightly greased 9” x 13” baking pan, toss the apples together with honey or maple syrup, lemon juice, cinnamon and nutmeg.
4. In another bowl, toss the rolled oats with the brown sugar, flour, cinnamon, nutmeg, and salt. Add the softened butter and mix well.
5. Scatter topping over the apples, all the way to the edge. Bake for 45 minutes, or until apples are tender, the filling is bubbling, and the topping is toasted. Let rest for 20-30 minutes.
Source: GMFTS

www.VermontHarvestoftheMonth.org
Month: September

Food: Cucumbers

Celebration Days: September 14-18, 2015

Books:
The Pickle Patch Bathtub by Kennedy Frances
One day, Donna tries to bathe in the farmhouse washtub and realizes that her legs are too long. She decides that she will grow pickling cucumbers to sell until she saves up enough money for a new bathtub. How many cucumbers will she have to grow and how long will it take for her to save enough money?

Cool as a Cucumber by Sally Smallwood
A mixture of art, photography, and large, clear type introduces children to the correlation between textures, tastes, and appearances of fruits and vegetables. Upon opening the full-page foldout of the fruit or vegetable, kids can distinguish which are hot and spicy, cool and smooth, or sweet and juicy.

Recipes/Cooking Activities:
- Cucumber tzatziki
- Refrigerator pickles
- Pickle variety tasting
- Water with a Twist-Cucumber Water

Other Activities:
- Plant classroom cucumber terrariums
- Ag Extravaganza
- Sugary drinks lesson (Eat Smart New York)

Health/Nutrition Message:
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Fun Facts:

- Cucumbers are related to melons, pumpkins, and squash
- The older the cucumber, the more bitter the seeds
- Some people used to believe that cucumbers were poisonous. They would scrape the skin with a fork before eating to let the poison out
- Cucumbers were one of the favorite foods of the pharaohs and when expelled from Egypt, the Hebrews took them with them

Vocabulary Words:

Vine   Pickle   Gherkin

Jokes:

- Where do cucumbers go for a date? (The salad bar)
- What is a baby cucumber’s favorite toy? (A pickle me Elmo)
- Why did the cucumber go out with the prune? (Because he couldn’t find a date)
- What do you call a pickle you buy at a great price? (A sweet dill)
- Why do gherkins giggle a lot? (They’re PICKLish)

Additional Resources:


http://growing-minds.org/lesson-plans/cucumber-exploration/


http://lifestyle.howstuffworks.com/crafts/seasonal/spring/garden-activities-for-kids10.htm
Cucumber Sandwiches

Recipe courtesy of April Neujean

Yield: Makes approx. 25 finger sandwiches

Ingredients:

1 brick Cream Cheese
1/4 Cup Mayo
1 clove Garlic, minced
3 Tablespoons thinly sliced Chives
1 Tablespoon minced fresh Dill
Juice of ½ Lemon
¼ teaspoon Salt
¼ teaspoon Pepper
3 Cucumbers, peeled and thinly sliced
2 Cups Watercress
2 Loaves Marble Rye Bread

Procedure:

1. Mix cream cheese, mayo, garlic, chives, dill, lemon juice, salt and pepper together in a medium bowl. Taste and adjust seasoning as necessary.

2. Spread filling on each piece of marble rye bread.

3. Top each slice with a layer of cucumbers and a layer of watercress. Top with another slice of bread.

4. Cut off crusts and slice diagonally into two triangles. Repeat with all sandwiches.
Pickled Cukes

1 cup water
1 cup white vinegar
1 stick cinnamon
1/4 teaspoon chili flakes
1/2 teaspoon coriander
1/3 cup sugar

Simmer on stove for 8-10 minutes. Pour over peeled, sliced cucumbers.

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Recipe courtesy of Edible Schoolyard, Berkeley, California
Tzatziki (Yogurt Cucumber Sauce)

(Adapted from the recipe in Cooking from Cyprus by Nearchos Nicolaou.)

Ingredients:

2 cups strained Greek yogurt
3 cloves of garlic, crushed
1 cup grated cucumber
3 tbsp. olive oil
1 tbsp. vinegar
1 tsp dried mint
Salt to taste

Directions:

1. Put grated cucumber in a colander, sprinkle with salt and allow to drain for about 30 minutes.
2. Further drain excess liquid by squeezing the grated cucumber in a paper towel.
3. In a bowl, mix garlic with olive oil and vinegar. Add yogurt slowly, stirring constantly until it is smooth and creamy.
4. Mix in salt. Add the drained grated cucumber and mix.
5. To serve, sprinkle top with a little olive oil and the dried mint.
Month: October

Food: Pumpkins

Celebration Days: TBD

Books:

Pumpkin Soup by Helen Cooper
Deep in the woods in an old white cabin, three friends make their pumpkin soup the same way every day. The Cat slices up the pumpkin, the Squirrel stirs in the water, and the Duck tips in just enough salt. But one day the Duck wants to stir instead, and then there is a horrible squabble, and he leaves the cabin in a huff. It isn't long before the Cat and the Squirrel start to worry about him and begin a search for their friend. Rendered in pictures richly evoking autumn, Helen Cooper's delightful story will resonate for a child who has known the difficulties that come with friendship. Included at the end is a recipe for delicious pumpkin soup.
Interest Level: K-2

The Pumpkin Book by Gail Gibbons
Big, small, round, tall—pumpkins come in all shapes and sizes. Here one learns the marvels of the growth cycle of these incredible plants—from flat seeds, to thick vines covered in golden flowers, to brilliant orange pumpkins! Gail Gibbons also relates the special role pumpkins played in the first Thanksgiving. Simple and clear directions for drying seeds, planting and tending pumpkin patches, and carving funny or scary faces are included in the book along with a fascinating section on pumpkin facts and lore.
Interest Level: 1-2

Seed, Sprout, Pumpkin Pie by Jill Esbaum
Celebrate the flavor of fall on every page of this beautifully photo-graphed picture book. Follow along as National Geographic takes you from seed to sprout, pumpkin to pie. Envelope yourself, your family, or your class in the season by reading and learning all about pumpkins.
Interest Level: Pre-K-3

Recipes/Cooking Activities:

- Pumpkin soup
- Pumpkin muffins/bread
- No-bake pumpkin pie
- Pumpkin smoothies
- Toasted pumpkin seeds

Other Activities:

- Pumpkin picking, decorating
Health/Nutrition Message:

*Pumpkin bread, pumpkin ravioli, pumpkin soup, pumpkin risotto, -- the options are endless, and endlessly mouthwatering. During pumpkin season the reasons to celebrate are many. Not only is fall’s signature squash versatile enough to fit into all the above and more, it also packs some powerful healthy perks -- like keeping heart health, vision and waistlines in check, as long as you take it easy on the pie, that is.*

Pumpkin Fun Facts:

- Pumpkins are about 90% water
- The word pumpkin originated from “Pepon”-the Greek word for large melon
- Pumpkin seeds are full of zinc, iron, potassium, and fatty acids
- The average pumpkin has about one cup of pumpkin seeds
- The oil in pumpkin seeds is used in salad dressings
- Pumpkins grow on vines. Each vine will produce 2 to 3 pumpkins
- It takes 4 months after you plant pumpkin seeds for a pumpkin to be ready for sale

Vocabulary Words:

Seed       Picked       Carve       Patch       Tendril       Pulp

Pumpkin Jokes:

- What did the Jack-o-Lantern say to the pumpkin? (Cut it out)
- How do you repair a broken Jack-o-Lantern? (Buy a pumpkin patch)
- Why was the jack-o-lantern afraid to cross the road? (It had no guts)

Additional Resources:

- [http://www.teachingheart.net/apumpkinunit.html](http://www.teachingheart.net/apumpkinunit.html)
- [http://www.teachingideass.co.uk/library/books/pumpkinsoup.htm](http://www.teachingideass.co.uk/library/books/pumpkinsoup.htm)
- [https://www.youtube.com/watch?v=KtLT8jd_TfG](https://www.youtube.com/watch?v=KtLT8jd_TfG)
Pumpkin Soup

Recipe courtesy of April Neujean

Yield: 10 servings

Ingredients:

1 Tablespoons olive oil
2 carrots, peeled and diced
1 onion, minced
1 celery stalk, sliced
1 garlic clove, minced
1 ½ cups apple cider
1 bay leaf
2 teaspoons salt
½ teaspoon pepper
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon ground ginger
¼ teaspoon ground cumin
3 Tablespoons Maple Syrup
1 Can of pureed pumpkin
2 cups chicken stock

Procedure:

1. In a large pot over medium-high heat, warm olive oil. Add carrots, onion, celery, salt and pepper. Cover and cook, stirring occasionally, about 6 minutes.
2. Add garlic and nutmeg and cook for another minute.
3. Add pumpkin and chicken stock to pot. Cover and bring to a boil.
4. Reduce heat to medium-low and simmer for 15 minutes.
Pumpkin Muffins

Recipe courtesy of April Neujean, adapted from Moosewood Low fat Favorites

Yields: 12 large or 24 mini-muffins

Ingredients:
1 ¼ Cup Unbleached White Flour
1 Tablespoon Baking Powder
½ teaspoon Salt
1 teaspoon Cinnamon
¼ teaspoon ground Ginger
¼ teaspoon Allspice
1 Cup Rolled Oats
2 Eggs
¾ Cup Pumpkin Puree
¾ Cup Evaporated Skim Milk
½ Cup Apple Cider or Juice
2 Tablespoons Canola Oil
¼ Cup Brown Sugar
¼ Cup Cane Sugar
5 Tablespoons applesauce or fruit preserves

Procedure:

1. Preheat the oven to 400 degrees.

2. Spray one standard or two mini-muffin pans with cooking spray or a light coating of oil.

3. In a large bowl, sift together the flour, baking powder, salt, cinnamon, ginger, and allspice.

4. Whirl the oats in a blender until they reach the consistency of cornmeal. Add the oats to the dry ingredients.

5. In another bowl, lightly beat the eggs. Stir in the pumpkin puree, evaporated skim milk, juice, oil, and sugars. Fold the wet ingredients into the dry ingredients just until combined.

6. Spoon the batter into the prepared muffin tin and dot the center of each muffin with a tiny amount of applesauce. Bake for 20 to 25 minutes, or until a toothpick inserted in the center of a muffin comes out clean and dry. Cool in the tins for 5 minutes. Loosen the muffins with a knife and remove.
No-Bake Pumpkin Pie

Serves 8

Originally aired November 6, 2014

INGREDIENTS

- 1 cup heavy whipping cream
- 1/2 cup powdered sugar
- 1 15 oz. can pumpkin purée
- 1 8 oz. block cream cheese, softened
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 graham cracker pie shell

PREPARATION

In a stand mixer, whip cream until to soft peaks. Add powdered sugar to incorporate. In a medium-size mixing bowl, beat the cream cheese and canned pumpkin with a hand mixer until there are no lumps. Add pumpkin pie spice, cinnamon and salt. With a large rubber spatula, carefully fold the whipped cream into the pumpkin cream cheese mixture, being careful not to deflate the cream. Once completely incorporated, pour mixture into the pie shell and refrigerate for 24 hours. Serve with whipped cream and a sprinkle of cinnamon.

