

TASTE TEST GUIDE



GREEN MOUNTAIN FARM-TO-SCHOOL

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APPENDIX 1

TASTE TEST GUIDE

This Taste Test Guide has the information, curriculum, and recipes needed for schools and cafeterias to implement monthly Vermont Harvest of the Month (VTHOM) taste tests. By using the VTHOM resources, teachers and cafeteria staff have access to a suite of ready made materials that make teaching harvest lessons and tasting seasonal food easy, fun, and educational. In addition to general taste test information, this guide includes educator, cafeteria, and home fliers for all 12 VTHOM products as well as tasting recipes and an appendix with worksheets to streamline the taste test process.

The resources provided in this guide and more can be found online and are available for download at www.VermontHarvestoftheMonth.org including additional:

Recipes • Activities • Guides
Signage for lunch lines and retailers • Past VTHOM product materials

From the website or from a hard copy of this guide, copies can be made of the materials to share within the school, cafeteria, or even send home with the students!

Available for purchase from www.VermontHarvestoftheMonth.org are:

Taste Test Toolkit which includes:

One set of 13 VTHOM posters
Ballot boxes and chips for recipe voting
'I Tried It' Stickers
VTHOM wall calendar

Vermont Harvest of the Month Posters:

Set of 13
(12 months with summary poster)
Individual posters
Past product posters

HOW YOU CELEBRATE THE HARVEST IS UP TO YOU! As you use these materials and develop your own recipes, lessons, and stories, share with VTHOM by going to the website www.VermontHarvestoftheMonth.org and clicking Share the Harvest!

WHY DO TASTE TESTS?

Taste tests are a method to introduce new foods to kids in a way that raises awareness about healthy eating choices, involves the school community, and builds a culture of trying new foods. Cooking with kids demystifies food items and imparts a sense of ownership, pride, and interest to children about their meals.

Research has shown that children (*and adults!*) need to try new foods multiple times (*up to twelve times!*) before willingly integrating those items into their diet. School taste tests of VTHOM products give students an opportunity to try locally produced and in-season foods each month. Children may not like kale as kindergarteners, but providing opportunities for students to try it in various forms (*chips, salads, smoothies, etc.*) throughout their school years can lead to a whole new generation of kale lovers.

WHEN AND WHERE SHOULD TASTE TESTS TAKE PLACE?

WHEN: Taste tests work best when implemented on a regular schedule. A monthly school-wide taste test highlighting the current Vermont Harvest of the Month product is recommended. (*Keep reading to “How to get Taste Tests Started” and the Appendix for more details*).

WHERE: Taste tests can be run successfully in either the classroom or the cafeteria. Each school has its own unique circumstances, schedules, and infrastructure, so be sure to take these into consideration when deciding where to implement taste tests.

CLASSROOM LOGISTICS

- Teachers can use lessons from the VTHOM Educator flier
- Data is collected in more controlled environment
- Ambassador classrooms can serve as leaders within the school
- Taste tests can be prepared by cafeteria staff or within each classroom (depending on the recipe and availability of cooking carts)

CAFETERIA LOGISTICS

- Cafeteria staff or other school staff can use lessons from the VTHOM Cafeteria flier
- Data is collected in a central location
- No classroom or instruction time is required

HOW DO I RUN A SUCCESSFUL TASTE TEST?

Below are some helpful tips for successful taste tests at school:

1. **Have a regular schedule.** Commit to taste tests on a certain day each month; this aids planning and makes taste testing a predictable part of the school culture.
2. **Choose appropriate recipes.** The best recipes are simple and inexpensive to make. This allows food items to be easily integrated into the regular meal planning and for taste tests to fit nicely into regular class schedules. For each VTHOM product, this guide contains at three tasting recipes or you can make your own! See www.VermontHarvestoftheMonth.org for downloadable recipes or to share your favorite recipe.
3. **Use local or school garden ingredients.** When possible, this is a great way to include more local food in your school's meals and generate enthusiasm for local eating and gardening.
4. **Involve students.** When students are involved in preparing, serving, and surveying other students during a taste test, they will be more willing to try the new foods. Work with teachers to create a schedule for classes to participate in preparing and sharing the taste tests.
5. **Recruit volunteers.** Parent volunteers can also be helpful during taste tests, especially for serving or helping to prepare food. Place a request in your school newsletter for interested parents to volunteer.
6. **Advertise.** Generate excitement for your taste tests by announcing them in the school newsletter, take-home letters, bulletin boards, and morning announcements.
7. **Use the right materials.** If you're doing a taste test in the cafeteria, talk to your food service director about whether you can serve a sample right on to each child's tray. Consider purchasing reusable sample cups for the total approximate number of students you plan to engage in taste tests.
8. **Don't Yuck My Yum!** Remind students to not say negative things about how something tastes because it might offend someone and discourage others from trying something new. If a student tries something that she or he does not like, request that they quietly spit it out in a napkin so other students have an opportunity to taste it and form their own opinions. Encourage students to use respectful language like "I don't care for it." Remind students that sometimes it takes trying new things 10 times before you begin to like them.
9. **Continue the harvest at home!** Send home copies of the recipe and the home flier. Students love to share what they have done and learned at school with their families. One taste test can easily turn into four or five.
10. **Share the harvest!** Post photos, results, student comments or recipes to the VTHOM Facebook page or go to www.VermontHarvestoftheMonth.org to share your stories and submit taste test results.

HOW TO GET YOUR TASTE TESTS STARTED?

AMBASSADOR CLASSROOMS

Whether your taste tests occur in the classroom or the cafeteria, choosing an “Ambassador Classroom” (AC) for each month is a wonderful opportunity to promote leadership and to share the responsibility of managing the taste test program. One classroom may opt to take on the responsibility for the whole year, or multiple classrooms may sign up for their turn throughout the year. At the beginning of each school year, fill out the *Ambassador Classroom & Taste Test Schedule* (See Appendix B). In this model, the AC is taking responsibility for coordinating the school wide taste test.

AMBASSADOR CLASSROOM ROLES:

1-2 weeks before taste test: If you are conducting classroom-based taste tests with food prepared by the cafeteria and/or AC, present the *Classroom Taste Test Delivery Sign-Up Sheet* (See Appendix C) at a staff meeting at least a week in advance of taste test day. This form allows teachers to indicate their preferred time-slot to receive cafeteria-prepared taste tests. If taste tests are being prepared in individual classrooms, this is not necessary.

Week of taste test: AC teacher distributes *Taste Test Reminder*, *Taste Test Result Form* (if appropriate) (See Appendix D and E) and current VTHOM Educator flier in each participating teacher’s mailbox.

Day of taste test: AC students can help prepare taste test with cafeteria staff or in classroom, as appropriate.

For classroom taste tests: AC students deliver portioned-out taste tests to each classroom, receive tally sheets from each classroom, and compile *School-Wide Results Sheet* (See Appendix F). Submit results on VTHOM website.

For cafeteria taste tests: AC students pass out taste tests during lunch time to all interested students, collect data on *Taste Test Results Form*, and compile *School-Wide Results Sheet* (See Appendix D and F). Submit results on VTHOM website.

HOW SHOULD I COLLECT FEEDBACK FROM STUDENTS?

Getting feedback, both formally and informally, from the students is an important part of the taste test process. There are many ways to gather this feedback, and the size, scope, and context of your taste test will determine which approach is best.

Here are three suggested methods of capturing feedback:

ANONYMOUS BALLOT BOXES:

1. Purchase a VTHOM Taste Test Toolkit or make your own.
2. Set up a table in the cafeteria with three containers labeled to indicate a “Like” “Sort of like” and “Dislike” option. Place a container of voting chips next to the containers.
3. After the kids have tasted the food, encourage them to cast their vote in the box that corresponds to their opinion. Hand out VTHOM ‘I Tried It!’ stickers. This method is interactive, fun, and allows students to record their opinion anonymously. Students might also be more apt to vote in accordance with their own opinion, rather than being influenced by their friend’s reactions.

VISUAL COUNT, TALLY:

1. In a large group you can walk around the room and keep a tally for every “like,” “sort of like,” and “dislike” as each child tells you their opinion about the taste test.
2. Count and keep a tally. Ask students to raise their hands to vote and count every “like,” “sort of like,” and “dislike.”

PAPER SURVEY:

1. Casting a paper ballot can be fun, and it has the same advantage as an anonymous ballot box: the secrecy can encourage students to vote in accordance with their own opinion.
2. Create a simple paper ballot asking students to circle their preference: “like,” “sort of like,” or “dislike.”
3. Set up a ballot table and remind students to cast their votes after trying the taste test.

WHAT DO I DO WITH THE DATA ONCE IT IS COLLECTED?

Food and nutrition education has both cross-curricular and extracurricular applications. Below are a few ideas:

CURRICULUM CONNECTIONS. Taste test votes provide a wonderful set of data to work with in mathematics lessons about statistics, graphing, or percentages. See the monthly VTHOM Educator flier for more curriculum ideas.

SCHOOL GARDEN CONNECTIONS. If a taste test item is particularly popular, contact your school garden coordinator(s) to see if it would be possible to grow it right there on the school grounds or even plan the garden around all twelve crops in the VTHOM calendar!

CAFETERIA CONNECTIONS. If a taste test item is particularly popular, talk to kitchen staff about adding it to the menu rotation.

SHARE YOUR RESULTS. Submit the results of your taste test to our statewide database! Visit: www.VermontHarvestOfTheMonth.org and click on “submit taste test results” under the Resources Tab.

COOKING WITH KIDS

WHY SHOULD I COOK IN THE CLASSROOM?

Cooking with kids in the classroom is rewarding and is an excellent way for students to build both practical and social skills. It's fun and can easily be integrated across all academic disciplines. Cooking in the classroom can extend the "food learning season" into the winter months, provide valuable hands-on learning experiences and can be a wonderful class bonding exercise. So, we would ask: Why not cook in the classroom?

CLASSROOM AND CAFETERIA MANAGEMENT TIPS FOR COOKING WITH KIDS

Ultimately, you know your students best. A healthy dose of common sense and a pinch of patience will go a long way! Here are ten helpful things to keep in mind when working with your student chefs:

1. **Practice good hygiene.** Wash hands with soap and warm water before touching any food or utensils. Gloves are not required if the food you are preparing will ultimately be cooked, but they are recommended if the food will be served raw. Encourage arm sneezing and stress the importance of not touching your face, hair, etc. once hands are clean.
2. **Set up beforehand.** Prepare work stations ahead of time with ingredients and proper tools. Pick an appropriate recipe for your available tools and your students' skill/ability level and read through the recipe ahead of cooking time. If appropriate, sign out the school's cooking cart. (See Appendix A).
3. **Work in small groups.** Cooking with children is most successful when they can work in small groups of no more than 4-5, ideally with one adult per group. Younger children benefit from even smaller groups. Increase the adult-child ratio by involving parent volunteers in classroom cooking activities.
4. **Have a job for everyone.** Include every student in the cooking process by assigning everyone a job. This may mean giving each student a small task or even making up additional jobs. Tasks can include reading the recipe aloud, checking to be sure you have included all the ingredients, washing produce or dishes, drying dishes, measuring, stirring, or helping another student. Every job is important!

5. **Use the right tool for the job.** Kids can cut too, as long as you give them a safe and appropriate knife for the task. As an introduction to knife use, you can use plastic disposable knives, plastic knives from a kids' set, or a butter or dinner knife with a less-than sharp serrated edge and a rounded point. Herbs, peeled fruit, and soft vegetables like zucchini, cucumbers, and tomatoes work well with these kid-friendly knives. Sometimes a sharper or larger knife is a more appropriate tool for a cutting job and, with proper use, can be a safer option than trying to cut something with an inadequate tool. Use your discretion in gauging the readiness of your students for using more professional cutting tools and always monitor use closely.
6. **Practice Knife Safety.** Be careful with knives and other sharp tools such as graters and peelers. Instill the importance and responsibility that comes with handling knives and kitchen equipment. Teach children the proper ways to hold, wash, carry, and store these tools. Most children take this responsibility very seriously.
7. **Teach cutting techniques.** Demonstrate before you ask the students to do any cutting task. Place a wet paper towel under your cutting board to prevent it from slipping around on the table. Use a claw-like grip (with fingers curled slightly under) to hold the food steady on the cutting board - the knuckles act as a bumper and fingertips are kept away from the knife blade. Before cutting rounded objects, such as potatoes, carrots, or zucchini, give the food a flat edge so that it does not roll around on the cutting board. Do this by cutting a small slice from one side of the food so that it can lie flat on your work surface. Make sure that tools stay with the cutting board.
8. **Read the recipe out loud.** Ask a child to read each instruction aloud as you prepare the food. Kids will get a sense of turn-taking and sequencing from following directions in order. This also helps to pace the process so that you can focus on one job at a time and avoid multiple distractions.
9. **Make clean-up part of the routine.** Cleaning up is an important part of the cooking process and kids may love using a mop or dustpan as much as they love the food preparation. But save cleaning until the cake is in the oven!
10. **Taste!** Have the students taste the food they are preparing. Encourage the practice of trying new things, but never force anyone to eat something against their will. Try offering the option of a "No, thank you" bite if someone is really hesitant to taste the food. Also keep cleanliness in mind when tasting the food – use clean tasting utensils to prevent contamination.

SWISS CHARD

Educator | VermontHarvestoftheMonth.org



Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Varieties

Fordhook Giant, Lucullus, Golden, Pink Passion, Rainbow Mix, Ruby or Rhubarb Red, Silverado, Bright Lights, Neon Lights

Benefits

Swiss chard is very low in calories and is an excellent source of vitamins A, K, and C. Swiss chard is rich in protein, fiber, and minerals including potassium and iron.

History of Swiss Chard

Chard is a relative of the beet and is native to the Mediterranean region. Both Ancient Greeks and Romans recognized chard for its medicinal properties- it can detoxify the body and supports the liver and lungs. This crop is now known as Swiss chard because it was first described by a Swiss botanist in the 16th century.

Fun Facts

- Chard is related to beets but does not produce the round roots, the beet. But this is why their leaves look so similar.
- Rainbow chard is a variety of chard with brightly colored stems that come in a range of colors including white, yellow, gold, orange, pink, red, or even striped.
- In South Africa, Swiss chard is simply called spinach.

CLASSROOM CONNECTIONS

Science | Observing Swiss Chard

Supplies needed:

Drawing tools, journal page or handout, a few Swiss chard leaves, Rainbow chard if possible.

Directions:

- Have students take 5 or 10 minutes to look carefully at some real life examples of Swiss chard.
- Encourage students to draw the Swiss chard on paper or to write down what they observe about the Swiss chard.
- Have a conversation discussing what the students observed, why Swiss chard grows well in Vermont, and why it is healthy to eat.
- This is a great opportunity for students to develop their observation skills and create new interest in a healthy vegetable.

(Source: Vital Communities)

English | Comparing Cooked and Raw Swiss Chard

Supplies needed:

Samples of raw Swiss chard and cooked Swiss chard (either steamed, blanched, braised, sautéed, or a variety).

Directions:

- Prepare samples of Swiss chard, both raw and cooked.
- Have students take part in a taste test, encouraging them to observe the differences between the raw Swiss chard and the cooked Swiss chard.
- Hold a conversation about what the students observed and take a survey to find out what they liked the best.

Guiding words:

Senses: taste, touch, smell

Texture: smooth, rough, soft, hard

Taste: bitter

(Source: Vital Communities)

SWISS CHARD

Cafeteria | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



Selection Tip

Choose leaves that are not wilted and have firm stems.

Kid-friendly eating tips

- Add raw, thinly-sliced Swiss chard to a pasta dish.
- Use Swiss chard as the base for a salad; you can mix it in with lettuce leaves.
- Make pesto by blending Swiss chard like you would basil! Add it to pasta or use it as a sandwich spread.
- Use Swiss chard as a pizza topping! Ribs and stems can be sliced into 1 inch pieces, and the leaves can be torn or roughly chopped and then steamed or blanched separately. Distribute the Swiss chard with the other toppings before cooking the pizza.

Benefits

Swiss chard is very low in calories and is an excellent source of vitamins A, K, and C. Swiss chard is rich in protein, fiber, and minerals including potassium and iron.

Tidbit

Swiss chard can be eaten raw if it is harvested young when the leaves are small. It is best to cook Swiss chard if the leaves are large and more mature. Swiss chard pairs well with bacon, garlic, lemon, onions, mushrooms, pasta, potatoes, red pepper flakes, thyme, and vinegar.

Storage Tip

- Store in the refrigerator in a perforated plastic bag for 5-10 days.
- To freeze: Blanch for 2-3 minutes or until the leaves are soft, then place in a labeled and dated freezer-grade bag or container.

Cooking Tips

- Separate the stems and ribs from the leaves either by hand or carefully with a knife.
- Stems and ribs can be chopped into bite size pieces, and leaves can be stacked on top of each other and sliced crosswise into thick ribbons, roughly chopped, or torn by hand.
- Boil or steam Swiss chard for two-three minutes. Swiss chard can also be braised, sautéed, or stir-fried.
- Swiss chard makes a great substitute for spinach in most recipes.

Recipes

Swiss Chard with Raisins and Almonds

Swiss Chard with Raisins and Almonds

Yield: 50 Servings

Ingredients:

6 large onions, sliced lengthwise ¼ inch thick (12 cups)
9 tablespoons olive oil, divided
1 tablespoon Spanish smoked paprika
25 pounds Swiss chard, center ribs discarded (or saved for another dish) and leaves coarsely chopped
6 cups golden raisins
6 cups water
3 cups coarsely chopped almonds with skins

Directions:

1. Cook onion with 3 teaspoons salt in 6 tablespoons oil in a large heavy pot over medium heat, stirring, until softened.
2. Sprinkle with paprika and cook, stirring, 1 minute.
3. Add chard in batches, stirring frequently, until wilted.
4. Add raisins and water.
5. Cook, covered, stirring occasionally until chard is tender, about 7 minutes.
6. Season with salt.
7. Cook almonds in remaining 3 tablespoons oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3-5 minutes.
8. Sprinkle almonds over chard and serve.

(Source: Gourmet)

Penne with Swiss Chard and Garlic

Penne with Swiss Chard and Garlic

Yield: 50 Servings

Ingredients:

25 pounds Swiss chard, stems cut from the leaves and stems and leaves chopped separately
3 teaspoons dried hot red pepper flakes or to taste
5 heads garlic, cloves sliced thin
4 tablespoons olive oil
12 cups water
25 cups or 200 oz. drained canned tomatoes, chopped
12 pounds penne or other tubular pasta
12 cups grated Parmesan cheese, plus addition as an accompaniment

Directions:

1. Rinse and drain the Swiss chard stems and leaves separately.
2. In a large heavy skillet, cook the red pepper flakes and garlic in the oil over moderate heat, stirring until garlic is pale golden.
3. Add the stems and 6 cups of water. Cover and cook the mixture for 5 minutes or until the stems are just tender.
4. Add the leaves with the remaining 6 cups of water and salt and pepper to taste and cook the mixture, covered, for 5 minutes.
5. Stir in the tomatoes and cook the mixture, covered, for 3 minutes, or until the leaves are tender.
6. While the chard is cooking, in a kettle of salted boiling water boil the penne until it is al dente and drain in a colander.
7. In a large bowl toss the penne with the chard mixture and 6 cups of the Parmesan and serve with additional Parmesan.

(Source: Gourmet)



SWISS CHARD

Home | VermontHarvestoftheMonth.org



Tidbit

Swiss chard can be eaten raw if it is harvested young when the leaves are small. It is best to cook the Swiss chard if the leaves are large and more mature. Swiss chard pairs well with bacon, garlic, lemon, onions, mushrooms, pasta, potatoes, red pepper flakes, thyme, and vinegar.

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Storage Tip

- Store in the refrigerator in a perforated plastic bag for 5-10 days.
- To freeze: Blanch for 2-3 minutes or until the leaves are soft, then place in a labeled and dated freezer-grade bag or container.

Cooking Tips

- Separate stems and ribs from the leaves either by hand or carefully with a knife.
- Stems and ribs can be chopped into bite size pieces, and leaves can be stacked on top of each other and sliced crosswise into thick ribbons, roughly chopped, or torn by hand.
- Boil or steam Swiss chard for two-three minutes. Swiss chard can also be braised, sautéed, or stir-fried.
- Swiss chard makes a great substitute for spinach.

Kid-friendly eating tips

- Add raw, thinly-sliced Swiss chard to a pasta dish.
- Use Swiss chard as the base for a salad; you can mix it in with lettuce leaves.
- Make pesto by blending Swiss chard like you would basil! Add it to pasta or use it as a sandwich spread.
- Use Swiss chard as a pizza topping! Ribs and stems can be sliced into 1 inch pieces, and the leaves can be torn or roughly chopped and then steamed or blanched separately. Distribute the Swiss chard with the other toppings before cooking the pizza.

Recipes

Swiss Chard with Raisins and Almonds

Swiss Chard with Raisins and Almonds

Yield: 4 Servings

Ingredients:

- ½ large onion, sliced lengthwise ¼ inch thick (1 cup)
- 2 ½ teaspoons olive oil, divided
- ¼ teaspoon Spanish smoked paprika
- 2 pounds Swiss chard, center ribs discarded (or saved for another dish) and leaves coarsely chopped
- ½ cup golden raisins
- ½ cup water
- ¼ cup coarsely chopped almonds with skins

Directions:

1. Cook onion with ¼ teaspoon salt in 2 tablespoons oil in a large heavy pot over medium heat, stirring, until softened.
2. Sprinkle with paprika and cook, stirring, 1 minute.
3. Add chard in batches, stirring frequently, until wilted.
4. Add raisins and water.
5. Cook, covered, stirring occasionally until chard is tender, about 7 minutes.
6. Season with salt.
7. Cook almonds in remaining ½ tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3-5 minutes.
8. Sprinkle almonds over chard and serve.

(Source: *Gourmet*)

Penne with Swiss Chard and Garlic

Penne with Swiss Chard and Garlic

Yield: 2 Servings

Ingredients:

- 1 pound Swiss chard, stems cut from the leaves and stems and leaves chopped separately
- 1/8 teaspoon dried hot red pepper flakes or to taste
- 2 large garlic cloves, sliced thin
- 2 tablespoons olive oil
- ½ cup water
- 1 cup drained canned tomatoes, chopped
- ½ pound penne or other tubular pasta
- ½ cup grated Parmesan cheese, plus addition as an accompaniment

Directions:

1. Rinse and drain the Swiss chard stems and leaves separately.
2. In a large heavy skillet cook the red pepper flakes and garlic in the oil over moderate heat, stirring, until garlic is pale golden.
3. Add the stems and ¼ cup of the water. Cover and cook the mixture for 5 minutes or until the stems are just tender.
4. Add the leaves with the remaining ¼ cup water and salt and pepper to taste and cook the mixture, covered, for 5 minutes.
5. Stir in the tomatoes and cook the mixture, covered, for 3 minutes, or until the leaves are tender.
6. While the chard is cooking, in a kettle of salted boiling water, boil the penne until it is al dente and drain in a colander.
7. In a large bowl toss the penne with the chard mixture and ¼ cup of the Parmesan and serve with additional Parmesan.

(Source: *Gourmet*)



SWISS CHARD SQUARES

INGREDIENTS

- 2 bunches Swiss chard, leaves chopped
- 1 Tbsp. chopped onion
- 3 eggs
- 1 cup flour
- 1 cup milk
- 1 tsp. salt
- 1 tsp. baking powder
- 1/2 lb. cheddar cheese, grated
- 1/2 lb. Feta cheese, crumbled

DIRECTIONS

1. Preheat oven to 350° F.
2. In a large bowl, beat eggs, add flour, salt, baking powder, and milk. Mix together.
3. Add chopped chard, cheese, and onions.
4. Spray 9x13 inch pan with non-stick baking spray.
5. Spread even layer of Swiss chard mixture across the pan.
6. Bake for 35 minutes.
7. Let cool and cut into squares to serve.

SPICY PICKLED RAINBOW CHARD STEMS

INGREDIENTS

- 1 bunch Swiss chard stems, chopped
- 1 cup distilled white vinegar
- 2 cups sugar*
- 1/2 onion, thinly sliced
- 3 Tbsp. Sriracha*
- 1/2 tsp. celery seed

DIRECTIONS

1. Make a mixture of vinegar and sugar, then stir in onions, Sriracha, and celery seeds.
2. Put chopped stems into a canning jar, pour the liquid over the chopped stems, using 3 cups liquid for every 1 1/2 cups chopped stems.
3. Seal jars and place in the refrigerator for a 2-3 days to let the flavors develop.

**Reduce sugar or Sriracha to manage spice or sweetness level.*

Source: Bonappetite.com

SWISS CHARD, KALE, AND FETA SALAD

INGREDIENTS

- 1/2 cup cider vinegar
- 2 tsp. honey
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 1/2 tsp. dried oregano (optional)
- 1/2 cup olive oil
- 1 bunch kale, torn into bite-sized pieces
- 1 bunch Swiss chard, torn into bite-sized pieces
- 1 lb. grilled skinless, boneless chicken breast, sliced
- 1 (6 oz.) container crumbled feta cheese or to taste
- 1/3 cup raisins
- 1/2 cup chopped, toasted walnuts

DIRECTIONS

1. Whisk the vinegar, honey, salt, pepper, and oregano in a bowl until the honey has dissolved.
2. Whisk in the olive oil until evenly blended.
3. Place the kale, Swiss chard, chicken, feta cheese, raisins, and walnuts into a bowl. Toss with dressing to serve.

Source: Allrecipes.com

Kale

Educator | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



Fun Facts

- Out of the quite large cabbage family, kale is the closest relative to wild cabbage.
- Kale and collards are very similar; the difference is that kale has uneven leaf edges (serrated, lobed) and is less heat-tolerant.

Reading Corner

Children's Books

» *Captain Kale and the Super Foods*, by Amy Roth

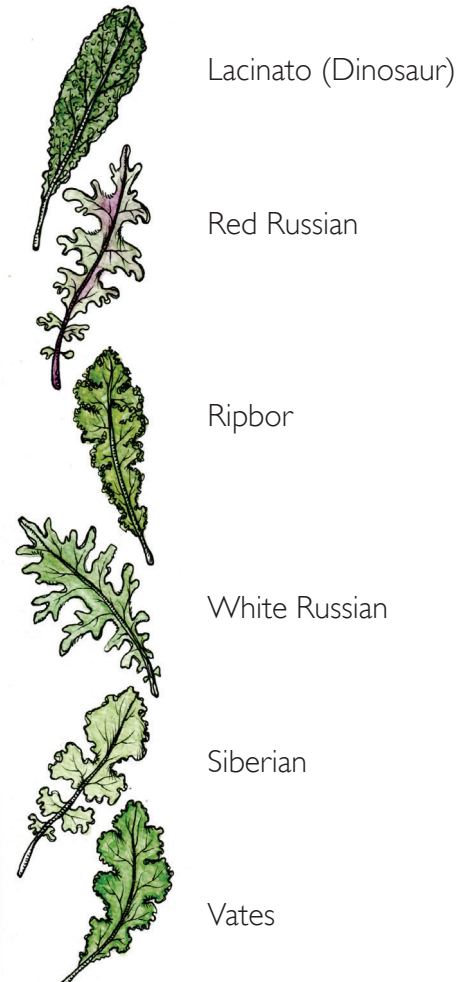
History of Kale

Kale is a member of the Brassicaceae family, also known as the cabbage family, along with broccoli, Brussels sprouts, cabbage, cauliflower and kohlrabi. It originated in the Mediterranean region and was brought to the United States from England in the 17th century. Kale is a very hardy plant; it can withstand frosts and snowfall, making it an excellent staple food in the winter months. Kale plants range in color from white-green and yellow-green to blue-green and violet. Some varieties have been developed specifically for ornamental purposes.

Large Green-Leafed Varieties

- **Collards:** Champion, Georgia
- **Chard:** Fordhook Giant, Golden, Pink Passion, Rainbow Mix, Ruby or Rhubarb Red, Silverado

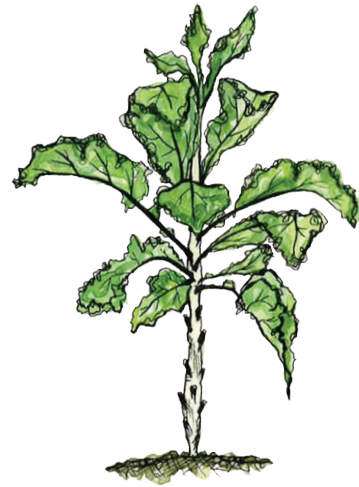
Varieties of Kale:



Sources: *The Visual Food Encyclopedia*, *The Encyclopedia of Healing Foods*, GMFTS.

Kale

Educator | VermontHarvestoftheMonth.org



Benefits

Kale is an excellent source of vitamin A and C and the mineral potassium. It is a good source of vitamin B6 (pyridoxal phosphate) and the mineral copper.

Classroom Connections

English | *The Autobiography of Kale*

Supplies needed:

Several varieties of kale leaves or images of them; it would be helpful to include photographs exhibiting each season.

Directions:

- Have students imagine they are a kale plant and describe their life from seed to plate.
- This is a great opportunity to discuss the life cycle of a plant, as it lives through the seasons.

Guiding words:

Winter: eaten, frost-resistant, hardy, death

Spring: warm soil, planting, birth, beginning, small leaves, rain, sun, nutrients

Summer: rain, sun, nutrients, growth, large leaves, long days, harvesting (from the bottom up), eaten (by humans and insects)

Fall: large leaves, harvesting (from the bottom up), eaten (by humans and insects)

Source: GMFTS.

Science | *Parts of a Leaf*

Supplies needed:

Drawing tools, journal page or handout, kale leaves or images of them.

Directions:

- Have students draw and label a kale leaf through observation.
- On the board, you can draw the parts along with the students and discuss the role of each part as you go.
- Key words: stem (petiole), veins, blade.
- If age-appropriate, discuss chlorophyll and its role in photosynthesis.

Leaf Parts:

Stem (petiole): attaches the blade to the main stem of the plant.

Veins: carry nutrients throughout the plants.

Blade: absorbs sunlight.

Photosynthesis: is the process leaves use to convert light into food for the plant. Carbon dioxide and water are used and oxygen is released. This process is *not visible*.

Chlorophyll: is what makes leaves green! It is involved in the process of photosynthesis. This pigment is *visible*.

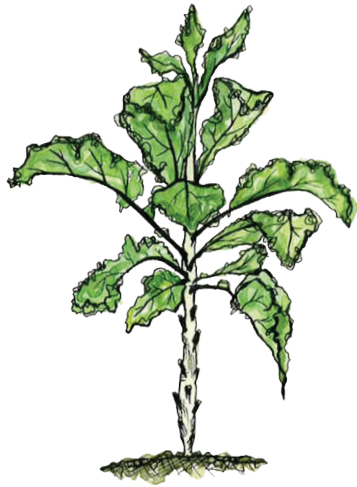
Source: *Vital Communities*.

Note: For an extended, standards-based version of this lesson plan, please visit *Vital Communities' Harvest Lessons*:

www.vitalcommunities.org/agriculture/uvfts/harvestlessons.cfm

Kale

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Kid-Friendly Eating Tips

- Add raw, thinly-sliced kale to a pasta dish.
- Use kale as the base for a salad; you can mix it in with lettuce leaves. Massaging the kale leaves first makes them softer and therefore easier to chew.
- Make pesto by blending kale like you would basil! Add it to pasta or use it as a sandwich spread.
- Toss kale leaves, stem removed, with olive oil, garlic, salt and pepper, bake in the oven at 350° F.

Selection

Choose leaves that are not wilted and have firm stems.

Storage Tips

- Store in the refrigerator in a perforated plastic bag for 5-10 days.
- *To freeze:* Blanch for 2-3 minutes or until the leaves are soft, then place in a labeled and dated freezer-grade bag.

Benefits

Kale is an excellent source of vitamin A and C and the mineral potassium. It is a good source of vitamin B6 (pyridoxal phosphate) and the mineral copper.

Mini Activities

- Have three bags with a different vegetable hidden in each. Have students guess the vegetable by touch. Example: a bunch of kale, a winter squash and beets. Post the results in the school's cafeteria space!
- Taste test kale with a variety of dressings, such as, maple balsamic vinaigrette, ranch and sesame soy.

Varieties of Kale:



Lacinato (Dinosaur)

Red Russian

Ripbor

White Russian

Siberian

Vates

Sources: *The Visual Food Encyclopedia*, *The Encyclopedia of Healing Foods*, GMFTS.

Kale

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Tidbit

Kale leaves grow on a thick broccoli-like stock, but are picked off individually and sold in bunches. Kale is very cold-tolerant: it can survive frosts and snowfall. Use raw, massaged kale as the base of a salad or toss it into a soup!

Cooking Tips

- Boil or steam kale for 20-30 minutes.
- Removing the stem is ideal for many dishes; rip the leaf from the stem by holding the base of the stem upward, and pulling down.

Recipes ✂

Kale Parmesan Salad

Kale Parmesan Salad

Yield: 50 ½ cup servings of dark green vegetable

Ingredients:

8 ½ lbs fresh kale
3 cups grape tomatoes
1 ½ cups olive oil (or vegetable oil)
2 cups parmesan cheese
¾ cups fresh lemon juice
salt and pepper, to taste
garlic powder, to taste (optional)

Directions:

1. De-stem kale leaves and chop into bite-sized pieces.
2. Cook kale leaves in boiling water until tender, about 3-5 minutes.
3. Drain kale and squeeze dry. Fluff up leaves and transfer to a large bowl. Cool immediately.
4. In a small bowl, combine the oil, lemon juice, parmesan, black pepper and salt.
5. Cut tomatoes in half or quarters, add to small bowl.
6. Add oil mixture to kale, mix to coat, serve chilled.

Source: GMFTS.

Kale Pesto

Kale Pesto

Yield: 1½ cups or 50 1 tsp. taste test servings

Ingredients:

4 garlic cloves
1 bunch of kale
¾ cup olive oil
1 cup parmesan cheese
1 Tbsp. fresh lemon juice
salt and pepper, to taste

Directions:

1. Blanch stemmed kale for 30 seconds and drain.
2. Purée garlic and kale in a food processor, gradually adding oil, parmesan, lemon juice, salt and pepper.