- See more at:
  http://www.rachaelrayshow.com/food/recipes/18983_no_bake_pumpkin_pie/#sthash.RGwlLPbz.dpuf
Pumpkin Pie Protein Smoothie

Simply put, this protein packed smoothie is like drinkable pumpkin pie.

Yield: 2 smoothies or 1 monster size smoothie

TOTAL TIME: 5 MINUTES

Ingredients:

- 1 frozen banana
- 1/2 cup (120g) vanilla Greek yogurt*
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon pumpkin pie spice*
- 1/2 cup (120ml) skim milk*
- 2 Tablespoons (30ml) pure maple syrup
- 2/3 cup (150g) pumpkin puree (canned or fresh)
- 1 cup ice

Directions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth - this may take longer if your blender isn't very strong. Scrape down the sides of the blender as needed.

Add more milk to thin out if it is too thick. Add a couple more ice cubes for a thicker texture, if desired. Add more spices to taste, if desired.

*Feel free to use regular (non Greek) vanilla or plain yogurt instead - keeping in mind the protein count will be lower. I prefer vanilla Greek yogurt not only for its protein count, but for its incredibly thick texture and vanilla taste.

*Instead of pumpkin pie spice, try adding nutmeg, cloves, ginger, and/or more cinnamon to taste.

*Any milk is just fine here. However, be sure to adjust the protein count accordingly if protein count is a concern.
Roasted Pumpkin Seeds Recipe

To jazz up your pumpkin seeds, sprinkle with spices like smoked paprika, cumin, or chile powder before they go into the oven.

Ingredients

- One medium sized pumpkin
- Salt
- Olive oil

Method

1. Cut open the pumpkin by cutting a circle around the stem end with a sharp knife (knife blade angled in), and pulling off the top. Use a strong metal spoon to scrape the insides of the pumpkin and scoop out the seeds and strings. Place the mass of pumpkin seeds in a colander and run under water to rinse and separate the seeds from everything else.

2. Measure the pumpkin seeds in a cup measure. Place the seeds in a medium saucepan. Add 2 cups of water and 1 tablespoon of salt to the pan for every half cup of pumpkin seeds. Add more salt if you would like your seeds to be saltier. Bring the salted water and pumpkin seeds to a boil. Let simmer for 10 minutes. Remove from heat and drain.

3. Preheat the oven to 400°F. Coat the bottom of a roasting pan or thick baking sheet with olive oil, about a teaspoon or so. Spread the seeds out over the roasting pan in a single layer, and toss them a bit to coat them with the oil on the pan. Bake on the top rack until the seeds begin to brown, 5-20 minutes, depending on the size of the seeds. Small pumpkin seeds may toast in around 5 minutes or so, large pumpkin seeds may take up to 20 minutes. Keep an eye on the pumpkin seeds so they don't get over toasted. When lightly browned, remove the pan from the oven and let cool on a rack. Let the pumpkin seeds cool all the way down before eating.

   Either crack to remove the inner seed (a lot of work and in my opinion, unnecessary) or eat whol

Read more: http://www.simplyrecipes.com/recipes/toasted_pumpkin_seeds/#ixzz3OGM4TEtn
Month: November

Food: Potatoes

Celebration Days: TBD

Books:

Jamie O’Rourke and the Big Potato by Tomie DePaola
Just when his poor wife’s back gives out, lucky Jamie O’Rourke — the laziest man in all of Ireland — traps himself a leprechaun, from whom he wins a single wish. What does Jamie wish for? All the potatoes he can eat. But this time Jamie may have bitten off more than he can chew, in this colorful Irish folktale filled with humor and a touch of blarney, too!
Interest Level: K-2

The Potato Chip Champ by Maria Dismondy
Champ and Walter Norbert Whipplemoore are about as different as two kids can be, well, except for their love of baseball and potato chips. Champ had everything, but always wanted more. Walter had very little, but was never seen without a smile on his face. In the end, it is Walter and some crunchy potato chips that teach Champ a lesson about character that can’t be taught in school.
Interest Level: K-4

The Enormous Potato by Aubry Davis
A classic folktale about people coming together to get a job done. The farmer in this story plants a potato, which grows into the biggest potato in the world, so big that he is unable to pull it out of the ground by himself, so he calls upon his wife, daughter, dog, cat, and then finally a mouse, until there is enough strength to pull the potato out of the ground.
Interest Level: K-2

From Eye to Potato by Ellen Weiss
Life cycles are a fascinating and integral part of every science curriculum. These titles are a great introduction to the wonder of how things grow. Beautiful, full-color photographs and illustrations demonstrate the step-by-step process of a variety of plant growths, supported with an introduction to basic botany terms.
Interest Level: 1-12

Recipes/Cooking Activities:

- Baked potato chips
- Mashed potatoes
- Potato soup
- Sweet potatoes vs. white potatoes
- Sweet potato fries
Other Activities:
- Baked vs. fried nutrition labels
- Virtual tour of how potatoes grow

Health/Nutrition Message:
Many convenience foods or snacks can be high in fat and calories with few if any nutrients. We can make healthier choices by swapping these out for easy homemade recipes prepared with less fat and healthier ingredients. Make your own baked chips at home using potatoes, zucchini, beets, and even kale. Swap sweet potatoes for white potatoes in recipes like baked French fries or roasted potatoes. Switch to low-fat sour cream on your baked potato to cut fat and calories. Or try fat-free Greek yogurt for added protein without the extra fat.

Fun Facts:
- Potato “eyes” are sprouts that start the growth of a new plant
- The part of the potato that we eat is called a tuber
- Potatoes grow about 12 inches under the soil
- Modern farmers pick potatoes with specially designed tractors that separate them from the soil
- The potato is the 2nd most consumed food in the US
- Potatoes are very healthy. They contain Vitamin C and B6, Potassium, and Fiber. The skin of a potato is especially nutritious
- Potatoes provide one of the most concentrated sources of potassium which is important to build stronger bones
- The potato is 80% water and 20% solid
- Potatoes were first cultivated in ancient times around 200 BC in the Andes Mountains of Peru
- The first potato patches in North America were established in 1719
- French fries were introduced in the US in 1801
- The first potato chips were made in Saratoga Springs in 1853
- The Mr. Potato Head toy was developed in 1952
- In 1995, the potato became the first vegetable to be grown in space
- Adirondack Blue potatoes were developed at Cornell University and are blue-colored

Vocabulary Words:
Starch Spuds Tuber Soil
Jokes:

- What is the potato farmer’s favorite dance? (The mashed potato)
- What do you call an angry potato? (Boiling mad)
- What do you call a baby potato? (A small fry)
- What did one potato chip say to another? (Want to go for a dip?)
- Why do potatoes make good detectives? (Because they keep their eyes peeled)
- What do you call a stolen yam? (A hot potato)
- Why did the potatoes get a divorce? (Because they couldn’t see eye to eye)
- Why did the potato go to the doctor? (Because he wasn’t peeling very well)

Additional Resources:

www.empirepotatogrowers.com


https://www.youtube.com/watch?v=Sh1sVsn3G8s

https://www.youtube.com/watch?v=1GiOewh5Cyo


https://www.youtube.com/watch?v=7SAqMgGnNIs
Baked Potato Chips

Martha Stewart Living, July 2005

http://www.marthastewart.com/313063/baked-potato-chips

- **Prep Time**: 10 minutes
- **Total Time**: 40 minutes
- **Serves**: 4

**Ingredients**

- Vegetable-oil cooking spray
- 2 pounds russet potatoes, cut into 1/4-inch-thick slices
- 3 tablespoons olive oil
- Coarse salt
- Pinch of cayenne pepper
- Freshly ground pepper

**Directions**

1. Preheat oven to 400 degrees. Lightly coat 2 rimmed baking sheets with cooking spray; set aside. Put potatoes, oil, 1 tablespoon salt, and the cayenne in a large bowl; season with pepper. Toss to combine.
2. Arrange potato slices on prepared baking sheets, spacing them 1/4 inch apart. Bake, rotating sheets halfway through, until potatoes are crisp and golden brown, about 30 minutes. Spread out potatoes on parchment paper; let dry 5 minutes. Sprinkle with salt, if desired.

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Kale and Potato Soup

Prep Time: 20 minutes  
Cook Time: 25 minutes  
Yield: 6-8 adult servings, or a tasting for about 20 students

Ingredients

- 4 tablespoons olive oil  
- 2 medium onions, chopped  
- 4 cloves garlic, chopped  
- ½ tablespoon red pepper flakes  
- 1 ¼ teaspoons salt  
- 6 medium local potatoes, diced  
- 64 ounces vegetable or chicken stock  
- 3 cups chopped local kale leaves  
- Salt and pepper to taste

Instructions

1. Heat oil in a large saucepan. Add onions, garlic, red pepper flakes, and salt and sauté until onions are translucent.  
2. Add potatoes and stock. Boil 5 minutes, or until potatoes are half done and still firm.  
3. Add kale and cook until potatoes are tender, or about 10 minutes.
Smashed Potatoes

Recipe courtesy of April Neujean

Yield: 12 Servings

Ingredients:

6 pounds New Potatoes
1 Tablespoon plus 2 teaspoons Salt, divided
3 Tablespoons Olive Oil
1 teaspoon Black Pepper
¼ Cup Rosemary, minced
1 Green Onion, thinly sliced

Procedure:

1. Bring a large pot of water to a boil. Add potatoes and 1 tablespoon of salt. Reduce heat to medium and cook until fork tender. Drain potatoes.

2. Smash potatoes with a potato masher in a large bowl. Set aside.

3. In a large skillet, heat olive oil. Add smashed potatoes, remaining salt, pepper, rosemary, and green onions. Pan-fry until golden and crispy. Serve hot.
Rosemary Sweet Potato Oven Fries

Recipe courtesy of April Neujean

Yield: 6-8 side dish portions

Ingredients:

8 sweet potatoes, washed and cut into fries
2 Tablespoons olive oil
1 Tablespoon chopped rosemary
½ teaspoon Cajun Seasoning (or your favorite seasoning blend)
1 teaspoon salt

Procedure:

1. Preheat oven to 425 degrees.
2. Mix all ingredients in a large bowl.
3. Bake until sweet potatoes are crispy, about 25-30 minutes.
Month: December

Food: Winter Squash

Celebration Days: TBD

Books:

Sophie’s Squash by Pat Zeitlow Miller
On a trip to the farmers’ market with her parents, Sophie chooses a squash, but instead of letting her mom cook it, she names it Bernice. From then on, Sophie brings Bernice everywhere, despite her parents’ gentle warnings that Bernice will begin to rot. As winter nears, Sophie does start to notice changes.... What’s a girl to do when the squash she loves is in trouble?
Interest Level: Pre-K-2

The Little Squash Seed by Gayla Dowdy Seale
How is it that a dull, dried-up little seed can produce a brightly colored nutritious vegetable? Miraculous things do happen when a seed is planted in the dirt and cared for by an attentive gardener. Kids can put on their garden gloves, grab their tools, and join the little squash seed, the gardener, and his grandchildren for a season of planting, changing, and growing.