Source: Bon Appétit.

Kale

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Kid-Friendly Eating Tips

- Add raw, thinly-sliced kale to a pasta dish.
- Use kale as the base for a salad; you can mix it in with lettuce leaves. Massaging the kale leaves first makes them softer and therefore easier to chew.
- Make pesto by blending kale like you would basil! Add it to pasta or use it as a sandwich spread.
- Toss kale leaves, stem removed, with olive oil, garlic, salt and pepper; bake in the oven at 350° F.

Cooking Tips

- Boil or steam kale for 20-30 minutes.
- Removing the stem is ideal for many dishes; rip the leaf from the stem by holding the base of the stem upward, and pulling down.



Tidbit

Kale leaves grow on a thick broccoli-like stock, but are picked off individually and sold in bunches. Kale is very cold-tolerant: it can survive frosts and snowfall. Use raw, massaged kale as the base of a salad or toss it into a soup!

Storage Tips

- Store in the refrigerator in a perforated plastic bag for 5-10 days.
- *To freeze:* Blanch for 2-3 minutes or until the leaves are soft, then place in a labeled and dated freezer-grade bag.

Recipes

Kale Parmesan Salad

Yield: 4-6 servings

Ingredients:

2 bunches fresh kale
2 Tbsp. olive oil (or vegetable oil)
½ cup parmesan cheese
2 Tbsp. fresh lemon juice
salt and pepper, to taste
garlic powder, to taste (optional)

Directions:

1. De-stem kale leaves and chop into bite-sized pieces.
2. Cook kale leaves in boiling water until tender, about 3-5 minutes.
3. Drain kale and squeeze dry. Fluff up leaves and transfer to a large bowl. Cool immediately.
4. In a small bowl, combine the oil, lemon juice, parmesan, black pepper and salt.
5. Cut tomatoes in half or quarters, add to small bowl.
6. Add oil mixture to kale, mix to coat, serve chilled.

Source: GMFTS.

Kale Pesto

Yield: 1½ cups

Ingredients:

4 garlic cloves
1 bunch of kale
¾ cup olive oil
1 cup parmesan cheese
1 Tbsp. fresh lemon juice
salt and pepper, to taste

Directions:

1. Blanch stemmed kale for 30 seconds and drain.
2. Purée garlic and kale in a food processor, gradually adding oil, parmesan, lemon juice, salt and pepper.

Source: Bon Appétit.

Kale Parmesan Salad

Kale Pesto

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.

KALE QUESADILLAS

INGREDIENTS

1 Tbsp. olive oil
1/3 cup red bell pepper,
finely chopped
1/3 cup onion, finely chopped
1 1/2 cups thinly sliced kale,
stems removed
3/4 cup grated cheddar cheese
2 tortillas
Pinch of cumin

DIRECTIONS

1. Preheat oven to 350° F. Line baking sheet with parchment paper.
2. Heat olive oil in a sauté pan over medium heat.
3. Add chopped pepper and onion, cook until softened (around 3 minutes).
4. Sprinkle with cumin and add kale, stirring gently.
5. Cook until kale is cooked through and soft, then remove from heat.
6. Place 1 tortilla on baking sheet. Place cheese on tortilla, then top with kale mixture.
7. Place second tortilla on top and bake until cheese is melted through.

KALE PARMESAN SALAD

INGREDIENTS

2 bunches fresh kale
2 Tbsp. oil, preferably olive
1/2 cup grated parmesan cheese
2 Tbsp. fresh lemon juice
1/4 tsp. salt
pepper, to taste
garlic powder or
2 tsp. fresh garlic, to taste
(optional)

DIRECTIONS

1. De-stem kale and tear leaves into bite-sized pieces.
2. Sprinkle leaves with lemon juice, oil, and salt. Massage for 2-3 minutes with hands by squeezing kale between thumb and fingers.
3. Add parmesan cheese and pepper. Toss to coat. Serve chilled.

SWEET POTATO

Educator | VermontHarvestoftheMonth.org

History

Native to Central America, the sweet potato is not related to potatoes but instead is in the same family as morning glory. Remains of sweet potatoes were discovered in a cave in Peru, showing that they have been consumed since prehistoric times. This crop was an important dietary staple for early American homesteaders and for soldiers during the Civil War. Sweet potatoes are very popular in the southern United States and have been grown in that region since the 16th century. Although often mistaken for the yam, sweet potatoes are more flavorful and less starchy than yams.

Reading Corner

- » *Little Sweet Potato* by Amy Beth Bloom
- » *Sweet Potato Pie* by Kathleen Lindsey

Fun Facts

- Sweet potatoes contain an enzyme which converts many of its starches to sugar as it matures
- There are over 300 varieties of sweet potato, with flesh ranging from white to deep orange
- In Eastern medicine, this vegetable is highly regarded for its tonifying and nourishing abilities
- Sweet potatoes and yam are two different crops- yams can grow much larger than sweet potatoes and are native to Africa and Asia

Benefits

Sweet potatoes are high in vitamins A and C. They also provide fiber and potassium.



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CLASSROOM CONNECTIONS

Science | Sweet Potato Propagation

Supplies needed:
Sweet potato, knife, toothpicks, clean jar



Directions:

- Sweet potatoes are grown from slips or vine cuttings-not seeds.
- Cut a clean, non-bruised sweet potato in half. Place each portion of sweet potato in jar of water with half of the potato submerged and half above the water. Use toothpicks to hold in place.
- Keep in a warm location for a few weeks and slips will begin to grow.

History | George Washington Carver & the Sweet Potato

Supplies needed:
"In the Garden with Dr. Carver" by Susan Grigsby, sweet potato, paint brushes, paper

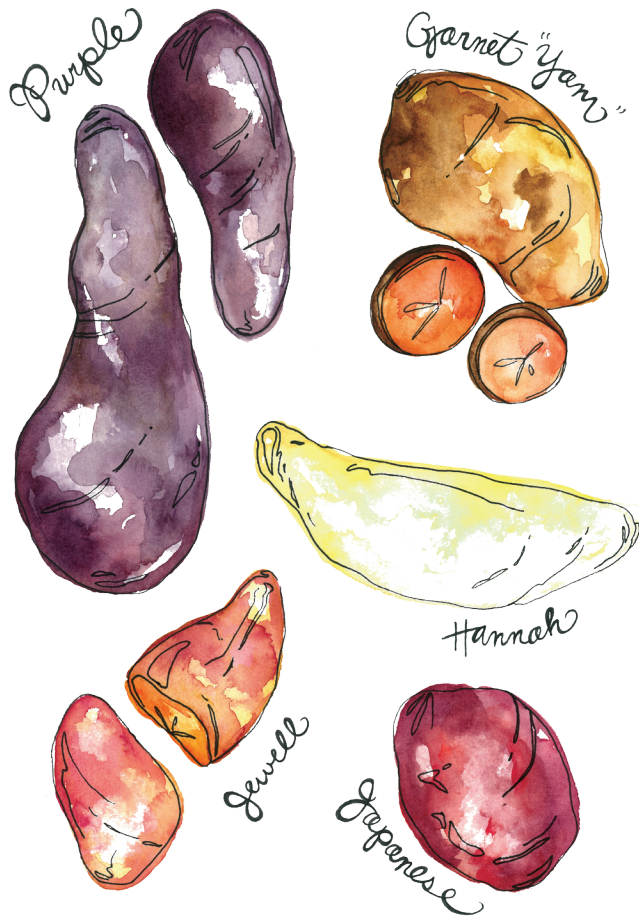
Directions:

- George Washington Carver was an important American scientist. Although many people think about him as someone who worked with peanuts, he also came up with over 100 uses for sweet potatoes!
- Read the story and discuss Carver and his experiments around agriculture-why were they important? What was the most surprising thing you heard?
- One of Carver's uses of sweet potato was paint. Cook and puree sweet potato, thinning with water to create a paint-like consistency. Allow students to experiment with this new medium!

SWEET POTATO

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Tidbit

Sweet potatoes are not related to the potato but rather are a member of the morning glory family. They are regarded as one of the most nutrient-dense vegetables and both the skin and flesh are edible. These tubers are native to Central America and come in white, yellow, and orange varieties. Although often confused with yams, sweet potatoes are more flavorful and less starchy.

Mini-activities

- Make sweet potato chips- slice thinly or peel and bake until crisp
- Puree cooked sweet potato with chickpeas to make hummus
- Use the ends of sweet potatoes as vegetable stamps

Storage Tips

- Store in a cool, dry location- like a pantry or garage
- Sweet potatoes bruise easily, so handle with care
- Do not store raw sweet potatoes in the refrigerator to preserve texture and flavor

Kid-friendly Cooking Tips

- Slice, toss with oil and seasonings, and bake for quick sweet potato fries
- Combine chopped sweet potatoes, apples, and cinnamon and bake for a sweet dessert
- Sauté diced sweet potatoes, onions, and peppers to make a delicious vegetable hash
- Bake whole sweet potatoes and serve with a choice of toppings

Selection Tip

Look for smooth-skinned sweet potatoes that are free of scars, soft spots, or bruises.

Benefits

Sweet potatoes are high in vitamins A, B6, and C, as well as antioxidants. They also provide fiber and potassium.

Complementary Herbs

Leek, sage, thyme, ginger

SWEET POTATO

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Mashed Sweet Potatoes

Mashed Sweet Potatoes

Yield: 100 ½ cup servings

Ingredients:

- 36 ½ lbs sweet potatoes, peeled and diced
- 2 cups butter
- 1 ⅓ cups maple syrup
(may substitute honey or brown sugar)
- 5 tsp cinnamon
- 5 tsp salt
- 2 tsp pepper

Directions:

1. Cook potatoes in boiling water until tender (~12 minutes). Drain well in a colander, allowing potatoes to steam slightly.
2. Puree the potatoes with the butter, maple syrup, cinnamon, salt, and pepper. Do not over mix.
3. Taste and add more salt and pepper, if needed. Serve warm.

Source: Project Bread

Roasted Sweet Potato & Black Bean Salad

Roasted Sweet Potato & Black Bean Salad

Yield: 75 ¼ cup servings

Ingredients:

- 9 cups sweet potatoes, peeled and cut into ~1" chunks
- 9 cups black beans, drained and rinsed
- 2 cups onion, chopped
- 1 Tbsp. extra virgin olive oil, enough to roast
- 1 tsp. each of salt and pepper

Directions:

1. Preheat oven to 400° F.
2. Place your chopped sweet potatoes and onions onto a baking sheet then drizzle about 1 Tbsp. of olive oil over and toss. Sprinkle salt and pepper. Bake for 30-35 minutes. (Check after 15 min. and toss vegetables again.)
3. Remove sweet potatoes and onions from the oven when they are nicely golden. To keep warm, leave on the baking sheet and cover with foil.
4. Dressing: In a small bowl, mix olive oil, dash of salt, garlic, lime juice, parsley or basil, and cumin.
5. In a large serving bowl toss in roasted sweet potatoes, onions, black beans and then carefully pour the dressing. Mix well. Serve warm.

Source: GMFTS



SWEET POTATO

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Tidbit

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Storage Tips

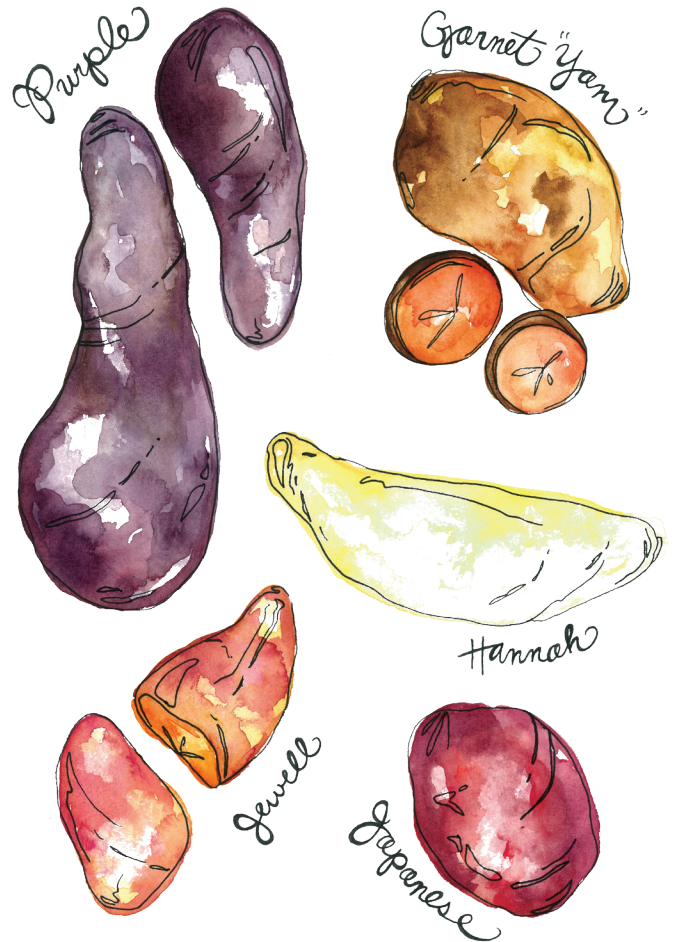
- Store in a cool, dry location- like a pantry or garage; temperatures above 60 degrees can cause sprouting
- Sweet potatoes bruise easily, so handle with care
- Do not store raw sweet potatoes in the refrigerator
- Once cooked, sweet potatoes will keep for about a week in the refrigerator

Kid-friendly eating tips

- Slice, toss with oil and seasonings, and bake for quick sweet potato fries
- Substitute sweet potatoes for winter squash or pumpkin in a cookie or muffin recipe
- Mash with butter and cinnamon for a sweet side dish
- Bake whole sweet potato, split in half, and enjoy with your favorite toppings

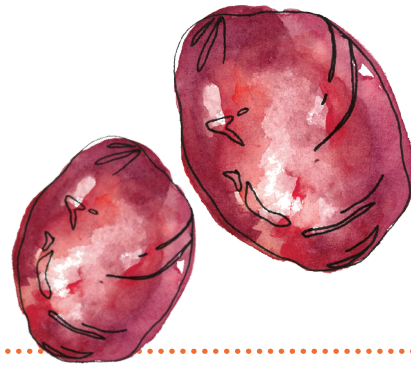
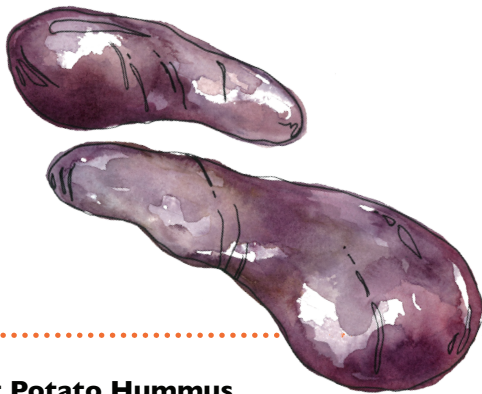
Cooking Tips

- Scrub sweet potatoes before cooking-no need to peel
- If pureeing or mashing, cook sweet potato whole and remove skin after cooked through
- To bake: Pierce whole sweet potato with fork and bake at 400° F until soft (45-60 minutes)
- To microwave: Pierce whole potato several times with a fork, wrap in a paper towel, and cook on high for about 6 minutes, turning potato over halfway through cooking



SWEET POTATO

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Recipes

Sweet Potato Hummus

Sweet Potato Hummus

Yield: 3-4 cups

Ingredients:

- 2 medium sweet potatoes
- 3 Tbsp olive oil
- 1 15-oz can of chickpeas, rinsed and drained
- 3 Tbsp tahini
- 3 cloves garlic, peeled
- Juice of 1 lemon
- ½ tsp cayenne
- ½ tsp smoked paprika
- ¼ tsp cumin

Directions:

1. Preheat oven to 400° F. Bake sweet potatoes in a baking dish for 45-60 minutes, until cooked through and tender.
2. As sweet potatoes cool, add other ingredients to a food processor. Once sweet potatoes are cool enough to handle, remove skin and add flesh to other ingredients.
3. Process until smooth, and serve! Hummus can be topped with a sprinkle of cayenne, if desired.

Source: *Cookie and Kate*, edited by GMFTS



Roasted Black Bean & Sweet Potato Salad

Roasted Black Bean & Sweet Potato Salad

Yield: 4 servings

Ingredients:

- 1 (15 oz.) can black beans, drained and rinsed*
- 3 large sweet potatoes, peeled and cut into approximately 1 inch chunks
- 1 large onion, chopped (yellow sweet)
- 1 Tbsp. olive oil
- ½ tsp. each of salt and pepper

Dressing Ingredients:

- 2 Tbsp. olive oil
- 2 cloves garlic, peeled and minced
- 3 Tbsp. lime juice
- ½ tsp. ground cumin
- 1 cup fresh cilantro, finely chopped

Directions:

1. Preheat oven to 400° F.
2. Place your chopped sweet potatoes and onions onto a baking sheet, then drizzle about 1 Tbsp. of olive oil over and toss. Sprinkle salt and pepper. Bake for 30-35 minutes. Check after 15 minutes and toss vegetables again.
3. Remove sweet potatoes and onions from the oven when they are nicely golden. To keep warm, leave on the baking sheet and cover with foil.
4. Dressing: In a small bowl, mix olive oil, dash of salt, garlic, lime juice, cilantro, and cumin.
5. In a large serving bowl toss in roasted sweet potatoes, onions, black beans and then carefully pour the dressing. Mix well. Serve warm.

Source: GMFTS

SWEET POTATO TOTS

INGREDIENTS

- 1 1/4 lbs. sweet potatoes, peeled and shredded
- 1 1/4 cup garbanzo beans
- 1 1/2 Tbsp. vegetable oil
- 1/4 tsp. salt
- 1/4 tsp. granulated garlic
- 3 Tbsp. green onions, finely diced
- 1/8 tsp. ground pepper
- 1/4 tsp. onion powder
- 1/4 tsp. cinnamon
- 1 Tbsp. all-purpose flour

DIRECTIONS

1. Preheat oven to 400° F.
2. Spread shredded sweet potato on a baking sheet and cook until slightly tender.
3. Puree garbanzo beans, including liquid, in a food processor until smooth.
4. Combine sweet potatoes, garbanzo beans, oil, green onions, flour, and spices in a bowl. Mix well and refrigerate for 40 minutes.
5. Use a scoop to drop mixture 1-inch apart on a lined baking sheet. Lightly flatten tots.
6. Bake until lightly browned, ~10 minutes.

Source: Recipes for Healthy Kids

ROASTED BLACK BEAN & SWEET POTATO SALAD

INGREDIENTS

- 1 (15 oz.) can black beans, drained and rinsed
- 3 large sweet potatoes, peeled and cut into approximately 1 inch chunks
- 1/2 onion, chopped (yellow sweet)
- 2 cloves garlic, peeled and minced
- 1 Tbsp. olive oil
- 1/2 tsp. each of salt and pepper
- 1/2 cup fresh basil or parsley, finely chopped

DIRECTIONS

1. Preheat oven to 325° F. Place the chopped sweet potatoes, garlic, and onion on a baking sheet, and drizzle with olive oil. Sprinkle with salt and pepper.
2. Bake for 30-35 minutes, or until slightly crispy, rotating vegetables after 15 minutes. Check vegetables after 15 minutes to toss and rotate. Remove from oven when nicely golden.
3. In a small bowl, mix olive oil, lime juice, cumin, salt and pepper.
4. In a large serving bowl, toss sweet potato mixture, black beans, and dressing. Top with fresh chopped herbs just before serving.

DRESSING INGREDIENTS

- 3 Tbsp. olive oil
- 2 Tbsp. lime juice
- 1/2 tsp. ground cumin
- dash of salt and pepper

SWEET POTATO HUMMUS

INGREDIENTS

- 2 medium sweet potatoes
- 3 Tbsp. olive oil
- 1 (15-oz.) can of chickpeas, rinsed and drained
- 3 Tbsp. tahini
- 3 cloves garlic, peeled
- Juice of 1 lemon
- 1/2 tsp. cayenne
- 1/2 tsp. smoked paprika
- 1/4 tsp. cumin

DIRECTIONS

1. Preheat oven to 400° F. Bake sweet potatoes in a baking dish for 45-60 minutes, until cooked through and tender.
2. As sweet potatoes cool, add other ingredients to a food processor. Once sweet potatoes are cool enough to handle, remove skin and add flesh to food processor.
3. Process until smooth, and serve! Hummus can be topped with a sprinkle of cayenne, if desired.

Source: Cookie and Kate, edited by GMFTS

Winter Squash

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Selection

To select a fully-ripe squash at the peak of its flavor, look for firm, dull-colored skin. A fully-ripe squash will be heavy for its size. If the squash is too young, the skin will be shiny and the flesh less flavorful; if it is too old, the skin will be crinkled and the flesh fibrous.

Storage Tips

Winter storage:

- Remove all dirt and leave on a portion of the stem.
- Store out of the sunlight, between 50-60 °F, with good ventilation.
- Depending on the variety, winter squash can be stored between 1-6 months.
- Refrigerate winter squash only if it has been cut or cooked.
- *To freeze:* Cook and purée, then place in a labeled and dated freezer-grade bag.

Benefits

- Winter squash is an excellent source of vitamin A, the mineral potassium and carotene pigments; it is a good source of vitamin B1 (thiamine), B5 (pantothenic acid), B9 (folic acid) and C, as well as dietary fiber and the mineral copper.

Sources: *The Visual Food Encyclopedia*, *The Encyclopedia of Healing Foods*, GMFTS.

Kid-Friendly Eating Tips

- Make it savory: cube, add olive oil, your favorite dried herb, salt and pepper, then roast; add to a salad, taco, rice dish, omelet or mac and cheese.
- Make it sweet: slice, add olive oil, maple syrup and/or cinnamon.
- Halve squashes, roast upside down, then add a stuffing.
- Purée roasted squash for a soup or pie!

Mini Activities

- Guess the number of seeds in different varieties of squash.
- Taste test roasted winter squash with various seasonings, such as, dried basil, oregano or rosemary, maple syrup and cinnamon.

VARIETIES OF WINTER SQUASH:



Acorn



Buttercup



Butternut



Delicata



Hubbard



Kuri

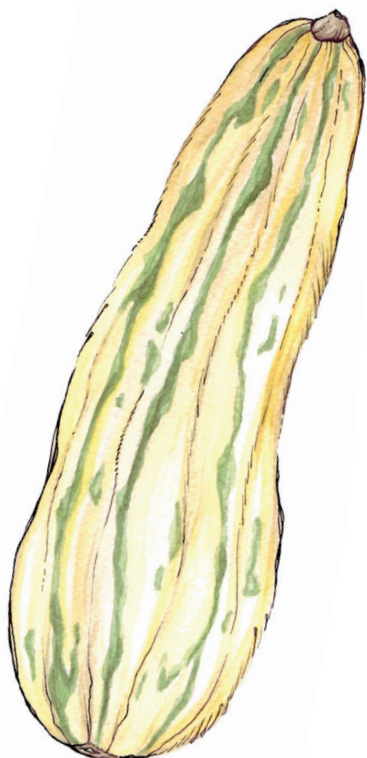


Spaghetti

Winter Squash

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Tidbit

Winter squash is true to its name: it stores well throughout the winter! The flesh of these fruits is yellow-orange, with variations in taste and texture. Purée it for a scrumptious soup or roast with a sprinkle of cinnamon.

Cooking Tips

- To ease prep, cook winter squash in its skin whenever possible.
- To make peeling easier, halve or quarter winter squash.
- Save the seeds—toss with olive oil and salt, then bake at 375 °F for 20 minutes.
- Sweet potatoes can be replaced by winter squash in many recipes.

RECIPES ✂

Butternut Squash Squared

Butternut Squash Squared

Yield: 50 ½ cup servings of red/orange vegetable

Ingredients:

- 10 lbs butternut squash, peeled and cut into 1 inch pieces
- 10 lbs sweet potato (or a different variety of winter squash) peeled and cut into 1 inch pieces
- 2 cups olive or vegetable oil
- 2 Tbsp. onion powder
- 2 Tbsp. dried basil
- 1 cup maple syrup
- 1 Tbsp. each of salt and pepper

Directions:

1. Preheat oven to 375 °F (convection) or 400 °F (conventional).
2. Peel winter squash and sweet potato and cut into 1 inch pieces. Make sure they are the same size so that they roast evenly.
3. In a large bowl, mix together oil, maple syrup, onion powder, basil, salt and black pepper.
4. Toss squash in the mixture, then spread in one layer on sheet pan.
5. Roast the squash uncovered, making sure to toss them occasionally so they cook evenly. Roast until soft but not mushy at 400 °F for 30-40 minutes.
6. Toss and continue roasting until just starting to brown, about 20 more minutes.

Source: *Massachusetts Farm to School Cookbook*, edited by GMFTS.

Delicata Squash Smiles

Delicata Squash Smiles

Yield: 50 ½ cup servings of red/orange vegetable

Ingredients:

- 14 lbs delicata squash
- ½ cup olive or vegetable oil
- cinnamon (optional)
- salt and pepper, to taste

Directions:

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

Source: GMFTS.

Winter Squash

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Fun Facts

- Winter squash has a water content of 81%; summer squash has a water content of 98%.
- Gourds, a type of winter squash, are widely grown for ornamental purposes: as decoration during holidays, for carving, and for making bird feeders!

Reading Corner

Children's Books

- » *The Little Squash Seed*, by Gayla Scale
- » *Pumpkin Pumpkin*, by Jeanne Titherington
- » *Too Many Pumpkins*, by Linda White

History of Winter Squash

Humans have consumed squash for over 10,000 years. Squash are native to Central America, between Mexico and Guatemala. Originally, squashes were cultivated for the consumption of their seeds only, as they had minimal, bitter-tasting flesh; over time, fleshier, fruitier varieties were developed. In Aztec, Incan, Mayan and Native American cultures, squashes were grown in companionship with corn and beans. Squashes are a member of the Cucurbitaceae family, also known as the gourd family, along with cucumbers, summer squash (pattypan, zucchini), and watermelon.

Other Winter Squash Varieties

Dumpling, Gourd (edible and ornamental), Kabocha and Pumpkin (edible and ornamental).

VARIETIES OF WINTER SQUASH:



Acorn



Buttercup



Butternut



Delicata



Hubbard



Kuri



Spaghetti

Sources: *The Visual Food Encyclopedia*, *The Encyclopedia of Healing Foods*, GMFTS.

Winter Squash

Educator | VermontHarvestoftheMonth.org

Benefits

Winter squash is an excellent source of vitamin A, the mineral potassium and carotene pigments; it is a good source of vitamin B1 (thiamine), B5 (pantothenic acid), B9 (folic acid) and C, as well as dietary fiber and the mineral copper.



CLASSROOM CONNECTIONS

History | *The Three Sisters*

Directions:

- Ask the guiding question: Why are these three crops planted together?
- Have students research what companion planting is and how Native Americans incorporated the three sisters into their agricultural practices.

Source: GMFTS.

Math | *Weighing Squash & Counting Seeds*

Supplies needed:

Varieties of winter squash—aim for small (delicata), medium (acorn, kuri) and large (butternut), a scale, drop cloths, knives.

Directions:

- Have students estimate the weight of each variety of squash and the number of seeds each variety contains. Write estimates on the board.
- Weigh each variety and write the results next to the estimates.
- Cut the squashes in half for the students, as this task can be an unsafe task for students.
- Have students count the seeds of each variety and write the results next to the estimates.
- Compare and contrast the estimates with the results and make general comparisons between the varieties.

Sources: *Vital Communities*, GMFTS.

Science | *Winter Squash Sensory Exploration*

Supplies needed:

Several varieties of squash, vegetable peeler, baking sheet, food processor, olive oil, salt and pepper, tasting spoons (one or two for each student).

Directions:

- Set up 5 stations, one to address each of the five senses (sight, touch, taste, smell and hearing).
- Set up each station with a variety of cooked and raw squash (half a squash, roasted seeds, raw seeds, peel, raw chunks, roasted squash and puréed squash).
- Have students rotate through each station in small groups. Encourage students to generate vocabulary that describes how they experience squash with their senses; ask guiding questions to help with this process.
- After students have rotated through the stations, meet as a whole class to record some vocabulary generated at the stations. Try to focus on words that describe healthy foods (crunchy, yellow etc.).
- Ask students, "Why are your 5 senses related to cooking? How does exploring squash with your senses relate to eating and cooking it?"

Source: *Vital Communities*.

Note: For an extended, standards-based version of this lesson plan, please visit *Vital Communities' Harvest Lessons*: www.vitalcommunities.org/agriculture/uvfts/harvestlessons.cfm

Winter Squash

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Kid-Friendly Eating Tips

- Make it savory: cube, add olive oil, your favorite dried herb, salt and pepper, then roast; add to a salad, taco, rice dish, omelet or mac and cheese.
- Make it sweet: slice, add olive oil, maple syrup and/or cinnamon.
- Halve squashes, roast upside down, then add a stuffing.
- Purée roasted squash for a soup or pie!

Cooking Tips

- To ease prep, cook winter squash in its skin whenever possible.
- To make peeling easier, halve or quarter winter squash.
- Save the seeds—toss with olive oil and salt, then bake at 375 °F for 20 minutes.



Tidbit

Winter squash is true to its name: it stores well throughout the winter! The flesh of these fruits is yellow-orange, with variations in taste and texture. Purée it for a scrumptious soup or roast with a sprinkle of cinnamon.

Storage Tips

Winter storage:

- Remove all dirt and leave on a portion of the stem.
- Store out of the sunlight, between 50-60 °F, with good ventilation.
- Depending on the variety, winter squash can be stored between 1-6 months.
- Refrigerate winter squash only if it has been cut or cooked.
- *To freeze:* Cook and purée, then place in a labeled and dated freezer-grade bag.

RECIPES ✂

Butternut Squash Squared

Yield: 4 servings

Ingredients:

- 2 cups butternut squash, peeled and cut into 1 inch pieces
- 2 cups sweet potato (or a different variety of winter squash) peeled and cut into 1 inch pieces
- 2 Tbsp. olive or vegetable oil
- ½ tsp. onion powder
- 1 tsp. dried basil
- 2 Tbsp. maple syrup
- 1 tsp. each of salt and pepper

Directions:

1. Preheat oven to 375 °F (convection) or 400 °F (conventional).
2. Peel winter squash and sweet potato and cut into 1 inch pieces. Make sure they are the same size so that they roast evenly.
3. In a large bowl, mix together oil, maple syrup, onion powder, basil, salt and black pepper.
4. Toss squash in the mixture, then spread in one layer on sheet pan.
5. Roast the squash uncovered, making sure to toss them occasionally so they cook evenly. Roast until soft but not mushy at 400 °F for 30-40 minutes.
6. Toss and continue roasting until just starting to brown, about 20 more minutes.

Source: *Massachusetts Farm to School Cookbook*, edited by GMFTS.

Delicata Squash Smiles

Yield: 4-6 servings

Ingredients:

- 2 delicata squash
- 3 Tbsp. olive or vegetable oil
- cinnamon (optional)
- salt and pepper, to taste

Directions:

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

Source: GMFTS.

Butternut Squash Squared

Delicata Squash Smiles

DELICATA SQUASH SMILES

INGREDIENTS

- 2 delicata squash
- 3 Tbsp. olive or canola oil
- salt and pepper, to taste
- cinnamon (optional)

DIRECTIONS

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

Source: GMFTS

SPAGHETTI SQUASH & MEATBALLS

INGREDIENTS

- 1 3-lb. spaghetti squash
- 2 Tbsp. water
- 2 Tbsp. extra-virgin olive oil, divided
- 1/2 cup chopped parsley, divided
- 1/2 cup finely shredded Parmesan cheese, divided
- 1 1/4 tsp. Italian seasoning, divided
- 1/2 tsp. onion powder
- 1/2 tsp. salt, divided
- 1/2 tsp. ground pepper
- 1 lb. 93%-lean ground turkey
- 4 large cloves garlic, minced
- 1 28-oz. can no-salt-added crushed tomatoes
- 1/4-1/2 tsp. crushed red pepper

DIRECTIONS

1. Halve squash lengthwise and scoop out the seeds. Place facedown in a microwave-safe dish; add water. Microwave, uncovered, on high until the flesh can be easily scraped with a fork, 10 to 15 minutes.
2. Heat 1 Tbsp. oil in a large skillet over medium-high heat. Scrape the squash flesh into the skillet and cook, stirring occasionally, until the moisture is evaporated and the squash begins to brown, 5 to 10 minutes. Stir in 1/4 cup parsley. Remove from heat, cover and let stand.
3. Meanwhile, combine the remaining 1/4 cup parsley, 1/4 cup Parmesan, 1/2 teaspoon Italian seasoning, onion powder, 1/4 teaspoon salt and pepper in a medium bowl. Add turkey; gently mix to combine (do not over mix). Using about 2 Tbsp. at a time, form into 12 meatballs.
4. Heat the remaining 1 Tbsp. oil in a large nonstick skillet over medium high heat. Add the meatballs, reduce heat to medium and cook until browned all over, 4 to 6 minutes. Push the meatballs to the side of the pan, add garlic and cook, stirring, for 1 minute. Add tomatoes, crushed red pepper to taste, the remaining 3/4 tsp. Italian seasoning and 1/4 tsp. salt; stir to coat the meatballs. Bring to a simmer, cover and cook, stirring occasionally, until the meatballs are cooked through, 10 to 12 minutes more.
5. Serve the meatballs over the squash with the remaining 1/4 cup Parmesan.

Source: Eating Well

MASHED WINTER SQUASH AND APPLES

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
1/2 tsp. cinnamon
1/2 tsp. coriander
1/2 tsp. cumin
salt, to taste
olive oil, for brushing squash
substitute some of the butternut
squash with potato (optional)

DIRECTIONS

1. Preheat oven to 375° F . Cut butternut squash in half lengthwise and scrape out seeds. Brush flesh 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 the flesh, along with maple syrup, to the pot with the apples and onions. Whip with a hand mixer to desired consistency.
4. Serve hot!