Recipes/Cooking Activities:

- Roasted squash
- Squash soup
- Delicata squash smiles
- Spaghettis squash with tomato sauce

Other Activities:

- Compare different squash via ven diagram
- Intro to adjectives

Health/Nutrition Message:

Winter squash are high in fiber, folate, and other important nutrients that protect against heart disease. These versatile gourds can be roasted, stuffed, steamed, or pureed into soups. For the ultimate nutritional benefits, eat both the flesh and the seeds, which can be toasted and used as a crunchy topping.
Fun Facts:
- Squash is a good source of fiber and potassium
- Squash (along with corn and beans) is a Native American agricultural tradition
- Originally, squash were only grown for their seeds
- Gourds, a type of winter squash, are widely grown for ornamental purposes: as decoration during holidays, for carving, and for making bird feeders

Vocabulary Words:
Acorn      Shell      Butternut      Gourd      Fiber      Seeds      Stem

Jokes:
- What’s the gardener’s favorite court sport? (Squash)
- What's an elephant's favorite vegetable? (Squash)
- What position did the winter squash play on his basketball team? (Point “Gourd”)

Additional Resources:
MASHED WINTER SQUASH AND APPLES

YIELD
8-10 servings

INGREDIENTS
4 lbs butternut squash (~2 squash)
2 apples, grated
1 yellow onion, diced small
1 clove garlic, minced
2 Tbsp. unsalted butter
2-3 Tbsp. maple syrup
½ tsp. cinnamon
½ tsp. coriander
½ tsp. cumin
salt, to taste
olive oil, for brushing squash
optional: substitute some of the butternut squash with potato

DIRECTIONS
1. Preheat oven to 375 °F. Cut butternut squash in half lengthwise and scrape out seeds. Brush with olive oil and place cut side down on a foil-lined baking sheet. Bake until squash is tender all the way through, especially at the long end. This will vary depending on the size of your squash, ~35-45 minutes.

2. Melt butter over medium-low heat in a large pot or Dutch oven. Add apples, onions, and salt, cover, and cook until onions are soft, ~5 minutes. Remove cover and sauté until golden brown, ~5-7 minutes longer. Add garlic and spices, and sauté until fragrant, ~30 seconds longer. Remove from heat and set aside until squash finishes roasting.

3. Once squash is roasted, scrape it out of the skin and add it, along with maple syrup, to the pot with the apples and onion sauté. Whip with a hand mixer to desired consistency.

4. Serve hot!

Source: Coffee & Quinoa at http://www.coffeeandquinoa.com/2013/10/mashed-butternut-squash/
Autumn Thai Coconut Soup

Recipe Courtesy of April Neujean

Here’s a fast and easy Asian twist on a classic fall dish. Although the ingredients may seem exotic, they are all readily available in the international section of most grocery stores. Since orange fruits and vegetables are full of antioxidants, this is also a terrific dish to prevent seasonal colds and flu. The linoleic acid in coconut milk is also thought to be a natural immune booster. Feel free to experiment by adding different herbs and greens or any of your other favorite fall vegetables. Leftovers make an excellent lunch or can be frozen for up to 6 months.

Yield: 4-6 servings

Ingredients:
1 medium butternut squash
Salt and pepper to taste
1 medium onion, diced
1 tsp ground ginger
2 Tbsp. brown sugar
1 teaspoon chili garlic paste (or more depending on your taste)
1 teaspoon soy sauce
½ cup chicken stock
1 can coconut milk (low-fat or regular)
2 Tbsp. red curry paste
½ bunch thinly sliced greens (about 2 cups any variety you like-kale, chard, mustards, etc)
¼ cup minced cilantro (optional)

Procedure:

1. Preheat oven to 400 degrees.
2. Slice squash in half to separate the bulbous bottom from the cylindrical top. Then slice each piece again lengthwise. Scoop out the seeds from the bottom pieces. *Note: These are excellent for roasting and make a delicious crunchy topping for this soup or a side salad.
3. Drizzle each fleshy side of squash with a little olive oil, salt and pepper, and place on a foil-lined baking sheet, flesh-side down. Bake for 25-30 minutes until you can easily pierce through the outer skin with a fork and the inner flesh is soft enough to scoop out.
4. Meanwhile, in a dutch oven or 3 quart sauce pot over medium heat, add diced onions, ginger, brown sugar, chili garlic paste, and chicken stock. Stir and cook for 8-10 minute until onions are soft and liquid has reduced slightly.
5. Reduce heat to medium-low and add coconut milk and red curry paste. Stir well until there are no lumps of curry paste and soup is heated through.
6. Once the squash is cooked, scoop out the flesh and add to the pot.
7. Puree soup with a hand emersion blender or in a blender and return to pot.
8. Add greens and cilantro and cook for 3-5 minutes or until greens have wilted just slightly. Serve hot in soup bowls. For an added touch, garnish with toasted seeds.
YIELD 4-6 SERVINGS

INGREDIENTS
2 delicata squash
3 Tbsp. olive or canola oil
salt and pepper, to taste
optional: cinnamon

DIRECTIONS
1. Preheat oven to 350 °F.
2. Cut squash in half lengthwise. Scoop out seeds.
3. Place squash open side down on cutting board and cut short “smiles”.
4. Place smiles in a bowl. Add oil, salt and pepper, then toss until evenly coated.
5. Place on baking sheet, sprinkle with cinnamon (optional)
6. Roast in oven for 15-20 minutes or until a fork goes through easily.

Source: GMFTS
Spaghetti Squash with Tomato-Basil Sauce

An adult may need to help out a bit by cutting the hard squash in half, but kids can have fun scraping up strands of spaghetti-like pulp.

- Yield: Serves 6
- Hands-on: 25 Minutes
- Total: 1 Hour, 30 Minutes

**Ingredients**

- 1 (3-pound) spaghetti squash
- Cooking spray
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 (14.5-ounce) can diced tomatoes
- 1/2 cup chopped fresh basil, divided
- 6 tablespoons shredded pecorino Romano cheese

**Preparation**

1. Preheat oven to 350°.

2. Cut squash in half lengthwise. Scoop out seeds; discard. Place squash halves, cut sides down, on a baking sheet coated with cooking spray. Bake at 350° for 1 hour or until tender.

3. Heat oil in a medium saucepan over medium heat. Add garlic; cook 3 minutes, stirring occasionally. Add tomatoes; bring to a simmer. Cook for 15 minutes or until thickened. Remove from heat; stir in 1/3 cup basil.

4. Cool squash at room temperature for 10 minutes or until cool enough to handle. Scrape inside of squash with a fork to remove spaghetti-like strands to measure about 5 cups. Divide squash evenly among 6 plates; top each serving with about 1/3 cup sauce and 1 tablespoon cheese. Top with remaining basil.

**Nutritional Information**

- Calories: 133
- Fat: 4.6g
- Saturated fat: 1.8g
- Monounsaturated fat: 1.7g
- Polyunsaturated fat: 0.6g
- Protein: 4.3g
- Carbohydrate: 19.2g
- Fiber: 3.8g
- Cholesterol: 4mg
- Iron: 1.5mg
- Sodium: 311mg
- Calcium: 158mg
Month: January

Food: Citrus

Celebration Days: TBD

Books:

An Orange in January by Dianna Hutts Aston

An orange begins its life as a blossom where bees feast on the nectar, and reaches the end of its journey, bursting with the seasons inside it, in the hands of a child.

Interest Level: K-3

Orange Juice by Betsey Chessen and Pamela Chanko

Photographs and simple text explain where orange juice comes from, with emphasis on the life cycle of the orange tree.

Recipes/Cooking Activities:

- Homemade orange juice
- Orange smoothies
- Orange fruit cup
- Honey citrus fruit dip
- Citrus varieties tasting

Other Activities:

- Citrus grove virtual tour
- Proper hand washing

Health/Nutrition Message:

The average American child has six to 10 colds a year. In fact, children's colds cause more doctor visits and missed school days than any other illness. To avoid the spread of germs:

- Practice proper hand washing
- Cough or sneeze into your elbow, not your hands
- Get plenty of sleep, exercise, healthy foods (especially those rich in vitamin C), and water

Fun Facts:

- When buying, don’t be fooled into thinking a partly green orange isn’t ripe. These are actually the ripest oranges. They change color from orange to green after plenty of sunshine, as heat draws out the natural chlorophyll in our skin and creates a sunscreen to prevent them from burning
- Oranges grow on evergreen trees in hot, sunny regions
- Navel oranges are named that because of the belly-button formation opposite the stem end. The bigger the navel in an orange, the sweeter it will be
- Oranges have been grown since ancient times and originated in Southeast Asia
- Around 85% of all oranges produced are used for juice
• You’d have to eat 7 cups of corn flakes to get the same amount of fiber as one orange
• The white orange blossom, is the state flower of Florida. It is highly fragrant and has long been used in weddings as cake decoration, in bridal bouquets and in head wreaths.
• In England and Italy, oranges and orange blossoms were once used in the making of perfumes and cosmetics
• Oranges are domesticated so you are unlikely to find them growing naturally in the wild
• Because oranges do not spoil easily and are full of vitamin C during the years of world exploration sailors planted orange and other citrus trees along trade routes to prevent scurvy which is a disease that develops from a deficiency of vitamin C.
• It is believed that Christopher Columbus was the first to bring orange seeds to America during his second voyage to the region in 1493
• There are now over 600 varieties of oranges worldwide
• There are typically ten segments inside an orange
• Orange peel can be used by gardeners to sprinkle over vegetables as a slug repellent.

Vocabulary Words:
Pulp  Peel  Rind  Seed  Pith  Zest

Jokes:
• Why did the lemon go visit the school nurse? (He needed some lemon aid)
• Why was the orange so sad? (He lost his zest for life)
• What do you get when you cross a cat and a lemon? (A sourpuss)
• What do you call a lime that can travel under water? (Sublime)

Additional Resources:
http://publichealth.lacounty.gov/nut/LACOLLAB_Files/documents/HOTM/AnOrangeInJanuary.pdf
https://www.youtube.com/watch?v=eRjGw8nyEOM
http://libraryliteracy.org/webcasts/01-09-07_Iff/Chapter4.pdf
http://www.sunkist.com/kids/pandt/
Orange Banana Frosty

Ingredients:

1 small frozen banana, cut into chunks
½ cup plain low-fat yogurt
½ cup orange juice

Directions:

1. Put banana chunks, yogurt and orange juice in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Yields about 2 servings

Source:

Loving Your Family, Feeding Their Future - The Healthy Family Guide Book (USDA)

Nutrition Facts

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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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9% calories from fat

Nutrition facts for recipe without additional liquid added.
Month: February

Food: Dairy

Celebration Days: February 2-6, 2015

Books:
Thanks to Cows by Allen Fowler
Learn how milk is made, beginning with a cow giving milk, in this introductory science book.
Interest Level: K-2

Milk: From Cow to Carton by Aliki
Aliki takes readers on a guided tour that begins with grazing cows, proceeds through milking and a trip to the dairy, and ends with some different foods made from milk. This revised edition of Aliki’s 1974 Green Grass and White Milk is an even more fun-filled and informative explanation of milk’s trip from green grass, to cow, to a cool glass on the table.
Interest Level: K-2

Recipes/Cooking Activities:
- Making butter
- Making whipped cream
- Making ice cream (baggy or coffee can method)
- Cheese tasting
- Milk tasting (fat-free vs. 1% or 2%)
- Yogurt tasting

Other Activities:
- Dairy farm virtual tour
- Dairy farmer visit
- Dairy Queen/Dairy Princess visit
- Dental health activities

Health/Nutrition Message:
Milk and dairy foods are a good source of calcium, which helps build strong bones and teeth. Experts recommend that children ages 4-8 consume 2 cups of low-fat (1%) or fat-free milk or dairy each day.
Fun Facts:

- Milk is the official beverage of New York State
- Milk is not only used for drinking. It is also used for making cheese and yogurt
- New York is #1 in yogurt production, cream cheese, and cottage cheese
- Cheese varieties developed in the US include: American, Cheddar, Colby, and Monterey Jack
- Dairy Cows provide 90% of the entire planet’s milk supply
- The average person drinks 25 gallons of milk a year
- Americans eat an average of 29 pounds of cheese a year
- Farmers give cows ear tags so they know who is who and how much milk they produce
- A cow’s udder can hold between 25 and 50 pounds of pure milk
- It takes 12 pounds of whole milk to make one gallon of ice cream
- It takes 21.2 pounds of whole milk to make one pound of butter
- Milk is pasteurized to kill bacteria by quickly heating it to 161 degrees for five seconds, and then rapidly cooling it
- When milk is homogenized, it mixes the cream and the water together and keeps them from separating
- Cows have around 32 teeth but they do not have any top teeth
- The most common breed of dairy cows in NYS is the black and white Holstein
- Cows drink 100-150 gallons of water each day. That’s almost a bathtub full!
- Milk is not only used to make food, but it is manufactured to make glue, paint, and plastics

Vocabulary Words:
Milk  Cheese  Vitamins  Calcium  Whole  Skim  Low-fat  Yogurt

Jokes:

- What gives milk and has one horn? (The milk truck)
- Why did the farmer take the cow to the vet? (Because she was “moo-dy”)
- What kind of cows laugh? (Laughing stock)
- Why is a barn so noisy? (All the cows have horns)

Additional Resources:

http://fcs.okstate.edu/faculty/Building%20Strong%20Bodies%20and%20Minds/Milk%20from%20Cow%20to%20Carton%20K-2%20Lesson.pdf

www.adadc.com

www.DairyFarmingToday.org

http://www.iptv.org/kids/story.cfm/video/sesa_20110412_milk_song/video
Classroom Butter

Recipe courtesy of Natalie Porter

- 1/2 pint whipping cream
- salt (optional)
- honey (optional)

Directions:

1. Pour the whipping cream into a plastic pint-sized jar with a screw-top lid (a peanut butter or mayo jar both work well). and add a pinch of salt if desired. Screw on the lid tight-- I usually reinforce with masking tape as a precaution.
2. Take turn with the children and shake the jar. We usually pick a song to sing for each child's turn. This takes a while-- about 5 minutes or so.
3. Drain the liquid from the butter. This is the buttermilk, and some of the children may want to try it (I offer **very small tastes** in paper cups). Add more salt, or honey, to taste if desired.
4. Serve the butter at once on crackers or bread, or chill to serve later.

Herbed Butter

Recipe courtesy of April Neujean

Ingredients:
Approximately 1 cup (16 Tablespoons) unsalted butter, softened
2 cloves garlic, minced
1 teaspoon minced mint
2 Tablespoons minced parsley
1 Tablespoon minced oregano
1 Tablespoon minced basil
1 teaspoon thyme leaves
2 teaspoons Salt
2 loaves French bread, sliced

Procedure:

1. In a medium bowl, combine butter, garlic, minced herbs, and salt.
2. Spread herbed butter on slices of bread.
Mason Jar Whipped Cream
By CHRIS SCHEUER

INGREDIENTS
2. 1 cup heavy cream*
3. 1-2 Tbsp sugar
4. 1 tsp vanilla bean paste or vanilla extract
5. 1 clean 1-pint Mason jar with lid

DIRECTIONS
1. Place a pint size Mason jar in the freezer for 10-15 minutes with the lid on before beginning recipe.
2. Remove jar from freezer and unscrew the lid. Add 1 cup heavy cream, 1-2 Tbsp sugar (depending on how sweet you like your whipped cream) and 1 tsp vanilla bean paste or vanilla extract.
3. Screw lid on tightly and begin shaking. Shake vigorously for 5-6 minutes. When cream is almost ready, you'll notice a difference in the sound (it will no longer swoosh) and the cream will coat the sides of the jar. Take a peek. If cream is not thick enough, shake a little longer, but be careful at this point as a lovely, fluffy whipped cream can quickly turn to lovely, fluffy butter! You want a creamy consistency that will form soft peaks when stirred with a spoon.

COOK'S NOTE
Be sure to use heavy cream for best results.
This is a great recipe to make with kids. They can all get in on the shaking exercise, get rid of some excess energy and will be thrilled when they see (and taste) the results of their labor.
How to Make Ice Cream with a Bag
http://www.wikihow.com/Make-Ice-Cream-with-a-Bag

Ingredients:
2 tablespoons (30 g) white sugar
1 cup (200 g) half & half
1/2 tsp (2.5 g) vanilla extract

Note: Milk or heavy whipping cream can be substituted for half and half, but with each you will see different results.

Steps:

1. Combine the sugar, half and half, and vanilla in the pint-sized bag. Stir it up into an even consistency. If vanilla ice cream isn't your thing, add fruit or chocolate sauce to your creamy concoction. You may do this in a bowl, but why dirty a dish when you don't have to? Make sure the sugar is dissolved!
2. Seal the bag tightly. Squeeze out any extra air, too. Too much air in the bag may force it open upon shaking. If you're concerned about leaking, double-bag your ice cream mixture. Leaks are less likely to occur but it may take a bit longer for the ice cream to adequately freeze. Place the salt and ice into the gallon-sized bag. It should be about half full. Coarse, Kosher, and rock salt works best, but table salt will do. However, know that you may see shabbier results with smaller granules.
3. Place the sealed pint-sized bag into the salt and ice mixture. The salt and ice will freeze the creamy mixture, not become a part of it. Squeeze out any extra air in the larger bag and seal it tightly, too.
4. Put on gloves and start shaking. If gloves aren't handy, use a towel. Your hands will appreciate the barrier between them and the extreme cold. Shake for 5-10 minutes. After this period, check the consistency of your ice cream to see if it's ready.
5. Eat or serve. After adequate shaking, take out the ice cream mixture before unsealing. You don't want any ice or salt in your ice cream! Grab a spoon and dig in! Your ice cream is ready. Or cut the tip of the bag and squeeze out the ice cream into a dish.

Tips:

Use this as an educational tool! Not only can you explore the history of ice cream, but use the experience to engage your kids about the science behind ice, salt, and their exothermic reactions.

A large coffee can be used instead. It is much bigger, so the recipe may be doubled or tripled (so it may take longer). But kids can roll the can on the floor for a bonus!

You can use a garbage bag and make a lot of ice cream with it but you might need more than one person to make it.

You can use a piping bag with a star tip to make a soft serve-like ice cream. Pour the ice cream into the piping bag with the star tip and squeeze in a spiral.
Month: March

Food: Cabbage

Celebration Days: March 13, 20, & 27, 2015

Books:
The Giant Cabbage (An Alaskan Folktale) by Cherie Stihler
Moose discovers a very big cabbage in his garden that could win first prize at the Alaska State Fair. But there's a problem--it's so huge he can't lift it! An old Russian folktale inspired The Giant Cabbage, but this contemporary version showcases Alaska with vivid illustrations, adorable animal friends, and verbal twists and turns.
Interest Level: Pre-K-2

Katie’s Cabbage by Katie Stagliano
Katie’s Cabbage is the inspirational true story of how Katie Stagliano, a third grader from Summerville, South Carolina, grew a forty-pound cabbage in her backyard and donated it to help feed 275 people at a local soup kitchen. In her own words, Katie shares the story of the little cabbage seedling and the big ideas of generosity and service that motivated her to turn this experience into Katie’s Krops, a national youth movement aimed at ending hunger one vegetable garden at a time. Katie’s Cabbage reminds us of how small things can grow and thrive when nurtured with tender loving and care and of how one person, with the support of family, friends, and community, can help make a powerful difference in the lives of so many.

Recipes/Cooking Activities:
- Cabbage salad made with maple syrup
- Braised cabbage with maple syrup
- Green Goddess Cole Slaw

Other Activities:
- Cabbage tasting (red, green, Napa, Chinese, etc.)
- St. Patrick’s Day tie-in to cabbage
- 2nd grade Ag. Literacy Week (March 16-20) tie-in

Health/Nutrition Message:
It’s often said that breakfast is the most important meal of the day. Eating breakfast gives your mind and body a jump-start of energy to begin the day. Children who skip breakfast may have trouble concentrating or paying attention in school. They may also overeat later in the day, contributing to a poorer diet. A healthy breakfast should include a whole grain, a fruit or vegetable, and a protein source.
Fun Facts:
- New York ranks #1 in the country in cabbage production
- One cup of cabbage only has about 15 calories
- Cabbages are 90% water
- Cabbage is the oldest vegetable known to man
- Cabbage is a great source of vitamin C, especially red cabbage. Most types of cabbage have a full day’s supply of vitamin C

Vocabulary Words:
Leaves  Stem  Head  Branches

Jokes:
- Why do cabbages win races? (Because they know how to get a-head)
- What is a taxi driver’s favorite kind of vegetable? (A cab-bage)
- How did the farmer fix his jeans? (With a cabbage patch)

Additional Resources:
https://www.youtube.com/watch?v=PYYowXOEZZE
https://www.youtube.com/watch?v=SohCjY_bns
https://www.youtube.com/watch?v=sCNKFuaRDDw
https://www.youtube.com/watch?v=X-NjMyywZp4
https://www.youtube.com/watch?v=ZRw92CpmtZw
https://www.youtube.com/watch?v=IEjOia4OfB8
http://growing-minds.org/?s=cabbage+lesson+plans
http://www.panen.org/snap/cabbage
Red Cabbage Salad with Blue Cheese & Maple-Glazed Walnuts

From EatingWell: March/April 2014

Makes: 8 servings
Serving Size: about 1 cup
Total Time: 35 minutes

Vinaigrette Ingredients
1 tablespoon crumbled blue cheese
1/4 cup extra-virgin olive oil
3 tablespoons red-wine vinegar
1 tablespoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Salad Ingredients
1 tablespoon extra-virgin olive oil
1 teaspoon butter
1 cup walnuts
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
3 tablespoons pure maple syrup
8 cups very thinly sliced red cabbage
2 scallions, thinly sliced
1/3 cup crumbled blue cheese

Preparation
To prepare vinaigrette: Combine 1 tablespoon blue cheese, 1/4 cup oil, vinegar, mustard, salt and pepper in a mini food processor or blender; process until creamy.