Source: Coffee & Quinoa

DAIRY

Educator | VermontHarvestoftheMonth.org

History

People have been drinking animal milk for as long as we have had domesticated animals. The ancient Egyptians produced dairy products, but reserved it for royalty! In European nations, it wasn't until the 14th century that cow's milk became more popular than sheep's milk. Dairy cows were brought to North America by Europeans in the early 1600s, but it took hundreds of years, until 1884, for the glass milk bottle to be developed, and it wasn't until the 1930s that the milk carton was used!

Reading Corner

- » *Let's Visit a Dairy Farm*
by Sarah Doughty and Diana Bentley
- » *Ox Cart Man* by Donald Hall
- » *Two Cool Cows* by Toby Speed

Fun Facts

- All dairy products are derived from animal milk, and although most common, milk doesn't just come from cows! Vermont also has sheep and goat farms that produce milk and products for sale. But in other countries, people consume buffalo, camel, yak, horse, reindeer, and donkey milk.
- While milk can be consumed raw, in the US it is mostly sold pasteurized (heated to kill bacteria) before sale. This process was developed in 1864 by French scientist Louis Pasteur.

Benefits

- Dairy products contain many nutrients including calcium, potassium, vitamin D, and protein.
- It has been shown that consuming milk as a child and adolescent helps build strong bones and reduces the risk of bone fractures and osteoporosis later in life.

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CLASSROOM CONNECTIONS

Science | Make Yogurt

Supplies Needed:

- ½ gallon Milk
- 3 ounces whole milk yogurt
- 2 large pots
- 2 quart jars with lids
- A thermometer
- Burner
- A whisk
- 2 Small cooler with ice
- Pre-sterilize your jars, lids, and whisk in boiling water for 10 minutes

Directions:

1. Pour 1/2 gallon milk into a stock pot and heat to 185 to 190 degrees. Have the kids monitor the temperature carefully
2. Place pot in cooler with ice, and cool milk to 120 degrees.
3. Heat another pot of water above 110 degrees. This will go in the other cooler.
4. Whisk in 3 ounces of yogurt starter in cooled milk. Pour the milk into jars and add lids.
5. Place jars in cooler full of heated water. Incubate for 4-6 hours, until the liquid milk in your jars has turned to yogurt when you tip them sideways.
6. Ensure the temp stays around 110 degrees and add more hot water if necessary. After incubation, put jars in the fridge where yogurt will continue to firm up.

Source: *New England Dairy Council*

DAIRY

Educator | VermontHarvestoftheMonth.org

CLASSROOM CONNECTIONS

Science | Dress Up Like a Cow

Students learn about the different parts of a dairy cow.

Directions:

1. Ask the students to imagine or remember what a cow or calf looks like.
2. What makes a person a person? How do you know you are a person? If we wanted to turn into cows, what would we have to do? How does a cow look different than you?
3. Pick a volunteer from the class and have them stand by you, so everyone can see her. (Whisper in your volunteer's ear to ask permission to dress them up.) Explain to the class that they are going to help you turn their classmate into a cow. This is a fun activity that students will be excited about. Maintain a no touching/ harassing the cow volunteer rule to respect privacy.
4. Ask the students for suggestions on how to make your volunteer look more like a cow.
5. As they come up with ideas, dress up the student volunteer with the props that you have in your large bag.
 - a. Spots - (black felt spots) Holstein cows are a breed of dairy cow that have black spots on their hides. Loose skin helps to protect the cow from insect bites
 - b. Stomachs - (pink felt) cow has one stomach with four compartments to help with the digestion of food
 - c. Tongue - (Sandpaper cut to size of cow's tongue with string or binder clip) helps to pull in the grass and hay they eat
 - d. Hooves - (4 socks with paper hoof prints glued to the bottom) Hooves help to loosen up the soil so new grass can grow more easily. Each hoof is technically a covering of horn, protecting two toes – very similar to a nail or claw found on other animals.
 - e. Ears/Horns - (Headband with cardboard ears and horns) ears help to transfer heat. Some cows with larger ears can fan themselves in warm weather.
 - f. Tail - (Fly Swatter) used to swat flies away
 - g. Udder - (Baby bottle nipples & plastic jug) a large bag-shaped organ belonging to female cows that produce milk after she has had her first calf.
 - h. Eyes - Cows large eyes are on the side, to be aware of what is going on all around them including predators or danger. (Eyes need to be made, make with string and felt for eyes.)
6. Make sure to take pictures!

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Varieties

Milk is amazingly versatile and can be made into a variety of products that include cheese, yogurt, kefir, and, of course, enjoyed on its own as that tall glass of cold milk!

DAIRY

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Tidbit

All dairy products are derived from animal milk, and although most common, milk doesn't just come from cows! For such a small state, Vermont has around 900 dairy farms milking cows, sheep, and/or goats. But in other countries, people consume buffalo, camel, yak, horse, reindeer, and donkey milk.

Storage Tips

- Dairy products are perishable items and should be refrigerated at 40° F or lower to keep harmful bacteria from growing.
- Try wrapping hard cheeses in wax paper and then in a zip lock bag to maintain freshness.
- As with most foods, when in doubt, throw it out!

Benefits

- Dairy products contain many nutrients including calcium, potassium, vitamin D, and protein.
- It has been shown that consuming milk as a child and adolescent helps build strong bones and reduces the risk of bone fractures and osteoporosis later in life.

Cooking Tips

- Milk should be gently heated to avoid a scorched flavor or creating a surface film. Try double boiling or microwaving while stirring every 15 seconds.
- Throw the parmesan cheese rind into soups when cooking to add additional flavor. Discard rind after cooking.
- Not all cheeses are alike! Different types of cheeses will melt at different temperatures and some won't melt at all.

Kid-Friendly Eating Tips

- Use milk in place of cream for sauces to cut down on fat content. Thicken the milk by whisking in 1 tablespoon flour for every 1 cup milk before adding to the pan. Stir until the sauce thickens.
- Use milk in place of water in bread or other baked goods to add richness and calcium.

Selection Tip

- Always make sure your dairy products are fresh, especially milk and yogurt, by checking the sell-by dates.
- Dairy products vary significantly in fat and sugar content, read nutrition labels to ensure the product meets your dietary requirements.

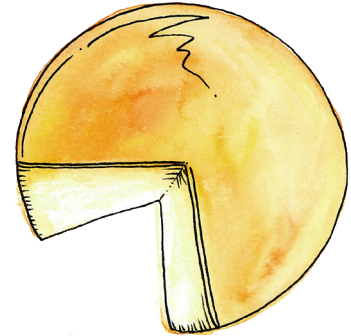
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Varieties

- Milk is amazingly versatile and can be made into a variety of products that include cheese, yogurt, kefir, and, of course, enjoyed on its own as that tall glass of cold milk!



Fluffy Whole-Wheat Buttermilk Biscuits

Fluffy Whole-Wheat Buttermilk Biscuits

Servings: 50

Ingredients:

- 1 lb, 12 oz whole-wheat flour
- 1 lb, 12oz enriched all purpose flour
- 4 oz granulated sugar
- 2 oz baking powder
- 1 tablespoon salt
- 1 lb butter, unsalted, cold, cut into pieces
- 1 quart buttermilk
- 4 large eggs

Directions:

1. Preheat convection oven to 325°F or conventional oven to 400°F. Line 2 full sheet pans with parchment paper.
2. Whisk together whole-wheat flour, all-purpose flour, sugar, baking powder and salt in a large bowl. Cut butter into the dry ingredients until it's the size of small peas. Stir in buttermilk and eggs just until incorporated (do not over mix).
3. Using a #20 scoop, portion biscuits onto the prepared pans. Bake until golden brown, 20 to 25 minutes.

Source: *New School Cuisine Cookbook*

Cheesy Twice Baked Sweet Potatoes

Cheesy Twice Baked Sweet Potatoes

Yield: 50

Ingredients:

- 8 lbs Sweet Potatoes
- 1.5 oz chives
- 10 oz shredded reduced-fat cheddar cheese
- 7 oz fat-free sour cream
- 1 ½ tsp salt
- 1 ½ tsp ground black pepper
- ¾ cup shredded parmesan cheese

Directions:

1. Preheat convection oven to 400°F or conventional oven to 425°F.
2. Prick each sweet potato 3 times with a fork. Place on a full sheet pan and bake until tender, about 1 hour. Let cool.
3. Chop chives.
4. Cut the potatoes in half lengthwise and scoop out the flesh, leaving approximately ½ inch of flesh and skin. Transfer the flesh to a large bowl.
5. Add Cheddar cheese, sour cream, the chives, salt and pepper to the potato flesh and mash to combine. Fill the potato skins with this mixture. Sprinkle with Parmesan cheese.
6. Bake the stuffed potatoes until hot and the cheese is browned, about 20 minutes.
7. Cut the sweet potatoes into halves or thirds to reach 50 servings.

Source: *New School Cuisine Cookbook*

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Tidbit

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Storage Tips

- Dairy products are perishable items and should be refrigerated at 40° F or lower to keep harmful bacteria from growing.
- Store cheese in a refrigerator drawer and milk on an interior shelf, not the door, to avoid temperature swings.
- Try wrapping hard cheeses in wax paper and then in a zip lock bag to maintain freshness.
- As with most foods, when it doubt, throw it out!

Kid-friendly Eating Tip

- Use milk in place of cream for sauces to cut down on fat content. Thicken the milk by whisking in 1 tablespoon flour for every 1 cup milk before adding to the pan. Stir until the sauce thickens.
- Use milk instead of water in bread or other baked goods to add richness and calcium.
- Natural, aged cheeses contain trace amounts of lactose-like cheddar, parmesan, and Swiss. These cheeses can often be eaten by people who are lactose intolerant, but introduce these slowly into a new diet.

Cooking Tips

- Throw the parmesan cheese rind into soups when cooking to add additional flavor. Discard the rind after cooking.
- Milk should be gently heated to avoid a scorched flavor or creating a surface film. Try double boiling or microwaving while stirring every 15 seconds
- Not all cheeses are alike! Different types of cheeses will melt at different temperatures and some won't melt at all.



DAIRY

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Selection

- Always make sure your dairy products are fresh, especially milk and yogurt, by checking the sell-by dates.
- Given the short shelf life of milk, consider buying smaller containers more frequently instead of larger containers that might go bad.
- Dairy products vary significantly in fat and sugar content, read nutrition labels to ensure the product meets your dietary requirements.
- Ask for samples of cheese at the grocery's cheese counter- many places will let you try before you buy!

Recipes

Homemade Farmer's Cheese

Homemade Farmer's Cheese

Time: 25 minutes

Servings: 16

Ingredients:

- 1 gallon whole milk
- 1 large lemon
- 1 pinch salt

Directions:

1. Pour the milk into a large pot, and stir in a pinch of salt. Bring to a boil over medium heat, stirring occasionally to prevent the milk from scorching on the bottom of the pot.
2. When the milk begins to boil (small bubbles will first appear at the edges), turn off the heat. Stir lemon juice into the milk, and the milk will curdle. You may need to wait 5 or 10 minutes.
3. Line a sieve or colander with a cheesecloth and pour the milk through the cloth to catch the curds. What is left in the cheesecloth is the Farmer's Cheese. The liquid is the whey. Gather the cloth around the cheese, and squeeze out as much of the whey as you can. Wrap in plastic, or place in an airtight container. Store in the refrigerator.
4. Discard the whey or use in other recipes

Source: allrecipes.com



Goat cheese and Roasted Corn Quesdillas

Goat cheese and Roasted Corn Quesdillas

Time: 24 minutes

Servings: 4

Ingredients:

- 1 cup fresh corn kernels (about 1 large ear)
- 2/3 cup goat cheese, softened
- 8 (6-inch) corn tortillas
- 1/4 cup chopped green onion (about 1 green onion)
- 10 tablespoons bottled salsa verde, divided
- Cooking spray

Dressing Ingredients:

- 2 Tbsp. olive oil
- 2 cloves garlic, peeled and minced
- 3 Tbsp. lime juice
- 1/2 tsp. ground cumin
- 1 cup fresh cilantro, finely chopped

Directions:

1. Heat a large nonstick skillet over medium-high heat. Add corn; sauté 2 minutes or until browned. Place corn in a small bowl. Add goat cheese to corn; stir until well blended. Divide corn mixture evenly among 4 tortillas; spread to within 1/4 inch of sides. Sprinkle each tortilla with 1 tablespoon green onions. Drizzle each with 1 1/2 teaspoons salsa; top with remaining 4 tortillas.
2. Heat pan over medium-high heat. Coat pan with cooking spray. Place 2 quesadillas in pan; cook 1 1/2 minutes on each side or until golden. Remove from pan; keep warm. Wipe pan clean with paper towels; recoat with cooking spray. Repeat procedure with remaining quesadillas. Cut each quesadilla into 4 wedges. Serve with remaining 8 tablespoons salsa.

Source: myrecipes.com

BERRY BERRY SMOOTHIE

INGREDIENTS

- 1 tsp. vanilla extract
- 2 tsp. honey
- 1 cup frozen mixed berries
- 1 cup lowfat or fat free white or strawberry milk

DIRECTIONS

1. In a blender combine all ingredients.
2. Cover and blend until smooth.
3. Serve immediately. Enjoy!

Source: Recipe provided by the Milk Life campaign, representing the nation's milk companies. www.mustbethemilk.com

UNICORN YOGURT BARK

INGREDIENTS

- 3 cups of plain Greek yogurt
- 1 cup each of blueberries and chopped strawberries
- 1 mango, cubed
- 1/4 cup shredded coconut

DIRECTIONS

1. In two separate microwave-safe bowls, microwave half of the berries and mango for 90 seconds. Mash each with a fork.
2. Add 1 cup of yogurt to each bowl of fruit. Stir to combine.
3. In a parchment paper-lined 9×13 inch dish, add fruit/yogurt mixture in alternating strips. Run a knife through the dish to create a marbling effect.
4. Top with reserved fruit and sprinkle coconut.
5. Freeze for 2 hours. Remove from tray and break into pieces. Eat immediately or store in an airtight container in the freezer.

Source: www.mustbethemilk.com

GOAT CHEESE CROSTINI WITH WATERMELON AND BEET SALAD

INGREDIENTS

- 1 small golden beet, trimmed and peeled
- 1/2 cup diced seedless watermelon
- 1/4 cup chopped red onion
- 2 tsp. white balsamic vinegar
- 1 tsp. sugar
- 1/4 tsp. kosher salt
- 1/4 tsp. black pepper
- 3 oz. soft goat cheese
- 16 slices, diagonally cut whole-grain French bread baguette, toastes
- 4 tsp. olive oil
- 2 Tbsp. chopped fresh chives

DIRECTIONS

1. Wrap beet in microwave-safe parchment paper. Microwave on high for 3 minutes or until tender. Let stand 5 minutes; thinly slice. Combine sliced beet, watermelon, onion, vinegar, sugar, salt, and pepper in a small bowl.
2. Spread about 1 tsp. goat cheese onto each slice of bread. Divide beet mixture evenly over bread. Drizzle each piece of bread with 1/4 tsp. oil; sprinkle evenly with chives.

Source: myrecipes.com

Cabbage

Educator | VermontHarvestoftheMonth.org

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History

Cabbage is a member of the Brassicaceae family, which also includes broccoli, Brussels sprouts, cauliflower, and kale. Cabbage is believed to originate from the Asia Minor region. Its ability to tolerate cold temperatures led to the spread of its cultivation across Europe; cabbage was introduced to the United States by early European settlers. Cabbages vary in color from yellow-green, to red-purple and come in wrinkly-leaved (savoyed) varieties. It has been bred to form tighter heads, but was originally much leafier. Cabbage is a wonderfully neutral vegetable, so can be used in a wide array of dishes raw, cooked, or fermented.

Reading Corner

- » *Cabbages and Kings*, by Elizabeth Seabrook
- » *Katie's Cabbage*, by Katie Stagliano
- » *The Giant Cabbage*, by Cherie Stihler

Benefits

Raw cabbage is an excellent source of vitamin C and folic acid (B9), as well as a good source of vitamin K. Along with other Brassicas, cabbage contains anticancer compounds referred to as glucosinolates.

Fun Facts

- Sauerkraut is a popular dish made from fermented cabbage, known for its delicious sour taste and long shelf life.
- The word cabbage is derived from the French word *caboche* meaning “head.”
- Cabbage’s ability to store well made it a staple food item in Europeans’ diets during the Middle Ages. Its juice was commonly used as a cough remedy and to heal wounds.



Cabbage

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CLASSROOM CONNECTIONS

Homeroom | Making Sauerkraut

Supplies needed:

1 medium head of green cabbage,
1 ½ Tbsp. kosher salt,
1 Tbsp. caraway seeds (optional),

cutting board, knife, mixing bowl, 2-quart equivalent container(s), smaller jelly jar that fits inside the mason jar, cloth, rubber band

Directions:

1. Scale up the recipe, based on how many students are in your class.
2. Discard wilted or limp outer leaves, wash in water. Have an adult halve the cabbage, remove the core, then slice into thin ribbons; you can also use a food processor.
3. Make sure students have thoroughly washed their hands. Transfer cabbage into a big mixing bowl and sprinkle salt over the top, then have them work the salt into the cabbage by massaging and squeezing it with their hands. This will take 5-10 minutes. You can flavor the sauerkraut with caraway seeds or other herbs the students want to experiment with (optional).
4. Pack the cabbage into the container(s).
5. Cover the mouth of the container(s) with cloth and secure with a rubber band.
6. Over the next 24 hours, press down on the cabbage every so often with a hard, clean object, such as a jam jar.
7. After 24 hours, if the liquid has not risen above the cabbage, dissolve 1 tsp. of salt in 1 cup of water and add enough to submerge the cabbage.
8. Ferment the cabbage for 3-10 days. Keep away from direct sunlight, in a cool room. Check daily, and press down the cabbage if it's floating above the liquid. After 3 days, have students taste test the sauerkraut. When desired flavor is obtained, remove and send home with students in smaller containers.