To prepare salad: Place a piece of parchment or wax paper near your stove. Heat 1 tablespoon oil and butter in a medium skillet over medium heat. Add walnuts and cook, stirring, for 2 minutes. Add salt and pepper and drizzle in maple syrup. Cook, stirring, until the nuts are well coated and have begun to caramel, 3 to 5 minutes. Transfer to the paper, spooning any remaining syrup over them. Separate the nuts while they’re still warm. Let stand until cool, about 5 minutes.

Place cabbage and scallions in a large bowl. Toss with the vinaigrette. Serve topped with blue cheese and the walnuts.

Tips & Notes
Make Ahead Tip: Store glazed walnuts (Step 2) airtight for up to 1 day.

Nutrition
Per serving: 232 calories; 19 g fat (4 g sat, 9 g mono); 6 mg cholesterol; 12 g carbohydrates; 5 g added sugars; 8 g total sugars; 4 g protein; 2 g fiber; 284 mg sodium; 273 mg potassium.

Nutrition Bonus: Vitamin C (68% daily value), Vitamin A (18% dv)
RED CABBAGE BRAISED WITH MAPLE SYRUP (cooks.com)

5 strips bacon, minced
1 med. onion, minced
1 med. firm tart apple, peeled, cored and sliced
1 lb. red cabbage (about 1/2 a head), cored, outer leaves removed and remainder shredded
1 bay leaf
1/2 c. maple syrup
Salt and pepper to taste

Preheat oven to 350 degrees. In oven proof sauce pan or a flame proof casserole large enough to hold all the ingredients, saute the bacon until crisp. Add the onion and saute until translucent. Add the remaining ingredients, cover and place in oven. Bake for 1/2 hour. Yields 4 to 6 servings.
Green Goddess Cole Slaw

Recipe courtesy of April Neujean

Yield: 12 snack servings, 8 traditional servings

Ingredients:

1 Cup Mayonnaise

¼ Cup Apple Cider Vinegar

¼ Cup fresh Tarragon, leaves only

¼ Cup fresh Parsley, leaves only

2 Tablespoons fresh Dill leaves only

¼ Cup coarsely chopped Chives

2 teaspoons Salt

1 teaspoon Pepper

4 Green Onions, thinly sliced

6 Cups shredded Green Cabbage

Procedure:

In a blender, combine mayo, vinegar, tarragon, parsley, dill, chives, salt, and pepper. Puree until smooth. Pour dressing over cabbage and green onions. Toss to combine. Taste and adjust seasoning if necessary.
Month: March

Food: Maple Syrup

Celebration Days: March 13, 20, & 27, 2015

Books:

*Sap to Syrup* by Inez Snyder
The simple text in this book presents a description of how sap is turned into syrup.
Interest Level: Pre-K-2

*Sugarbush Spring* by Marsha Wilson Chall
Chall’s timeless story and Daly’s glowing paintings invite children to share in the pleasure of making maple syrup—a process that’s the same today as it was two hundred years ago. In the month of the Maple Sugar Moon, icicles rain from Grandpa’s porch roof and something is stirring in the woods. It’s sugarbush spring-time to tap the trees, then gather round the cook fire to roast marshmallows and tell stories while the cold sap thickens and boils to make maple syrup.
Interest Level: K-2

*Curious George Makes Maple Syrup* by H. A. Rey
Sunday is Pancake Day, and no plate of pancakes is complete without maple syrup. But when George runs out of his favorite topping, where will he find more? With the help of his friends Allie and Mr. Renkins, George learns how to turn sap from maple trees into his very own bottle of sweet, delicious syrup!

Recipes/Cooking Activities:
- Pancake muffins
- Maple syrup tasting (fake vs. real)

Other Activities:
- Maple tapping (real or virtual tour)
- Maple farmer visit

Health/Nutrition Message:
It’s often said that breakfast is the most important meal of the day. Eating breakfast gives your mind and body a jump-start of energy to begin the day. Children who skip breakfast may have trouble concentrating or paying attention in school. They may also overeat later in the day, contributing to a poorer diet. A healthy breakfast should include a whole grain, a fruit or vegetable, and a protein source.

Maple Fun Facts:
• The sugar maple is the official tree of New York State
• The production of maple syrup is the oldest agricultural practice in the United States
• Maple Syrup is only processed in the northeastern United States and eastern Canada
• NY ranks 2nd in production of maple syrup in the US, second only to our neighbor, Vermont
• In order to get sap from trees, farmers use a system known as “tapping” the trees
• The Iroquois were the first to discover maple sugaring
• Sap is drawn from trees in early spring, when the night temperatures are freezing and the days are warm and sunny
• Maple syrup is considered the healthiest natural sweetener. It is 100% natural and unrefined and features over 54 antioxidants. It is also a very good source of minerals, nutrients, and vitamins
• Because it is produced with no additives, maple syrup is the only 100% unprocessed sweetener available
• It takes about 40 gallons of sap to make one gallon of maple syrup
• There are over 200 species of maple trees, 148 of them are in the Northern Hemisphere
• One tap in a tree gives us an average of 10 gallons of sap a season
• A typical sugaring season lasts 4-6 weeks. Farmers stop drawing sap from the tree when it begins to bud, because when leaves begin to come out, the tree’s sap becomes bitter to the taste
• You must refrigerate maple syrup after opening to preserve quality and flavor
• Farmers used to hang buckets from trees to collect sap. Now they run it through plastic tubing directly to the sugarhouse
• In the sugarhouse, the sap is boiled to remove water and concentrate natural sugars in a process called evaporation
• Sap flows through a portion of the tree’s outer trunk which is called sapwood
• Maple syrup was the standard household sweetener in the US until around 1875
• Healthy, 100 year old trees can still produce sap

Maple Vocabulary Words:
Maple Tapping Evaporation Sap Bud

Maple Jokes:
• What does the boy maple tree call his girlfriend? (Sugar maple)
• What would be a sweet place to live? (The sugarhouse)
• What did the pancake say to the maple syrup? (You’re the tops)

Additional Resources:
https://www.youtube.com/watch?v=beTRHNWmqyc
www.newyorkmaple.org
Grab-n-Go Pancake Muffins

*The Kitchenthusiast*

Makes 6 muffins

**INGREDIENTS**

- 1/4 cup plain yogurt
- 2 tablespoons unsalted butter, melted
- 2 tablespoons pure maple syrup
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups blanched almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 eggs, 1 egg white
- 1/3 cup diced fresh berries

**DIRECTIONS**

Preheat oven to 350°F. Grease a Nonstick 6-Cavity Muffin Pan with butter or palm shortening; Set aside.

Place all of the liquid ingredients into a blender or food processor, except for the eggs. Then place all of the dry ingredients on top. Cover and blend on low 10-15 seconds just long enough to combine the ingredients (batter will be thick.)

Add the eggs and egg white; Blend on low about 20-30 seconds just until the eggs are well incorporated into the batter (do not over-mix or muffins will not be tender).

Evenly divide the batter among the prepared muffin pan, filling each cavity just 1/3 full. Add a few berries to each cup. Then evenly divide the remaining batter among the muffin cups and top with additional berries.

Bake for 18-20 minutes, until slightly golden brown on top and a toothpick inserted in the middle comes out clean.

Allow muffins to cool 2-3 minutes in the tin. Then run a knife around the edges of each cup and invert the muffin tin over a sheet of parchment to remove. Then grab one and go!

*Kitchen Tip: These pancake muffins store well in an airtight container in the fridge for 3-4 days. To reheat, simply place in a 200°F oven for 3-5 minutes, until warm*
Month: March

Food: Eggs

Celebration Days: March 13, 20, & 27, 2015

Books:
Green Eggs and Ham by Dr. Seuss
“Do you like green eggs and ham?” asks Sam-I-am. In this most famous of cumulative tales, the list of places to enjoy green eggs and ham, and friends to enjoy them with, gets longer and longer. Follow Sam-I-am as he insists that this unusual treat is indeed a delectable snack to be savored everywhere and in every way.

An Egg is Quiet by Dianna HuttsAston
This beautiful and informative book makes for a fascinating introduction to the vast and amazing world of eggs. Featuring poetic text and an elegant design, this acclaimed book teaches children countless interesting facts about eggs. Full of wit and charm, An Egg Is Quiet will at once spark the imagination and cultivate a love of science.

Recipes/Cooking Activities:
- Green eggs and ham
- Ham and herb stuffed eggs
- Omelet cups
- Breakfast bake
- Coffee cup scramble
- Compare/contrast eggs from different birds (brown eggs vs. white eggs)

Other Activities:
- Egg hatching (real or virtual)
- Dr. Seuss’s birthday tie-in to eggs
- FFA baby chicks visit
- 2nd grade Ag. Literacy Week (March 16-20) tie-in

Egg Fun Facts:
- Eggs are a great source of protein and Vitamin D
- A hen requires 24 to 36 hours to produce an egg

Egg Vocabulary Words:
Shell  Yolk  White  Albumen  Airspace
Egg Jokes:
- How did the egg get up the mountain? (It scrambled up)
- What do you call a duck that steals? (A robbery duck)
- What does an evil hen lay? (Deviled eggs)
- Why do hens lay their eggs? (If they dropped them, they would break)
- Where do tough chickens come from? (Hard-boiled eggs)

Additional Resources:
http://scienicenetlinks.com/lessons/an-egg-is-quiet/
http://www.lessonpathways.com/Pathways/Detail/9622/an-egg-is-quiet
http://www.learnnc.org/lp/editions/biomusic/6480
http://blog.richmond.edu/openwideloookinside/archives/251
Green Eggs and Ham

http://www.instructables.com/id/real-green-eggs-and-ham/

With a bit of kitchen chemistry you can easily make your own green eggs, without any food coloring! The secret is in a special pigment found in ordinary red cabbage, when cabbage juice is introduced to the alkaline egg whites the change in the pH causes the purple juice to turn a greenish-blue color, it's completely harmless and produces a neat effect.

Ingredients:
Eggs
Red cabbage

Instructions:

With a sharp knife, coarsely chop about 2 cups of red cabbage.

Then, transfer cabbage into a microwave-safe bowl with lid and microwave on high for about 4-5 minutes. This will soften your cabbage and release the juices. After microwaving your cabbage will be very hot, allow to cool at room temperature or in the fridge until you can safely handle the cabbage.

When your microwaved cabbage has cooled, place the soft cabbage into a doubled sheet of cheesecloth. Gather the edges of your cheesecloth and squeeze the cabbage over a mixing bowl, collecting the purple cabbage juice.

The reaction occurs between the egg white and the cabbage juice, therefore you're going to need to separate the egg yolks from the white.

To separate egg yolks is easy: crack an egg over a bowl and carefully separate the shell into two halves without spilling any of the yolk (some of the white may fall into the bowl, that's alright). You should now have an open egg in one hand and an empty shell half in the other. Carefully pour the full egg into the empty shell, the yolk should pour out and rest on the empty shell and the egg white should fall into the bowl below. Continue pouring the egg back and forth between the egg shells until the yolk remains. Keep yolk in a shell half and set aside for later.

To make your own green eggs pour a small amount of the red cabbage juice into your bowl of egg white and gently whisk together, you should see a color change almost immediately.

Time to cook some eggs: Heat your range to a medium heat and lightly oil a frying pan. Pour your green egg whites into the pan, then gently add the yolk you set aside (you did save it, right?) onto the top of the cooking egg white. Cook egg to your desire.

Materials:
Microwave
Cheesecloth
Mixing bowl
(Ham and) Herb Stuffed Eggs

AKA Green Eggs and Ham

Recipe courtesy of April Neujean

Yield: 12 Servings

Ingredients:

1 dozen eggs, hard boiled
2 Tablespoons Mayo
½ teaspoon Mustard
1 clove Garlic, finely minced
1/8 teaspoon Salt
1/8 teaspoon Pepper
1 Tablespoon Dill, minced
1 Tablespoon Basil, minced
1 Tablespoon Parsley, minced
1 Tablespoon Thyme, minced
1 Tablespoon grated Parmesan Cheese
4 ounces diced cooked ham
1 Tablespoon Chives, finely sliced

Procedure:

1. Peel and halve hard boiled eggs. Remove yolks and save in a large bowl.
2. Add mayo, mustard, garlic, salt, pepper, herbs, parmesan cheese, and ham to yolks. Stir together until creamy and well combined.
3. Using a piping bag or plastic storage bag, pipe herb filling into egg halves.
4. Garnish eggs with chives.
Rise 'n' Shine Omelet Cups
Recipe courtesy of mrfood.com

This "no skillet required" easy personal portion version is a super way to make everyone's eggs all at once. Our mini Rise 'n' Shine Omelet Cups are sure to be a tasty hit, and the cook will love the all-in-one convenience.

SERVES: 6
COOK TIME: 20 Min

What You'll Need:

5 eggs
1 ½ cups chopped cooked ham
1 ½ cups shredded Cheddar cheese
¼ cup sliced scallions

What To Do:

1. Preheat oven to 350 degrees F. Coat 6 muffin cups with cooking spray.
2. In a large bowl, combine all ingredients; mix well then spoon into prepared muffin cups.
3. Bake 20 to 25 minutes, or until eggs are set. Serve immediately.
No-Fuss Breakfast Bake
Recipe courtesy of mrfood.com

Whether it's Christmas morning, or any morning, you don't need to spend a lot of time in the kitchen making breakfast. This hearty no-fuss breakfast bake is a cinch, and you'll have plenty of time to spend with your gang!

SERVES: 6
COOK TIME: 40 Min

What You'll Need:

- 1 pound hot or mild ground pork sausage
- 1/2 (16-ounce) package frozen shredded hash brown potatoes (about 3 cups)
- 1 cup (4 ounces) shredded sharp Cheddar cheese
- 6 large eggs, beaten
- 3/4 cup milk
- 3/4 teaspoon dry mustard
- 1/2 teaspoon salt
- Dash of black pepper

What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large skillet, brown sausage, stirring until it crumbles and is no longer pink; drain. Layer potatoes, sausage, and cheese in prepared baking dish.
3. In a medium bowl, combine remaining ingredients; pour over sausage mixture.
4. Bake, covered, 30 minutes; uncover and bake an additional 5 minutes or until set. Let stand 10 minutes before serving.

Note:
If you prefer to get a jump start on breakfast, this is a great make-ahead recipe. Complete through Step 3 and then cover and place in the refrigerator overnight. When you ready to eat, simply follow the directions in Step 4 and you're all set!

Read more at http://www.mrfood.com/Eggs/No-Fuss-Breakfast-Bake#LAv0F5qr6Bey2du.99
Coffee Cup Scramble

No need to skip breakfast with this quick and easy recipe. It cooks up fast in the microwave for a healthy way to start your day.

SERVES: 1
COOK TIME: 1 Min

What You’ll Need:

- 2 eggs
- 2 tablespoons milk
- 2 tablespoons shredded Cheddar cheese
- Salt and pepper to taste

What To Do:

1. Coat a 12-ounce microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended.
2. Microwave 45 seconds at high power; stir. Microwave 30 to 45 seconds more, or until eggs are almost set.
3. Top with cheese, season with salt and pepper, and serve.

Note

Since microwave ovens vary, you may need to adjust the cooking time.

Recipe courtesy of www.incredibleegg.org.

Read more at http://www.mrfood.com/Eggs/Coffee-Cup-Scramble#fchgRT0oUByy9TmT.99
Month: April

Food: Carrots

Celebration Days: April 20-24, 2015

Books:

Carrot Soup by John Segal
Rabbit loves the spring, and plans his vegetable garden to yield the ingredients for... carrot soup! He plows and plants, waters and weeds, then waits and waits. But when he goes to harvest his carrots, they’re gone! Where could they be?

Tops and Bottoms by Janet Stevens
Hare solves his family’s problems by tricking rich and lazy Bear in this funny, energetic version of an old slave story. With roots in American slave tales, Tops & Bottoms celebrates the trickster tradition of using one's wits to overcome hardship.
Interest Level: K-2

Carrots Grow Underground by Mari Schuh and Gail Saunders-Smith
Simple text and photographs describe how carrots grow underground.

Recipes/Cooking Activities:

- Carrot soup
- Carrot slaw with raisins
- Carrot confetti salad
- Maple syrup glazed carrots
- Carrot salad dressing
- Toddler muffins

Other Activities:

- Easter tie-in
- Earth Day tie-in
- Root vegetables, plant parts

Health/Nutrition Message:
Vegetables are packed with vitamins, minerals, and fiber that keep us healthy. Carrots and other vegetables help us to grow strong, have healthy eyes, skin and hair, and do our best when we play and learn. It’s important to eat lots of different vegetables each week because different kinds of veggies are good for you in different ways. It’s also important to eat enough vegetables. To be healthy and prevent diseases like cancer and heart disease, kids need to eat 1-2 1/2 cups of vegetables every day.
Fun Facts:
- People first grew carrots as medicine, not food.
- Carrots have been around for a long time. They can be traced back over 5,000 years. No one knows exactly when the first carrots appeared because many people mistook them for parsnips long ago.
- Carrots are an excellent source of vitamin A, which helps keep your eyes healthy. A single carrot provides more than 200% of your daily requirement.
- Carrots are loaded with beta-carotene, a natural chemical that the body changes into vitamin A. The deeper orange the carrot, the more beta-carotene you’re getting.
- We think of carrots as orange, but they can also be white, yellow, red, and purple.

Vocabulary Words:
Root  Vegetable  Harvest  Crops

Jokes:
- What did one carrot say to the other carrot? (Is it orange in here, or is it just me?)
  o What did the other carrot say back? (Hang on a minute while I root around for the answer)
- What did the carrot say to the wheat? (Lettuce rest, I’m feeling beet)
- What’s orange and sounds like a parrot? (A carrot)
- What kind of tables do people eat at? (Vegetables)

Additional Resources:
http://www.agclassroom.org/teacher/soup_movies.htm
http://www.infarmbureau.org/docs/default-source/ag-in-the-classroom-doc%27s/soup_project.pdf?sfvrsn=0
http://daddystractor.com/2013/03/04/a-farm-lesson-plan-who-grew-my-soup/
www.youtube.com/watch?v=D1aXhOsfwyg
http://www.nmaitc.org/lessons.php
http://video.nhptv.org/video/1689038516/
Carrot Soup

Recipe courtesy of April Neujean

Yield: Approximately 6 Cups

Ingredients:

2 Tablespoons Olive Oil
1 large Onion (approx. ¾ lb.), medium dice
1 ½ teaspoons Salt, divided
2 pounds Carrots, peeled and medium dice
1 quart Stock (chicken or vegetable)
3 cups water
¼ Cup Rice
1 teaspoon Lemon Juice
1 teaspoon Grated Ginger (optional)
½ teaspoon Black Pepper
2 Tablespoons minced Dill
¼ Cup thinly sliced Green Onions

Procedure:

1. In a medium pot over medium heat, heat oil and add onions and ½ teaspoon salt. Sweat until onions are soft, approx. 6-8 minutes. Stir often to prevent browning.
2. Add the carrots, cover pot and cook over low heat for 5-6 minutes. Stir occasionally to prevent browning.
3. Add stock, water, and rice to pot. Raise heat to high and bring to a boil. Reduce heat to low and simmer for 30 minutes until carrots are very tender.
4. Blend the soup until creamy. If soup is too thick, add additional stock or water until mixture reaches desired consistency.
5. Add lemon juice, ginger, pepper, dill and green onions. Adjust seasoning as necessary.
Carrot-Raisin Salad

**Ingredients:**
- 6 medium carrots
- 3/4 cup raisins
- 2 tablespoons plain low fat yogurt (or light mayonnaise)
- 1 tablespoon no pulp orange juice

**Directions:**
1. Wash and peel carrots.
2. In a large bowl mix all ingredients together well.
3. Chill and serve.

**Yields about 6 servings**

**Source:**
Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection.
Carrot Confetti Salad

Ingredients:

3 large carrots (2 cups grated)
1/4 pound red cabbage (1 cup grated)
2 tablespoons vinegar
2 tablespoons vegetable oil
1/2 teaspoon sugar
1/2 teaspoon mustard
1/4 teaspoon salt
Dash of pepper

Directions:

1. Peel and grate carrots.
2. Wash and grate red cabbage.
3. In large bowl, combine carrots and cabbage.
4. In small bowl, combine remaining ingredients to make dressing.
5. Mix dressing with carrots and cabbage.

Yields about 6 servings


Nutrition Facts

<table>
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<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
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<td>1/6 recipe (2.1 ounces)</td>
<td>Serving Per Recipe 6</td>
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<table>
<thead>
<tr>
<th>% Daily Value</th>
<th>Calories</th>
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<tbody>
<tr>
<td></td>
<td>60</td>
<td>40</td>
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</tbody>
</table>

| Total Fat | 4.5g | 7% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 125mg | 5% |
| Total Carbohydrate | 5g | 2% |
| Dietary Fiber | 1g | 4% |
| Sugars | 2g |  |
| Protein | 1g |  |

Vitamin A 130%  
Vitamin C 15%
Calcium 2%  
Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2000  2,500
Total Fat: Less than 65g  80g
Saturated Fat: Less than 20g  25g
Cholesterol: Less than 300mg  300mg
Sodium: Less than 100mg  2,400mg
Total Carbohydrate: 300g  375g
Dietary Fiber: 25g  30g

66.7% calories from fat
Maple-Glazed Carrots

In a large skillet, combine the carrots, syrup, butter, 1/3 cup water, 1/2 teaspoon salt, and 1/4 teaspoon pepper.