Source: www.thekitchn.com

Math & Science | Cabbage Dissection

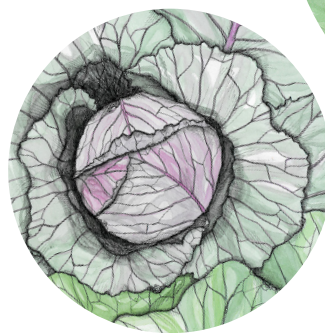
Supplies needed:

one red, green, or Asian cabbage per two students, magnifying glasses, white paper, and drawing implements.

Directions:

1. Choose to use multiple varieties and compare them, or focus on one variety.
2. Have students examine a cabbage whole, then write down observations and draw a picture.
3. Have an adult slice each cabbage down the middle lengthwise, so the "tree trunk" is visible.
4. Have students peel off each layer of leaves individually. Throughout this process, ask students to stop at least four times to write down and draw the changes they're observing.
5. For younger students, the total number of leaves can be counted; for older students, length and width measurements of the leaves can be recorded.
6. Compare and contrast the outer leaves to the inner leaves, or leaf variation across varieties. Beyond size, color, texture, and taste can also be compared.

Source: Adapted from Oregon Harvest for Schools Family Newsletter: http://www.ode.state.or.us/wmalnutrition/snp/cabbage_fam_newsletter_final.pdf



Cabbage

Cafeteria | VermontHarvestoftheMonth.org



Selection Tips

- The cabbage head should be compact, with crisp outer leaves that are free of insect damage and bruises. Take note that a perfectly edible cabbage may be below a few damaged outer leaves.

Storage Tips

- Cabbage will keep for about two weeks, if kept in the vegetable drawer of a refrigerator.
- Once cabbage is cut, wrap tightly in plastic for storage.
- Cabbage can be frozen after being blanched— 1 minute for shredded and 2 minutes for wedges.
- For long-term storage, you can also make large batches of sauerkraut.

Kid-Friendly Eating Tips

- Add cabbage to your favorite vegetable soup.
- Add raw cabbage to any salad.
- Shred cabbage into dishes such as stews or curries.
- Sauté cabbage with onion and add to pasta.
- Use cabbage leaves as a wrap substitute.

Cooking Tips

- Peel off any outer leaves that are damaged and check for cabbage worms. If the cabbage is insect free, it can be washed under running water.
- To rid cabbage of insects, soak in salt water for 15-20 minutes.
- When cooking, use very little water, about $\frac{3}{4}$ inch. Once the water is boiling, add the cabbage and cook briefly, as it easily overcooks.

Benefits

Raw cabbage is an excellent source of vitamin C and folic acid (B9), as well as a good source of vitamin K. Along with other Brassicas, cabbage contains anti-cancer compounds referred to as glucosinolates.



Cabbage

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Mini Activities

- Taste test cabbage across three different cuisines, for example, Thai, Italian, and Mexican.
- Build your own wrap, using cabbage leaves.

Tidbit

Cabbage is a leafy vegetable that varies in color from yellow-green to red-purple. It is a wonderfully versatile vegetable, so it can be used in a wide array of manners- raw, cooked, or fermented.

RECIPES

Bubble and Squeak

Yield: 100 1/4 cup servings

Ingredients:

4 lbs cabbage, sliced, or leftover boiled cabbage, sliced
5½ lbs cold crushed boiled potatoes or cold leftover mashed potatoes
16 slices bacon, chopped
3-4 onions, finely sliced
4 garlic cloves, chopped
4 Tbsp. butter

Directions:

1. Melt the butter in a non-stick pan, allow it to get nice and hot, then add the bacon.
2. As the bacon begins to brown, add the onion and garlic.
3. Add the cabbage and let it brown slightly.
4. Combine the bacon, onion, garlic and cabbage with the potatoes in a bowl and mix.
5. Grease sheet trays with canola oil.
6. Spread mixture evenly over sheet trays and bake for 20 minutes, or until the top is crispy.
7. Let cool, then cut into square

Source: <http://www.bbcgoodfood.com/>

Vegetarian Stuffed Cabbage Leaves

Yield: ~50 rolls

Ingredients:

7 head of cabbage
7 pepper, diced
3 ½ cup uncooked brown rice
14 cloves garlic, minced
7 small onion, diced
1 #10 can of beans of your choice, drained and rinsed
1 #10 can tomato sauce
14 Tbsp. freshly squeezed lemon juice

Directions:

Filling:

1. Cook the rice according to package directions.
2. Sauté onion, garlic, and peppers on medium heat until cooked through.
3. Add beans and stir until heated.
4. Add cooked rice and stir until heated through.

Cabbage:

1. Remove the core of the cabbage by cutting deeply around its base with a paring knife and discard.
2. Bring 2 to 3 inches of water to a boil in a deep pot. Place the entire cabbage in the water, cover, and boil 7-10 minutes. Remove the cabbage from the water and cool under cold water.
3. Peel off 6-8 whole leaves from the cabbage
4. With a knife, cut off the thickest part of the cabbage stem at the base of each leaf, so that they are similar in thickness to the rest of the leaf.

Sauce and stuffing:

1. Mix tomato sauce and lemon together and pour over each stuffed cabbage.
2. Place ~¼ to ½ cup of rice mixture, depending on leaf size, in the center of each leaf.
3. Fold the right and left edges of the leaf in toward the center, then roll the leaf forward, tucking in the sides until reaching the far end of the leaf. Place on baking dish.
4. Pour the sauce over the top of each cabbage roll and cover baking dish.
5. Bake at 350 °F for ~40-45 minutes, or until tender.

Source: <http://thehealthyapron.com/>, <http://www.edenfoods.com/>

Bubble and Squeak

Vegetarian Stuffed Cabbage Leaves

Cabbage

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Kid-Friendly Eating Tips

- Add cabbage to your favorite vegetable soup.
- Add raw cabbage to any salad.
- Shred cabbage into dishes such as stews or curries.
- Sauté cabbage with onion and add to pasta.
- Use cabbage leaves as a wrap substitute.

Storage Tips

- Cabbage will keep for about two weeks, if kept in the vegetable drawer of a refrigerator.
- Once cabbage is cut, wrap tightly in plastic for storage.
- Cabbage can be frozen after being blanched—1 minute for shredded and 2 minutes for wedges.



Tidbit

Cabbage is a leafy vegetable that varies in color from yellow-green to red-purple. It is a wonderfully neutral vegetable, so it can be used in a wide array of dishes, raw, cooked, or fermented.

Cooking Tips

- Peel off any outer leaves that are damaged and check for cabbage worms. If the cabbage is insect free, it can be washed under running water.
- To rid cabbage of insects, soak in salt water for 15-20 minutes.
- When cooking, use very little water, about $\frac{3}{4}$ inch. Once the water is boiling, add the cabbage and cook briefly, as it easily overcooks.

RECIPES

Cabbage and Noodles

Yield: 6 servings

Ingredients:

- ¼ cup vegetable oil
- 1 ½ cups coarsely chopped onion (about 2 medium-sized onions)
- 4 cups thickly shredded cabbage (about ½ of a medium-sized head)
- 8 ounces bowtie noodles, prepared according to package directions
- ¼ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. In a large skillet, heat oil over medium-high heat; saute onions and cabbage until very soft and light brown.
2. Add remaining ingredients and cook 7 to 10 minutes, or until heated through. Serve immediately.

Source: <http://www.mrfood.com/>

Braised Cabbage with Bacon

Yield: 4 servings

Ingredients:

- 1 lb cabbage (~1 head)
- $\frac{3}{4}$ stick butter (6 Tbsp.)
- ½ cup water
- salt and pepper, to taste
- optional: add any favorite herbs and/or spices
- optional: add bacon or ham

Directions:

1. Slice the cabbage into ½ inch-wide ribbons and place it into a wide pan with the water.
2. Cook, covered, over medium heat until the cabbage is tender, approximately 10 minutes.
3. Drain the cabbage and toss it with the salt and butter.

Source: *Vegetable Literacy*

APPLE CABBAGE CRUNCH SALAD

SALAD INGREDIENTS

- 1/8 head purple cabbage
- 1 small carrot
- 1/2 tart apple
- small pinch of salt

DRESSING INGREDIENTS:

- 1 Tbsp. olive oil
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. honey
- 2 tsp. lime juice

DIRECTIONS

1. Remove cores of cabbage and shred remaining cabbage with a grater.
2. Core and thinly slice apples, then toss with lemon juice to prevent browning.
3. Peel and shred carrots with a grater.
4. In a small bowl, whisk oil, vinegar, and honey until well combined.
5. In a large bowl, combine cabbage, carrots, and apples. Drizzle with dressing and toss to coat.

ASIAN STYLE COLESLAW

INGREDIENTS

- 4 cups cabbage, shredded
- 2 carrots, shredded
- 1/2 red onion, thinly sliced
- 3 green onions, chopped
- 1 garlic clove, minced
- 1 Tbsp. lemon juice
- 1 1/2 Tbsp. soy sauce or tamari
- 1 Tbsp. rice vinegar
- 2 tsp. maple syrup
- 1 tsp. hot chili sauce
- 2 Tbsp. sesame oil
- 2 Tbsp. sesame seeds

DIRECTIONS

1. In a large bowl, combine cabbage, carrots, red onion, and green onions.
2. In a small bowl, combine remaining ingredients and mix well.
3. Pour the dressing over the vegetables and mix until well combined.
4. Refrigerate for a few hours, and serve.

FRESH SAUERKRAUT

INGREDIENTS

- 5 lbs. firm cabbage, red or green both work!
- 3 Tbsp. canning/pickling salt
- 2 tsp. caraway seeds or other seasoning of your choice

BRINE IF NEEDED:

- 1 1/2 Tbsp. canning/pickling salt to 4 cups water

DIRECTIONS

1. Shred cabbage into medium thin pieces, slightly larger than you would want for coleslaw, but still bite-size.
2. Place in mixing bowl and sprinkle with salt. Massage salt into cabbage aggressively until cabbage sweats out much of its moisture. This can take up to 30 minutes and requires lots of muscle.
3. Place massaged cabbage into non-metal, food-safe fermenting crock, jar, or bucket. Sprinkle in caraway as you go.
4. Apply pressure and/or punch the cabbage down to remove as much air from the container as possible and pull all the liquid up to submerge the cabbage. If there is not enough liquid to fully submerge the cabbage, mix up the brine and pour over the top.
5. Weigh down your kraut to keep it submerged. A plate topped with a sealed jar of water works great. Cover the crock/bucket with a towel in order to keep flies out.
6. Let sit at room temperature for at least 1 week or up to a couple months. Refrigerate when you want to stall fermentation.
7. Enjoy with sausage, hotdogs or a roast!

MAPLE

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History

Native Americans have been tapping maple trees for hundreds of years to access its sap. After European settlers put down roots in our region, iron or copper kettles were used to hold sap as it was boiled down to syrup - it was called sugaring. From the 17th century onward, many Vermont dairy farmers sugared during the winter to boost their income. Today, sugar makers across the state are tapping their maple trees in the spring when temperatures fall below freezing overnight and range from 40-45 degrees F during the day. Using the heat from either oil or wood, they boil the sap into concentrated syrup that can be enjoyed year-round.

Fun Facts

- Vermont is the largest producer of maple syrup in the United States
- It takes up to 40 quarts of sap to produce one quart of maple syrup
- Maple syrup is the only food derived from plant sap
- All grades of syrup have the same sugar content-differences in color are due to changing outside temperatures
- Maple sap is clear when it's tapped-the amber color develops when it's being boiled down to syrup

Reading Corner

- » *At Grandpa's Sugar Bush* by Margaret Carney
- » *The Maple Syrup Book* by Marilyn Linton

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Benefits

- Maple syrup provides a number of minerals including calcium, iron, and potassium.
- Compared to white sugar, maple has lower sucrose content.



CLASSROOM CONNECTIONS

Science | Be a Tree

Supplies needed:

Maple cross-section or image of inside of maple tree

Directions:

- Use a cross-section of a maple tree to show students the different layers of the tree, explaining each one's role
- Have groups of students act out the role of each layer:

Heartwood Strong center of the tree, helps it stand tall like our bones do for our bodies; students flex their muscles

Sapwood Carries water and minerals throughout the tree; students stand in a circle and wiggle fingers up and down to represent the movement of water

Inner bark Carries food from leaves to the rest of the tree; students pretend to cook/eat

Outer bark Protects the tree from weather, insects, and disease; student circle around and cross arms to look tough and ward off any pests

Cambium layer Between sapwood & inner bark; helps the tree grow by adding new layers; students act out building

History | Maple Syrup through Time

Supplies needed:

Cards/ images of tools for sugaring from different eras: Pre-Colonial (v-shaped gash in tree, wooden trough, fire pit), Colonial (wooden spout, wooden bucket, kettles over fire), Present Day (plastic or metal spouts, metal buckets, tubing, wood-burning evaporator)

Directions:

- Break students into small groups and review the tools that they will be learning about
- Ask students to sort tools based on the era they believe that each belongs in
- Discuss how the tools that we use to produce maple syrup have changed over time. What looks the same? Why are some things different?

MAPLE

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Tidbit

Vermonters have been boiling maple syrup for centuries—Native Americans in the region used maple syrup for both food and medicine. Today, it continues to be a staple in our region and is one of the most versatile and delicious ways to sweeten dishes. Drizzle syrup on pancakes, incorporate into a vinaigrette or sauce, or substitute maple syrup for sugar or honey in any recipe.

Mini-activities

- Observe and taste different grades of maple syrup—which is the darkest? Which has the strongest flavor?
- Compare Vermont maple syrup to fake syrup—check ingredient labels and identify similarities and differences between the two
- Maple challenge—have students come up with a fun recipe showcasing syrup and vote on the most creative dish

Kid-friendly Cooking Tips

- Substitute maple syrup for white sugar in baked goods—decrease the liquid in your recipe by 2-4 Tbsp for each cup of syrup used
- Drizzle vegetables with maple syrup before roasting
- Sweeten homemade vinaigrette dressing with maple syrup
- Stir syrup into plain yogurt for a sweet treat

Selection Tip

- Lighter-colored syrup is best for topping pancakes and yogurt, save dark syrup for baking
- Information on the new maple syrup grades can be found on the Vermont Maple Syrup Makers Association website: <http://vermontmaple.org/>

Storage Tips

- Unopened containers of maple syrup can be stored in a cool, dry location but should be refrigerated once opened
- Maple syrup can be frozen—its consistency will be liquid but difficult to pour until defrosted

Benefits

- Compared to white sugar, maple syrup has lower sucrose content
- Maple syrup contains a number of minerals including calcium, iron, and potassium

Recipes

Maple Granola

Maple Granola

Yield: 20 cups, 80 1/4 cup servings

Ingredients:

- 18 cups old fashioned oats
- 1 cup raisins
- 1 cup dried apple slices
- 2 1/2 Tbsp. ground cinnamon
- 2 cups vegetable oil
- 2 cups maple syrup

Directions:

1. Preheat oven to 350 °F.
2. Combine all dry ingredients, except dried fruit, and stir until everything is well distributed. Add oil first and maple syrup, and stir until well combined.
3. Pour out onto a large rimmed cookie sheet and place in oven. Bake for 15-20 minutes, stirring every five minutes to ensure that granola cooks evenly.
4. Granola is done when it is browned and crispy. Remove from the oven. Mix in dried fruit.