Bring to a boil. Reduce heat and simmer, partially covered, stirring once, until the carrots are tender and the liquid has reduced to a glaze, 12 to 15 minutes. (If the carrots are tender before the liquid has thickened, uncover, increase heat to medium-high, and cook until the liquid forms a glaze.)

Sara Quessenberry
October 2008

Nutritional Information

- **Per Serving**
- **Calories From Fat** 25 %

- **Fat** 3 g
- **Sat Fat** 2 g
- **Cholesterol** 8 mg
- **Carbohydrate** 21 g
- **Sodium** 226 mg
- **Protein** 1 g
- **Fiber** 4 g
- **Sugar** 13 g
Light Carrot-Ginger Dressing
Recipe courtesy of Food Network Kitchen

Ingredients
1 medium carrot, roughly chopped
tablespoons chopped peeled ginger
tea spoon packed light brown sugar
tablespoons rice vinegar (not seasoned)
1 teaspoon fresh lemon juice
2 teaspoons low-sodium soy sauce
2 teaspoons sesame oil
Kosher salt

Directions
Put the carrot and 1 cup water in a small saucepan. Bring to a simmer over medium-low heat and cook until tender, about 15 minutes. Reserve 1/2 cup cooking liquid, then drain the carrot.

Puree the carrot and reserved cooking liquid in a blender until smooth. Add the ginger, brown sugar, vinegar, lemon juice, soy sauce, sesame oil and teaspoon salt; pulse until smooth.

Per serving (2 tablespoons): Calories 17; Fat 1 g (Saturated 0 g); Cholesterol 0 mg; Sodium 86 mg; Carbohydrate 2 g; Fiber 0 g; Protein 0 g

Recipe courtesy Food Network Magazine
The BEST Toddler Muffins
By Maria at Real Life Dinner

Recipe type: Muffin
Cuisine: Breakfast or Snack
Prep time: 15 mins
Cook time: 15 mins
Total time: 30 mins
Serves: 12-24

Shredded Zucchini would also go great in these fun and tasty muffins. Throwing a couple tbsp. of wheat germ or chia seeds would also be a perfect way to add a little more healthy-ness.

Ingredients
- 1 cup brown sugar
- ⅔ cup of plain or vanilla yogurt (heaping cup)
- ⅓ cup unsweetened applesauce
- ¼ cup butter, softened
- 3 eggs
- 1 cup pumpkin puree
- 1 cup finely shredded carrots (about 2 medium carrots)
- 2-3 very ripe bananas, smashed (the riper the better)
- 1 cup quick oats
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 tsp salt
- 2 tsp baking soda
- 2½ tsp cinnamon
- ⅛ tsp nutmeg (optional)

Instructions
1. Preheat oven to 375 degrees
2. Cream together: sugar, yogurt, applesauce and butter
3. Add eggs, pumpkin, carrots, and bananas
4. Mix well add all dry ingredients: oats, wheat flour, all-purpose flour, salt, soda, cinnamon and nutmeg
5. Mix until combined
6. Scoop batter into greased mini or regular muffin tins. Can use cupcake liners if you prefer. Recipe can make 48 mini muffins or 20-24 regular size muffins.
7. Bake at 375 for 12-15 minutes for mini-muffins or 15-18 or until toothpick comes out clean for regular size muffins.
8. Remove from pans and cool on cooling rack.
Month: May

Food: Lettuce, Leafy Greens (e.g. spinach, kale, collards, etc.)

Celebration Days: May 18-22, 2015

Books:
Lettuce Grows on the Ground by Mari Schuh
*Simple text and photographs describe how lettuce grows on the ground.*
Interest Level: Pre-K-2

Who Ate All the Lettuce? by Rebecca Elliot
*Well it wasn’t me and it wasn’t you, so who has eaten all the lettuce? Follow the shiny trail through the book, lifting up the flaps along the way. Who knows what will jump out of this lively pop-up book.*

Recipes/Cooking Activities:
- Lettuce cups
- Kale chips
- Build-your-own-salad bar
- Compare and contrast edible leaves (iceberg, romaine, red leaf, arugula, frisee, radicchio, etc.)

Other Activities:
- Plant lettuce in the classroom in a container garden

Health/Nutrition Message:
*Dark green vegetables are an especially healthy color to include in our meals and snacks. Instead of iceberg lettuce (which has few nutrients), try romaine lettuce, spinach, or swiss chard. Dark green vegetables are also a great source of calcium.*

Fun Facts:
- People have been eating leafy greens for 6000 years or more. But it wasn’t until the first Africans arrived in North America in the early 1600s that America got its first real tastes of dark green leafy vegetables, which they grew for themselves and their families. So, over the years, cooked greens developed into a traditional African American food. Ultimately, they became essential in Southern regional diets and are now enjoyed nationwide
- Lettuce is about 95% water
- Any varieties of lettuce with dark green leaves are a good source of beta carotene
- Lettuce can be grown hydroponically (in water), which allows for quicker growth and a quicker harvest because those picking us do not need to bend down.
Vocabulary Words:
Variety    Leaves    Head    Germinate

Jokes:

- What is a kayaker’s favorite kind of lettuce? (Row-maine)
- What did the salad greens say to the hungry kid? (We’ll make your mouth and your tummy happy, if you lettuce)
- What did the lettuce say to the celery? (Quit stalking me)
- What did the salad say to the dressing? (Lettuce be friends)
- Knock, Knock (Who’s there?)
  - Lettuce (Lettuce Who?)
  - Lettuce in and you’ll find out!
  - What’s a dancer’s favorite kind of vegetable? (Spin-ach)
- What is a pirate’s favorite vegetable? (Chaarrrd)

Additional Resources:

https://www.youtube.com/watch?v=BUpUfxqULXA
Healthy and Easy: Chicken Lettuce Wraps

BY ANGIE MCGOWAN
Babble

Ingredients
1 head of Boston Lettuce, about 8 large leaves from the head for wraps
2 tablespoons olive oil
1 lb. Ground Chicken
1 cup matchstick carrots
1 cup chopped shitake mushrooms
1/2 onion, chopped
1 clove garlic, chopped fine
1/4 cup sliced almonds
2 tablespoons brown sugar
1 tablespoon white vinegar
1 teaspoon sesame oil
2 tablespoons ketchup
1 teaspoon freshly grated ginger
3 tablespoons soy sauce
3 green onions, chopped, for garnish
additional sliced almonds for garnish

Method
2. To serve, spoon ground chicken mixture into lettuce leaves. Garnish with green onions and almonds.
Kale Chips Recipe

**Food Service Version:**

**Kale Chips**

**Yield:** 100 ½ cup servings

**Ingredients:**
17 bunches fresh kale
½ cup olive oil
Salt, to taste

**Directions:**
1. Preheat oven to 350 °F.
2. Wash kale and thoroughly dry it.
3. Remove kale leaves from stems and tear leaves into bite-sized pieces.
4. Place kale in a bowl. Add olive oil, and toss to fully coat leaves.
5. Spread coated leaves out on a cookie sheet, and sprinkle with salt.
6. Bake until edges are brown, but not burnt, about 10-15 minutes.

Source: GMFTS

**Home Version:**

**Kale Chips**

**Yield:** 4-6 servings

**Ingredients:**
1 bunch fresh kale
2 tsp. olive oil
Salt, to taste

**Directions:**
1. Preheat oven to 350 °F.
2. Wash kale and thoroughly dry it.
3. Remove kale leaves from stems and tear leaves into bite-sized pieces.
4. Place kale in a bowl. Add olive oil, and toss to fully coat leaves.
5. Spread coated leaves out on a cookie sheet, and sprinkle with salt.
6. Bake until edges are brown, but not burnt, about 10-15 minutes.

Source: GMFTS

www.VermontHarvestoftheMonth.org
Month: May

Food: Herbs

Celebration Days: May 18-22, 2015

Books:
Walking the World in Wonder: A Children's Herbal by Ellen Evert Hopman
*Introduction* children to the magic of using herbs for healing, cooking, and nature crafts and inspire a lifelong interest in the natural world.
Designed especially for children ages five to ten

I'm a Medicine Woman Too! by Jesse Wolf Hardin
Rhiannon first resists believing she could ever be a Medicine Woman like the herbalists and healers she's met... but then realizes the ways in which she is already the woman of power she hopes to be. Included are full color illustrations of various Medicine Woman archetypes including an Apache with her mano and metate grinding stones, a Hispanic curendara in her adobe Botanica herb shop, and an Anglo teacher, gardener and herb chef.

Recipes/Cooking Activities:
- Herb pesto
- Herb dressing
- Mint lemonade
- Oregano-buttermilk dressing

Other Activities:
- Plant an herb garden in the classroom

Health/Nutrition Message:
Herbs contain unique anti-oxidants, essential oils, vitamins, phyto-sterols and many other plant-derived nutrient substances, which help equip our body to fight against germs, toxins and to boost immunity level.

Fun Facts:
- Parsley is related to carrots. For proof, compare the tops of carrots to flat-leaf parsley
- Many herbs that we use, including oregano and basil, are in the mint family. A fun way to tell if a plant is in the mint family is by touching the stem. All stems in the mint family are square
- Herbs are not only delicious to eat but are considered by many to have healing properties. Knowledge of herbal healing properties passed down from generation to generation has contributed much to modern medicine
- You can easily make an herbal tea by adding one or more fresh or dried herbs to hot water. This is called tisane (tea-sahn)
Vocabulary Words:
Stem    Herbal    Tisane

Jokes:

- How do you know how well your garden is growing? (Only thyme will tell)
- What did the new farmer say when his seeds didn’t sprout? (No big dill. It’s all trowel and error)
- What herb do people always wish they had more of? (Thyme)
- What do you call a gardener with an eye patch (Parsley blind)
- What did the oregano say to the sage in December (Seasonings greetings)

Additional Resources:

http://www.herbsoociety.org/resources/t4k/thyme-4-kids.html
http://www.kidsgardening.org/
http://www.kathimitchell.com/herbs.htm
https://www.youtube.com/watch?v=y7Tarr8BvBI
https://www.youtube.com/watch?v=99ipIVmidhc
Garden Pesto

Recipe courtesy of April Neujean

Ingredients:

2 Cups assorted Garden lettuces and herbs such as: Arugula, Nasturtium, Parsley, and Cilantro (de-stemmed)
3 cloves Garlic
1 half Lemon, juiced
1 teaspoon Salt
½ teaspoon Black Pepper
¼ Cup Toasted Nuts such as Pine Nuts, Pecans, Hazelnuts, or Pistachios
1 Cup Olive Oil
1/3 Cup grated Parmesan Cheese, plus more for garnish

Procedure:

1. In a food processor, chop up greens, garlic, lemon juice, salt and pepper until there are no large pieces.
2. Add toasted nuts and pulse.
3. Slowly add oil in a steady stream until mixture becomes creamy.
4. Add parmesan cheese and pulse again until fully combined.
Easy Herb Vinaigrette

This vinaigrette is so versatile, it’s perfect for any salad or to use as a dip for bread.