Source: GMFTS

Roasted Roots with Maple Glaze

Roasted Roots with Maple Glaze

Yield: 50 1/2 cup servings

Ingredients:

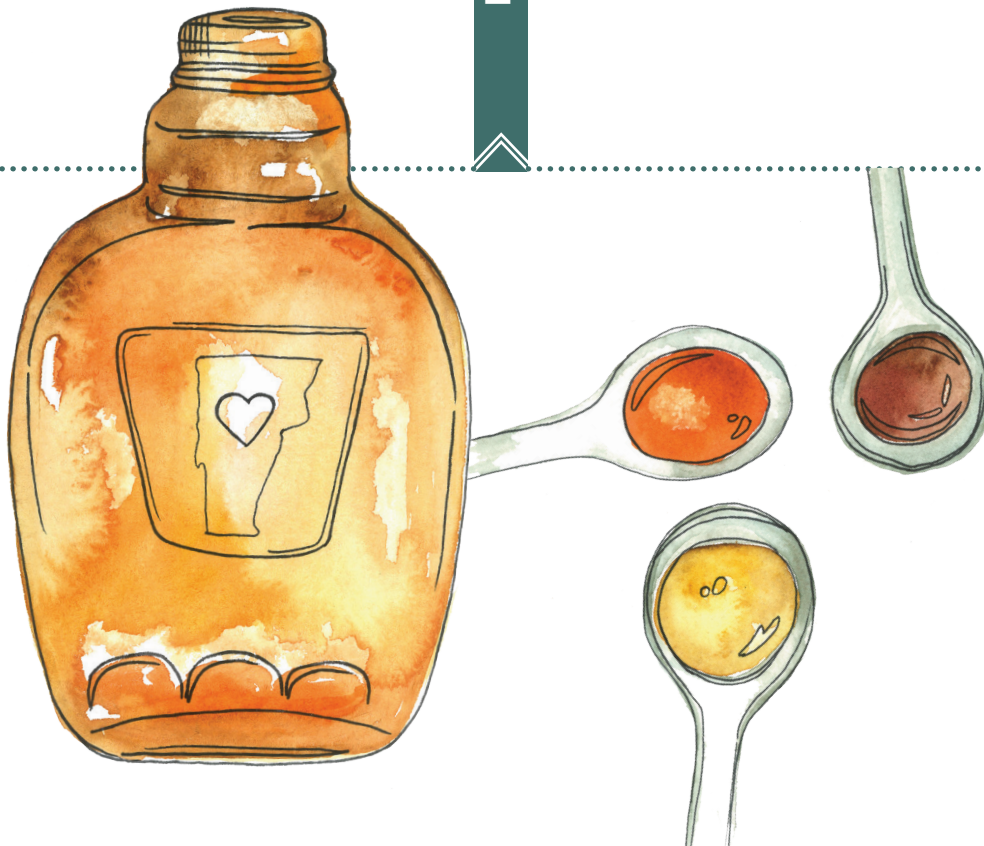
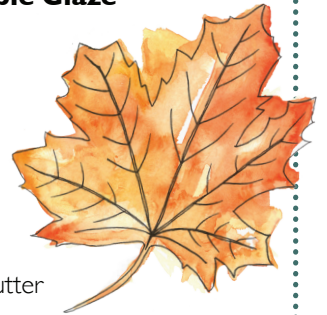
- 12 lbs mixed root vegetables
- Canola or olive oil
- Salt and pepper, to taste

Glaze Ingredients:

1/4 cup maple syrup 1/4 cup butter

Directions:

1. Preheat oven to 400°F.
2. Wash vegetables and chop into chunks/ bite-sized pieces.
3. Toss with just enough oil to coat, plus salt and pepper.
4. Arrange in a single layer on a sheet pan.
5. Roast for 45 minutes or until tender, stirring occasionally.
6. While the veggies roast, prepare your glaze in a small saucepan. Melt butter on low heat, then stir in maple syrup. As soon as they are combined, turn off heat.
7. Top roasted veggies with glaze, and serve hot.



MAPLE

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Kid-friendly eating tips

- Drizzle vegetables with maple syrup before roasting
- Sweeten homemade vinaigrette dressing with maple syrup
- Stir syrup into plain yogurt for a sweet treat

Cooking Tips

- Substitute maple syrup for white sugar in baked goods- decrease the liquid in your recipe by 2-4 Tbsp for each cup of syrup used
- Reserve dark maple syrup for baking or cooking



Storage Tips

- Unopened containers of maple syrup can be kept in a cool, dry place Refrigerate once opened
- Maple products, including syrup, can be frozen

Tidbit

Vermonters have been boiling maple syrup for centuries- Native Americans in the region used maple syrup for both food and medicine. Today, it continues to be a staple in our region and is one of the most versatile and delicious ways to sweeten dishes. Drizzle syrup on pancakes, incorporate into a vinaigrette or sauce, or substitute maple syrup for sugar or honey in any recipe.

Recipes

Maple Granola

Yield: 5 cups

Ingredients:

- 4 1/2 cups old fashioned oats
- 1/4 cup raisins
- 1/4 cup dried apple slices
- 2 Tbsp. flaxseed
- 2 tsp. ground cinnamon
- 1/2 cup vegetable oil
- 1/2 cup maple syrup

Directions:

1. Preheat oven to 350°F.
2. Combine all dry ingredients, except dried fruit, and stir until everything is well distributed. Add oil first and then liquid sweetener, and stir until well combined.
3. Pour out onto a large rimmed cookie sheet and place in oven. Bake for a total of about 20 minutes, stirring every five minutes.
4. Granola is done when it is browned and crispy. Remove from the oven. Mix in dried fruit.

Source: GMFTS

Roasted Roots with Maple Glaze

Yield: 4-6 servings

Ingredients:

- Canola or olive oil
- 1 1/2 lbs mixed root vegetables
- Salt and pepper, to taste

Glaze Ingredients:

- 1 Tbsp. maple syrup
- 1 Tbsp. butter

Directions:

1. Preheat oven to 400° F.
2. Wash vegetables and chop into chunks.
3. Toss in just enough oil to coat, plus salt and pepper.
4. Arrange in a single layer on a sheet pan.
5. Roast for 45 minutes or until tender, stirring occasionally.
6. While the veggies roast, make your glaze in a small saucepan. Melt butter on low heat, then stir in maple syrup. As soon as ingredients are combined, turn off heat.
7. Top roasted veggies with glaze, and serve hot.

Source: GMFTS

Maple Granola

Roasted Roots with Maple Glaze



MAPLE GRANOLA

INGREDIENTS

- 4 cups old-fashioned rolled oats
- 1 1/2 cups raw nuts and/or seeds of your choosing
- 3/4 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 cup melted coconut or olive oil
- 1/2 cup maple syrup
- 1 tsp. vanilla extract
- 2/3 cup dried fruit
- Optional: 1/2 cup chocolate chips or coconut flakes

DIRECTIONS

1. Preheat oven to 350° F and line a large, rimmed baking sheet with parchment paper. In a large mixing bowl, combine the oats, nuts and/or seeds, salt, and cinnamon. Stir to blend.
2. Pour in the oil, maple syrup, and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola into your pan and use a large spoon to spread it in an even layer. Bake until golden, about 21-23 minutes, stirring halfway. The granola will continue to crisp as it cools.
3. Let the granola cool completely, undisturbed, before stirring in the dried fruit (and optional items). Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months.

VERMONT MAPLE NO-BAKE COOKIES

INGREDIENTS

- 1/4 cup butter
- 1/2 cup maple syrup
- 2 Tbsp. of milk
- 1/2 tsp. vanilla extract
- Pinch of salt
- 1/4 cup almond butter
- 3/4 cup old-fashioned oats

DIRECTIONS

1. Combine butter, maple syrup, and milk in a small saucepan. Bring to a boil over medium-high heat. Once at a full boil, set timer and boil for a full 3 minutes, stirring constantly.
2. Remove from heat and let cool for 2 minutes. Stir in vanilla extract, salt, almond butter, and oats.
3. Drop by spoonfuls onto wax paper. Allow cookies to cool before serving.

MAPLE CINNAMON DIP

INGREDIENTS

- 1 cup plain yogurt
- 1/2 tsp. cinnamon
- 1 1/2 Tbsp. pure maple syrup

DIRECTIONS

1. Mix cinnamon with yogurt; stir in syrup to taste.
2. Serve with apples, grapes, bananas, or any fruit you'd like!
3. Enjoy!

CARROTS

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Benefits

Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! They also contain vitamin B6, vitamin K, and modest amounts of other essential nutrients.

Kid-friendly eating tips

- Add shredded carrots to any salad
- Bake with carrots—they can be used as a main ingredient in cakes, muffins, and cookies.
- Slice and roast carrots with beets, potatoes, and parsnips and serve as root veggie fries

Selection Tip

Always choose carrots that are brightly colored and feel firm. Avoid carrots that feel limp or are sprouting.

Tidbit

Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews.

Mini-activities

- Taste-test carrots of different varieties and colors.
- Practice shredding carrots! Allow students to take turns shredding a carrot and remind them that carrots can be eaten in many different forms.

Storage Tips

- Trim off greens before storing carrots.
- Carrots store well in the fridge and can last for about 1-3 weeks. To keep them even longer, wrap them in a paper towel to protect them from condensation.
- Don't store carrots near fruits or vegetables like apples, pears, or potatoes. The ethylene gas that these foods give off will cause carrots to go bad quickly and become bitter.
- Carrots can be blanched and frozen for up to one year

Cooking Tips

- Be sure to wash carrots well before use; there is no need to peel unless the skin looks aged
- If you choose to peel your carrots, save the peels to simmer in stock
- Avoid overcooking carrots to preserve flavor and nutritional value
- Typically the taproot of the carrot is eaten, but the leafy green tops are also edible. Sauté them in olive oil or add to a soup or stock

CARROTS

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History of Carrots

Carrots are derived from a Middle Eastern crop called Queen Anne's Lace. This wild ancestor is also a taproot crop but has a white root. For thousands of years, the carrot was not a popular vegetable because it had a woody texture and was difficult to eat. A subspecies of this plant has been selectively bred over centuries to produce the crisp and sweet garden vegetables that we eat today. Today the largest producers of carrots are China, the United States, Poland, Japan, and France.

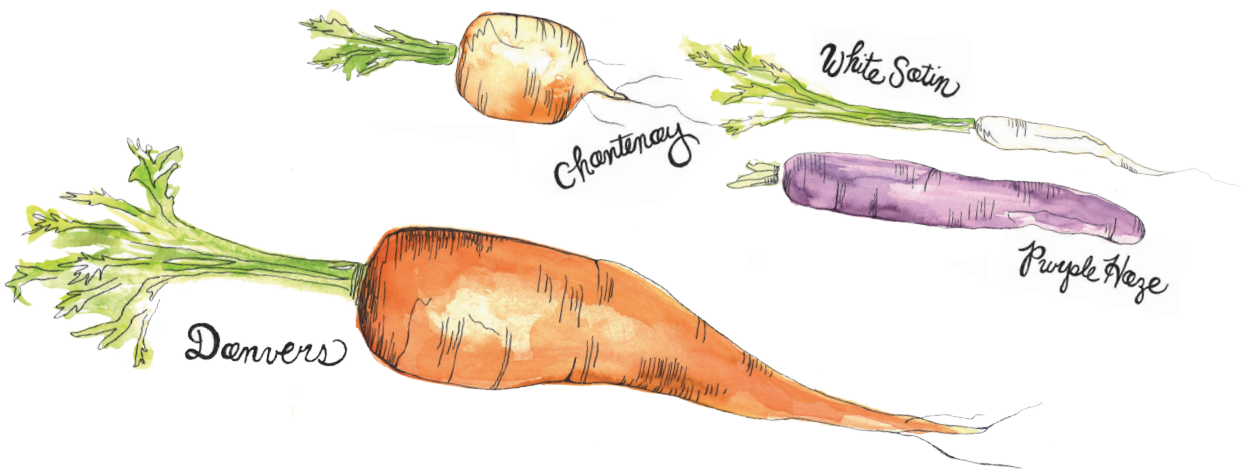
Fun Facts

- When consumed in large quantities, carrots can add a yellow tint to skin. This is caused by the carotene in carrots. Don't worry, this phenomenon is not dangerous at all.
- Carrots are not just orange, some varieties produce white, yellow, purple, and even black carrots.
- In addition to the root of the plant, the leafy green tops of carrots can be eaten too.
- Carrots will taste sweeter after a light frost—the cold converts some of the vegetable starches into sugars.

Reading Corner

Children's Books

- » *The Giant Carrot*, by Jan Peck
- » *Carrot Soup*, by John Segal
- » *The Carrot Seed*, by Ruth Krauss



CARROTS

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Benefits

Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! They also contain vitamin B6, vitamin K, and modest amounts of other essential nutrients.



CLASSROOM CONNECTIONS

Science | Pickling Carrots

Supplies needed:

Carrots cut into strips, water, 1 cup cider vinegar, ¼ cup sugar, 2 garlic cloves (lightly crushed), 1.5 Tbsp dill seeds, 1.5 Tbsp salt, heat proof bowl or canning jars

Directions:

- Scale up the recipe based on how many students are in your class.
- Place carrot strips in heat proof bowl or canning jars.
- Bring remaining ingredients to a boil in a sauce pan, then reduce heat and simmer 2 minutes.
- Pour pickling liquid over carrots and cool, uncovered.
- Chill carrots, covered, at least 1 day or up to 1 month. Have students taste test the pickled carrots. When desired flavor is reached, remove from the bowl or jars and send home with students in smaller containers
- Have students discuss, compare, and contrast the flavor before and after pickling.

English | Carrot Life Cycle Stories

Supplies needed:

Whole carrots, carrot seeds, images of carrots flowering/ going to seed, paper, pencils

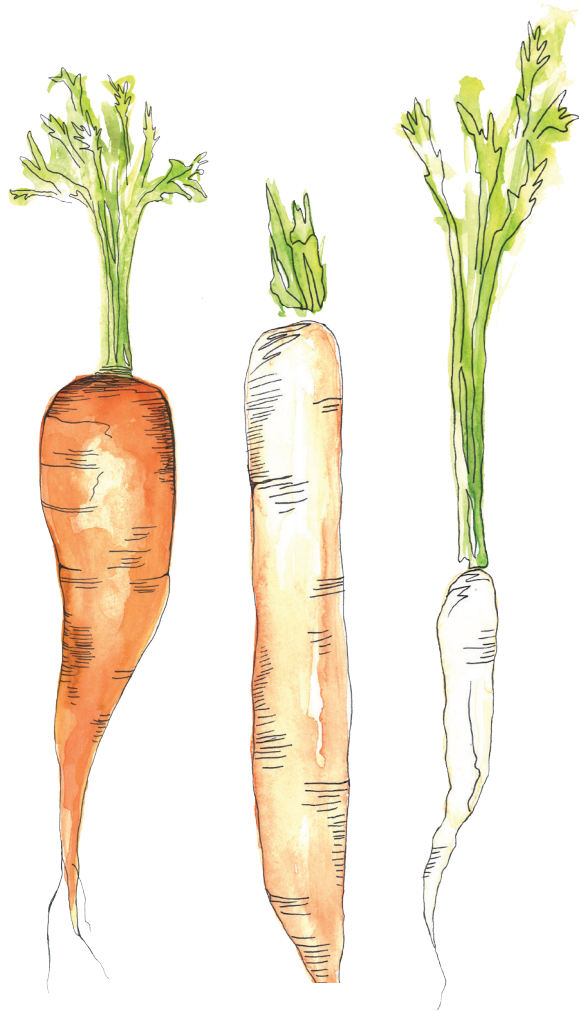
Directions:

- Review the life cycle of a carrot using visuals, emphasizing that carrots are biennial- they take two growing seasons to produce seeds.
- Have each student draw an image of part of a carrot's life cycle, and write a short story to accompany it. Give students specific questions to address in their story: Where do carrots grow? How long does it take for them to mature? How do they get from the farm to our plate?
- Take turns sharing completed carrot stories while snacking on carrot sticks

CARROTS

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Tidbit

Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple, or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews.

Selection Tip

Always choose carrots that are brightly colored and feel firm. Avoid carrots that feel limp or are sprouting.

Mini Activities

- Try carrot sticks with a variety of dips - like hummus or salsa - and decide which is the best pair with the carrots.
- Use the leafy tops of carrots as stamps with washable paint.

Storage Tips

- Trim off greens before storing carrots.
- Carrots store well in the fridge and can last for about 1-3 weeks. To keep them even longer, wrap them in a paper towel to protect them from condensation.
- Don't store carrots near fruits or vegetables like apples, pears, or potatoes. The ethylene gas that these foods give off will cause carrots to go bad quickly and become bitter.
- Carrots can be blanched and frozen for up to one year.

Cooking Tips

- Be sure to wash carrots well before use; there is no need to peel unless the skin looks aged.
- If you choose to peel your carrots, save the peels to simmer in stock.
- Avoid overcooking carrots to preserve flavor and nutritional value.
- Typically the taproot of the carrot is eaten, but the leafy green tops are also edible. Sauté them in olive oil or add to a soup or stock.

CARROTS

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Benefits

Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! They also contain vitamin B6, vitamin K, and modest amounts of other essential nutrients.

Kid-friendly eating tips

- Add shredded carrots to any salad
- Bake with carrots—they can be used as a main ingredient in cakes, muffins, and cookies.
- Slice and roast carrots with beets, potatoes, and parsnips and serve as root veggie fries



Recipes

Carrot Muffins

Carrot Muffins

Yield: 30 Servings

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 1 Tbsp. baking soda
- 1 Tbsp. cinnamon
- 1 tsp. nutmeg
- 3 whole eggs
- 1/4 cup vegetable oil
- 1 1/2 cup brown sugar
- 1 tsp. vanilla
- 1 3/4 cup unsweetened applesauce
- 2 1/4 cups shredded carrots

Directions:

1. In a large bowl, mix flour, baking soda, cinnamon and nutmeg.
2. In a second bowl, lightly beat eggs; stir in oil, sugar and vanilla. Add applesauce and carrots. Mix well.
3. Add wet ingredients into flour mixture, stirring just to blend.
3. Pour into prepared muffin tins
4. Bake in a preheated 350 degree oven for 45-50 minutes or until just done.

Source: GMFTS

Baked Carrot Fries

Baked Carrot Fries

Ingredients:

- 3 lbs carrots
- 3 cloves garlic, minced
- 2 T olive or canola oil
- 1/2 t salt
- 2 T finely chopped fresh rosemary
- Pinch of pepper

Directions:

1. Preheat oven to 425 degrees
2. Oil a baking sheet
3. Cut carrots into thin strips
4. In a bowl, combine oil, garlic, rosemary, salt, pepper, and carrot strips. Stir or toss to coat evenly.
5. Spread sticks out evenly on baking sheet.
6. Bake for 20 minutes or until tender and crispy.