Courtesy of Cooking Light at myrecipes.com

Yield: about 1 2/3 cups (serving size: 2 tablespoons)

Ingredients

- 9 tablespoons white wine vinegar
- 1 1/2 tablespoons wildflower honey
- 1/2 teaspoon fine sea salt
- 1 cup canola oil
- 3 tablespoons chopped fresh basil
- 3 tablespoons minced fresh chives

Preparation

1. Combine the first 3 ingredients in a medium bowl; slowly whisk in oil until combined. Stir in basil and chives. Store, covered, in refrigerator for up to 5 days.

Nutritional Information

Amount per serving

- Calories: 160
- Fat: 17.2g
- Saturated fat: 1.2g
- Monounsaturated fat: 10.2g
- Polyunsaturated fat: 5.1g
- Protein: 0.1g
- Carbohydrate: 2.1g
- Fiber: 0.1g
- Cholesterol: 0.0mg
- Iron: 0.0mg
- Sodium: 89mg
- Calcium: 2mg
Mint Lemonade

**Food Service Version:**
Yield: 64 cups  
**Ingredients:**  
2 quarts, plus 2 cups fresh-squeezed lemon juice  
10 quarts cold water  
3 quarts, plus 2 cups mint syrup (see recipe below)  
**Mint Syrup:**  
1 quart, plus 3 cups granulated sugar  
1 quart, plus 3 cups water  
2 quarts, plus 2 cups mint leaves  
**Directions:**  
1. Combine sugar and 1 quart, plus 3 cups of water and bring to a boil, stirring to incorporate the sugar.  
2. Once sugar has melted, remove the pan from heat and add the mint leaves; allow to steep for 10-30 minutes.  
3. Cool completely.  
4. Combine all ingredients and serve over ice. Garnish with some mint leaves and fresh lemon slices.  
**Source:** Weston Nicoll, Chef-Owner of Café Shelburne

**Home Version:**  
Yield: 6 cups  
**Ingredients:**  
1 cup fresh-squeezed lemon juice  
4 cups cold water  
1 cup of mint syrup (see recipe below)  
**Mint Syrup:**  
½ cup granulated sugar  
½ cup water  
1 cup mint leaves  
**Directions:**  
1. Combine sugar and ½ cup of water and bring to a boil, stirring to incorporate the sugar.  
2. Once sugar has melted, remove the pan from heat and add the mint leaves; allow to steep for 10-30 minutes.  
3. Cool completely.  
4. Combine all ingredients and serve over ice. Garnish with some mint leaves and fresh lemon slices.  
**Source:** Weston Nicoll, Chef-Owner of Café Shelburne
Oregano-Buttermilk Dressing

**Food Service Version:**
**Yield:** ~12 cups

**Ingredients:**
- 2 cups white wine vinegar
- 4 cups olive oil
- 6 cups buttermilk *(buttermilk substitute: 6 Tbsp. of white vinegar or lemon juice, plus 6 cups milk. Stir, then let stand for 5 minutes.)*
- 4 shallots, finely diced
- 1 cup of oregano, finely chopped
- Salt and black pepper, to taste

**Directions:**
1. Combine the vinegar, shallot, salt and pepper.
2. Whisk in the buttermilk, then the olive oil.
3. Add the oregano a few minutes before serving, to preserve the color.

**Home Version:**
**Yield:** ~1 cup

**Ingredients:**
- 3 Tbsp. white wine vinegar
- 6 Tbsp. olive oil
- ½ cup buttermilk *(buttermilk substitute: ½ Tbsp. of white vinegar or lemon juice, plus ½ cup milk. Stir, then let stand for 5 minutes.)*
- 1 shallot, finely diced
- 3 small stems of oregano, finely chopped
- Salt and black pepper, to taste

**Directions:**
1. Combine the vinegar, shallot, salt and pepper.
2. Whisk in the buttermilk, then the olive oil.
3. Add the oregano a few minutes before serving, to preserve the color.

**Source:** Weston Nicoll, Chef-Owner of Café Shelburne
Month: June

Food: Strawberries

Celebration Days: June 1-5, 22-25, 2015

Books:

The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear by Don Wood and Audrey Wood

Who likes strawberries? The mouse does. The bear does. But the reader plays a vital role in this story. A Don and Audrey Wood favorite, remarkably illustrated in full color.

Interest Level: Pre-K-1

The Berry Book by Gail Gibbons

Berries grow on every continent except Antarctica, in the wild, or in cultivated fields and gardens. Gail Gibbons describes the many types of berries, edible as well as poisonous, and explains how several varieties are cultivated and harvested and used. Directions on how to grow strawberries, and recipes for blueberry pie, blackberry jam, and raspberry ice cream are included.

Interest Level: K-3

Recipes/Cooking Activities:

- Strawberry smoothies
- Strawberry melon cooler
- Strawberry lemonade
- Strawberry salsa
- Strawberry muffins
- Strawberry crepes

Other Activities:

- Explore strawberry plant parts

Health/Nutrition Message:

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. When you crave something sweet, reach for strawberries or other fruits over artificially sweetened foods and drinks. Children should aim to eat 1-1/2 cups of fruit each day.

Fun Facts:

- On average, a single strawberry has about 200 seeds
- Strawberries are not actually berries. They are a member of the rose family
- Strawberries are an excellent source of vitamin C
- The green “hat” that tops the strawberry is known as the calyx.
Vocabulary Words:
Berry     Ripe     Seed     Halve     Calyx

Jokes:
- Why were the strawberries so upset? (Because they were in a jam)
- What is a scarecrow’s favorite fruit (Straw-berries)
- What did the strawberry say on Christmas? (Berry Christmas!)

Additional Resources:
https://www.youtube.com/watch?v=brIn1KLObdM
Strawberry Smoothie

Recipe courtesy of April Neujean

Ingredients:

1/4 Cup milk
10 frozen strawberries
5 fresh strawberries
1 Cup vanilla yogurt
1 Tablespoon honey

Place all ingredients in blender and blend until smooth.
Strawberry Lemonade

Recipe courtesy of April Neujean

Yield: 6 servings

2 C. Water
1 C. Sugar
1 C. Fresh lemon juice
1 Pint Fresh strawberries, hulled and halved
2 C. Sparkling Water (strawberry flavor optional)
1 C. Frozen strawberries, garnish

In a medium saucepan, bring water and sugar to a boil. Reduce the heat and simmer, stirring occasionally, until the sugar dissolves. Add the lemon juice, stir, and remove from heat. Let cool and put in a clean pitcher. In a blender, puree strawberries. Strain and add to the pitcher. Stir to combine and refrigerate until chilled. Add the sparkling water and stir well. Garnish with frozen strawberries in place of ice cubes.
Strawberry-Melon Cooler

Ingredients:

- 2 cups fresh strawberries, washed with stems removed
- 2 cups diced cantaloupe
- 1 tablespoon honey
- 2 teaspoons vanilla extract
- 1 cup club soda

Directions:

6. Combine first 4 ingredients in a blender.
7. Cover and blend until smooth.
8. Stir in club soda and serve over ice.

Yields about 4 servings

Nutrition Facts

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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source:


Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.
EASY STRAWBERRY SALSA RECIPE

A super easy salsa perfect for an appetizer, snack, or served as a dessert topping.

Author: ©Amy Johnson | She Wears Many Hats
Recipe type: Appetizer

INGREDIENTS

- ½ ounce balsamic vinegar
- ½ ounce honey
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground black pepper
- 1 pound strawberries (diced is about 2 cups)
- 1 tablespoon finely chopped fresh basil
- zest of 1 lemon (about 1 teaspoon)

INSTRUCTIONS

1. Whisk together vinegar, honey, salt and pepper until combined well.
2. Mix vinegar/honey mixture with remaining ingredients until incorporated.
3. Refrigerate covered until ready to serve.
4. Serve with pita chips, corn chips, or as a dessert topping. (Cinnamon pita chips are wonderful with this salsa!)

A few recipe notes:

- As with most salsas, this one gets even better if you let the ingredients chill and get to know each other for a day or two, which makes it an easy dish to prepare ahead for entertaining. You gotta love that.
- Have new neighbors moving in? Make a batch of Strawberry Salsa, delivered in a mason jar, tied up nicely with a red gingham ribbon, along with a bag of pita chips and a “Welcome to the neighborhood” note. Talk about a happy (and pretty healthy) welcome!
- If fresh strawberries are not available, use whole frozen ones, thawed, and drained. The salsa will not be as chunky, but it will still taste as wonderful.
Strawberry Muffins

Recipe courtesy of Growing Minds, farm to School

Cook Time: 25 minutes
Yield: 18 muffins

Ingredients

- 3 cups gluten free flour (or 3 cups whole wheat pastry flour, if you are not worried about gluten)
- 2 ¼ tsp Baking Soda
- ¾ tsp Salt
- 1 cup sugar
- 1 ½ cups unsweetened applesauce
- Pint of local strawberries, sliced

Instructions

1. Preheat oven to 350°
2. Combine flour, baking soda and salt together
3. Mix sugar and applesauce together.
4. Slowly (couple spoons at a time) add the flour mixture to the applesauce mixture. Make sure you don’t over mix!
5. Fold sliced strawberries into the muffin mixture.
6. Spoon batter into muffin tins and bake for 25 minutes.
Strawberry Crêpes
Recipe courtesy of Growing Minds, farm to School

Ingredients

- 2 local eggs
- 1/8 tsp salt
- 1 cup whole wheat flour
- 1 ¼ cup milk
- butter or heavy whipping cream to make butter
- Local strawberries
- Other fresh local fruit

Instructions

1. Whisk the eggs and salt until a bit frothy. Slowly add the flour and milk alternating a little at a time while whisking.
2. Warm a skillet over medium heat and coat with butter. Pick the pan up off the heat and pour about ¼ cup of the batter onto the skillet. Immediately roll the pan around to spread the batter and fill the bottom of the pan. Place the skillet back on the heat for about 30-40 seconds.
3. You’ll know it’s ready to flip when the edges start to curl and the crêpe slides when you shake the pan. Slide a plastic spatula under and flip. Cook for an additional 10-15 seconds. Slide onto a plate. Repeat the process until all the batter is gone, about 8-10 crêpes.
4. Cut fresh strawberries and other fresh fruit. Fill the crêpe with fresh fruit, roll, and enjoy!

Tools

Sauté Pan
Butane or Electric Burner
Spatula
Wisk
Mixing Bowl
4-5 cutting boards
6-7 Knives
4-5 Small Bowls for fruit
Measuring spoons
Measuring Cups
Tasting Plates
20-25 Forks
Hand Sanitizer
Paper Towels
Gloves