Source: Gardens For Learning Kids Kitchen: Best Recipes of GFL, Food Works at Two Rivers Center

CARROT FRIES W/ YOGURT DILL DIP

CARROT FRIES INGREDIENTS

2 lbs. carrots, peeled and cut into thin sticks
2 Tbsp. oil
1/2 tsp. salt
pinch of black pepper
1/4 tsp. ground oregano
1/2 tsp. chopped raw garlic

DIP INGREDIENTS

1 cup Greek yogurt
1 clove garlic
Fresh dill, minced
1 tsp. lemon zest
1 tsp. lemon juice
1/2 tsp. Salt

DIRECTIONS

1. Preheat oven to 400° F.
2. Mix carrots with oil and spices.
3. Spread on baking sheet and bake until tender (20 mins).

For Dip:

Combine all ingredients and serve as a dipping sauce with carrot fries.

CARROT & PARSNIPS SLAW

INGREDIENTS

2 cups shredded carrots (about 4 medium)
1 cup shredded parsnips
1/4 cup raisins
1/4 cup walnuts
2 Tbsp. canola oil
2 Tbsp. lemon juice
1 Tbsp. honey
1 small shallot, minced
1/2 tsp. salt
1/4 tsp. black pepper

DIRECTIONS

1. Whisk oil, lemon juice, honey, shallot, salt, and pepper in a large bowl.
2. Add carrots, parsnips, raisins, and walnuts. Toss to combine.

HONEY CARROT BARS

INGREDIENTS

2 eggs
1/2 cup coconut oil or canola oil
1/2 cup honey
1 tsp. vanilla extract
2/3 cup all-purpose flour
2/3 cup whole wheat flour
1 tsp. cinnamon
2 tsp. baking soda
2 cups carrots, shredded
2 Tbsp. rolled oats

Optional:

1/2 cup walnuts, chopped
1/2 cup shredded coconut

DIRECTIONS

1. Preheat oven to 350° F.
2. In a large bowl, whisk the eggs, then mix in the oil, honey, and vanilla.
3. Add the flours, cinnamon, and baking soda and mix until well-combined. Stir in the carrots and optional nuts.
4. Grease and flour a 12 x 12 inch baking pan and spread batter evenly in the pan. Sprinkle the top with oats.
5. Bake for ~20 minutes until a toothpick inserted into the center of the bars comes out clean. Let cool before cutting.

RADISH

Cafeteria | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



Tidbit

Radishes come in a number of sizes and colors and can be enjoyed both raw and cooked. The radish was one of the first vegetables to be domesticated and is noted for its ability to grow quickly. Radishes boast a distinct peppery flavor that comes from the essential oils found right beneath the vegetable's skin.

Mini-activities

- Taste test radish slices with different dips, such as hummus and ranch
- Compare radish varieties and come up with descriptive words for each type
- Plant radish seeds in a container—they'll be ready in less than a month!

Storage Tips

- Radishes keep best without their greens, which can speed up the loss of moisture
- Keep radishes, unwashed, in a perforated bag in the refrigerator for up to one week

Benefits

- Radishes provide vitamin C and potassium and are noted for aiding digestion
- Radish greens are an excellent source of vitamins A, C, and B

Kid-friendly Cooking Tips

- Slice raw radishes and include on your school's salad bar
- Roast whole radishes with oil, salt, and pepper
- Quick-pickled radishes are a great addition to salads and sandwiches
- Don't forget about radish greens! Add to a salad or stir-fry

Selection Tip

- Look for firm, smooth radishes without cracks
- Larger radishes tend to be more fibrous and spicy- select smaller radishes for mild flavor If greens are attached, make sure they look fresh

Complementary Herbs & Spices

Basil, chives, dill, mint, parsley

RADISH

Cafeteria | VermontHarvestoftheMonth.org



Recipes

Radish and Cucumber Salad

Radish and Cucumber Salad

Yield: 60 servings

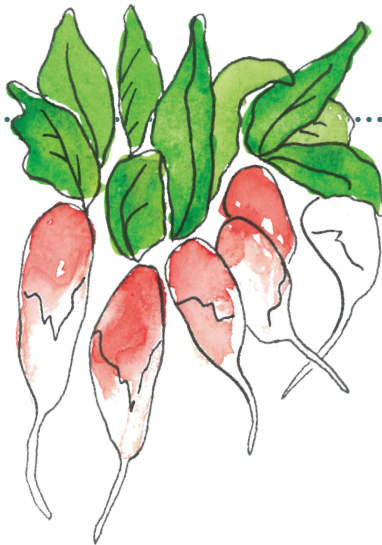
Ingredients:

- 10 bunches radishes (~10 cups sliced)
- 10 cucumbers
- 5 cups plain Greek yogurt
- 5 lemons, juiced
- 4 cloves garlic, minced
- 5 Tbsp fresh dill, chopped
- Salt and pepper, to taste

Directions:

1. Wash the cucumbers and radishes and thinly slice.
2. Place sliced veggie in a colander with a large bowl underneath and allow to drain in fridge for at least 2 hours.
3. Mix together the dressing ingredients and store in fridge until veggies are ready.
4. Before serving, pour yogurt dressing over the cucumbers and radishes and mix well. Taste and add salt and pepper.
5. Sprinkle salad with dill to garnish.

Source: GMFTS



Roasted Radishes

Roasted Radishes

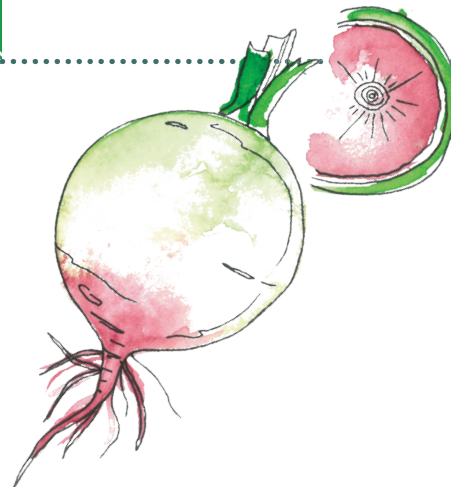
Yield: 40 servings

Ingredients:

- 22 lbs radishes, greens removed
- 1.5 cups butter
- 5 Tbsp olive oil
- Fresh herbs, such as basil, chives, dill, or parsley
- Salt and pepper, to taste

Directions:

1. Preheat oven to 400°F. Line baking sheets with foil or parchment paper.
2. Clean radishes and remove greens. Halve or quarter large radishes so they're all approximately the same size.
3. Toss radishes with just enough olive oil to coat and season with salt and pepper. Spread on baking sheets in even layers.
4. Roast radishes until tender and lightly browned (~40 minutes), stirring occasionally.
5. In a large skillet, melt butter. Add radishes and toss to coat. Remove from heat and stir in minced herbs.



RADISH

Educator | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

History

Humans have been growing and consuming radishes for millennia – records show that these roots were part of the Egyptian diet during the building of the pyramids. Radishes were introduced to Asia around 500 B.C. where the Chinese developed many new varieties of the crop. Today, we enjoy a number of radish types from round red radishes to elongated icicle varieties to robust Daikon radishes.

Fun Facts

- The radish was one of the first vegetables to be domesticated
- European folk medicine recommends eating radishes on an empty stomach to reduce gallstones and kidney stones
- The name radish is derived from the Latin word “radix” meaning root
- Radish seeds can be sprouted and consumed
- Oaxaca, Mexico hosts an annual “Night of the Radishes” on December 23

Reading Corner

- » “Rah, Rah, Radishes! A Vegetable Chant” by April Pulley Sayre
- » “The Vegetables We Eat” by Gail Gibbons
- » “Runaway Radish” by Janice Levy

Benefits

- Radishes are a good source of vitamin C; they also supply potassium and folic acid.
- Radishes are noted for their ability to aid digestion.

CLASSROOM CONNECTIONS



Science | Germinating Radishes

Materials Needed:

Radish seeds, potting soil, planter or container

Directions:

1. Fill container with moistened potting soil.
2. Following seed package direction, plant radish seeds.
3. Place in a sunny spot and keep seedlings evenly watered. Radishes will be ready to harvest in about 3 weeks.

English | Posey Poetry

Materials Needed:

Radishes, paper, pencils

Directions:

1. Pass around radishes to each student. Ask students to come up with at least 2 words to describe the radish using their senses (smell, sight, touch, taste).
2. Combine vocabulary words to create radish poems and read aloud.



RADISH

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Kid-friendly eating tips

- Slice raw radishes and include on your school's salad bar
- Roast whole radishes with oil, salt, and pepper
- Quick-pickled radishes are a great addition to salads and sandwiches
- Don't forget about radish greens! Add to a salad or stir-fry

Cooking Tips

- Trim off roots and leaves and wash radishes well before eating
- Radishes are often consumed raw but can be sautéed or baked

Storage Tips

- Radishes keep best without their greens which can speed up the loss of moisture
- Keep radishes unwashed in a perforated bag in the refrigerator for up to one week

Tidbit

Radishes come in a number of sizes and colors and can be enjoyed both raw and cooked. The radish was one of the first vegetables to be domesticated and is noted for its ability to grow quickly. Radishes boast a distinct peppery flavor that comes from the essential oils found right beneath the vegetable's skin.

Recipes

Radish Salsa

Yield: ~2 cups

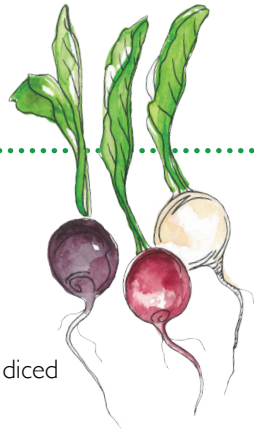
Ingredients:

2 cups chopped radishes (~1 lb)
1/2 English cucumber, peeled and diced
1/2 small red onion, chopped
1 scallion, thinly sliced
1 tsp minced garlic
2 Tbsp lemon juice
1/4 cup chopped fresh cilantro leaves
Salt and pepper, to taste

Directions:

1. Put all ingredients in a bowl and mix thoroughly.
2. Taste and adjust seasonings. Serve fresh, or store in the refrigerator for up to 1 day.

Source: Mark Bittman



Roasted Radishes

Yield: 4 side servings

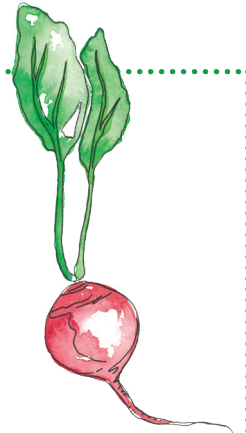
Ingredients:

2 1/4 lbs radishes, without greens
3 Tbsp unsalted butter
1 Tbsp olive oil
Fresh herbs
Salt and pepper, to taste

Directions:

1. Preheat oven to 400° F and line a baking sheet with aluminum foil.
2. Clean and remove greens from radishes. Halve or quarter any large radishes so they're all approximately the same size.
3. In a medium bowl, toss radishes with just enough olive oil to coat and season with salt and pepper. Spread in an even layer on the baking sheet.
4. Roast radishes until tender and lightly browned (~40 minutes), stirring occasionally.
5. In a medium skillet, melt butter. Add radishes and toss to coat. Remove from heat and stir in minced herbs.

Source: GMFTS



Radish Salsa

Roasted Radishes

SPRING RADISH SALAD

INGREDIENTS

- 2 bunches mixed spring radishes (about 1 lb.), trimmed and thinly sliced
- 1 Tbsp. fresh chervil and/or snipped chives
- 2 tsp. extra-virgin olive oil
- 1/4 tsp. coarse salt

DIRECTIONS

1. Arrange sliced radishes on a platter or individual serving plates.
2. Sprinkle with herbs, drizzle with oil and sprinkle with salt.

Source: Eating Well

CUCUMBER & RADISH TZATZIKI

INGREDIENTS

- 1 small cucumber, peeled and seeded (6-7 oz.)
- 10 radishes, trimmed
- 1 1/2 cups nonfat plain Greek yogurt
- 1/4 cup sliced scallions
- 2 cloves garlic, minced
- 1 tsp. finely grated lemon zest
- 1 Tbsp. lemon juice
- 2 Tbsp. chopped fresh mint
- 2 Tbsp. chopped fresh dill
- 1/4 tsp. ground coriander
- 1/2 tsp. salt
- 1/4 tsp. ground pepper

DIRECTIONS

1. Grate cucumber. Transfer to a square of cheesecloth or a clean kitchen towel. Roll up, then twist gently to extract as much liquid as possible. Transfer to a medium bowl.
2. Grate radishes and add to the bowl. Add yogurt, scallions, garlic, lemon zest, lemon juice, mint, dill, coriander, salt and pepper. Stir gently to combine. Cover and refrigerate for 15 minutes to allow flavors to blend before serving.

Source: Eating Well

ROASTED RADISHES WITH BALSAMIC VINEGAR

INGREDIENTS

- 1 bunch radishes, stems and leaves removed
- 1 Tbsp. olive oil
- sea salt and freshly ground black pepper
- 2 Tbsp. balsamic vinegar

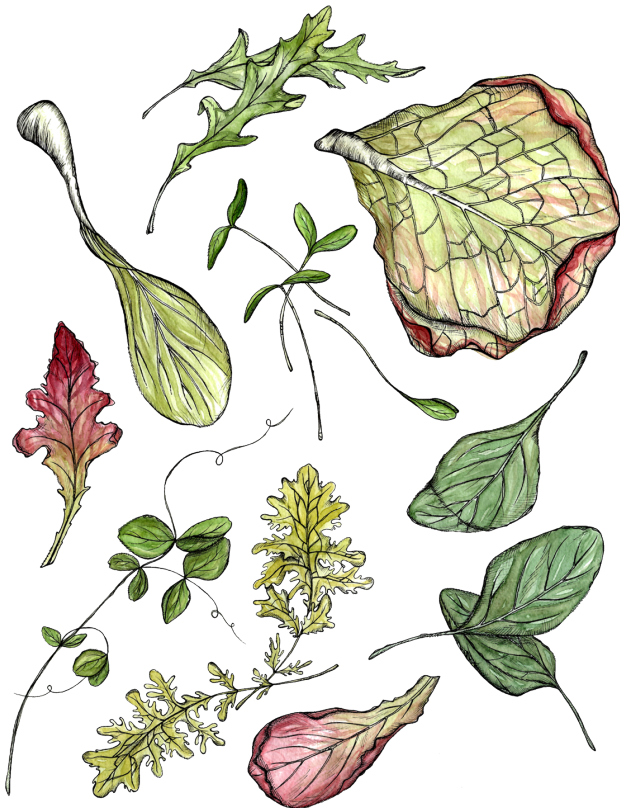
DIRECTIONS

1. Preheat oven to 450° F.
2. Cut radishes in half lengthwise and place on a baking sheet. Drizzle with olive oil, season with salt and pepper, and toss to coat. Arrange in a single layer, cut side down.
3. Drizzle with balsamic vinegar and bake for 15-20 minutes or until radishes are caramelized and fork tender. Season with additional salt and pepper to taste.

Source: Two of a Kind

Mixed Greens

Cafeteria | VermontHarvestoftheMonth.org



Kid-Friendly Eating Tips

- Give arugula pesto a try as a sandwich spread!
- Use bib or butterhead lettuce as a wrap.
- Sauté chard, collards, pac choy or spinach with fresh garlic, olive oil, salt, and pepper; serve it on its own or add to scrambled eggs, soup, or a baked dish.
- Toss pea or sunflower shoots in with a pasta dish or potato salad.
- Taste test a variety of dressings on any type green.

Selection Tip

Choose firm, richly green leaves and avoid limp, yellowing or brown-edged greens.

Storage Tips

- **Arugula and Lettuce:** store 2-5 days in the fridge, depending on the variety; place in a perforated plastic bag, loosely wrapped in a damp paper towel or place in an airtight container.
- **Spinach:** stores 4-5 days in the fridge.

Benefits

- **Arugula:** An excellent source of vitamin A, B9 (folic acid) and C and the minerals magnesium, manganese and calcium. It is a very good source of vitamin B2 (riboflavin) and the minerals copper, iron and potassium.
- **Lettuce:** Most varieties are rich in B9 (folic acid) and the mineral potassium. Romaine lettuce is typically viewed as the most nutrient-rich. It is an excellent source of vitamin A, B1 (thiamine), B2 (riboflavin), B9 (folic acid) and C, as well as the minerals chromium and manganese.
- **Spinach:** An excellent source of vitamin A, B9 (folic acid) and C. It is a very good source of vitamin B2 (riboflavin) and the minerals iron, magnesium and manganese.

Cooking Tips

- To avoid spoilage, wash greens right before use; use a large basin to rapidly immerse, then shake leaves or use a colander. A salad spinner will remove the most moisture.
- Arugula can be eaten raw or cooked.
- Spinach cooks quickly (1-3 minutes) and reduces considerably in volume. *To freeze:* Blanch for 2 minutes.
- Limp greens can be revitalized by plunging them into ice cold water.

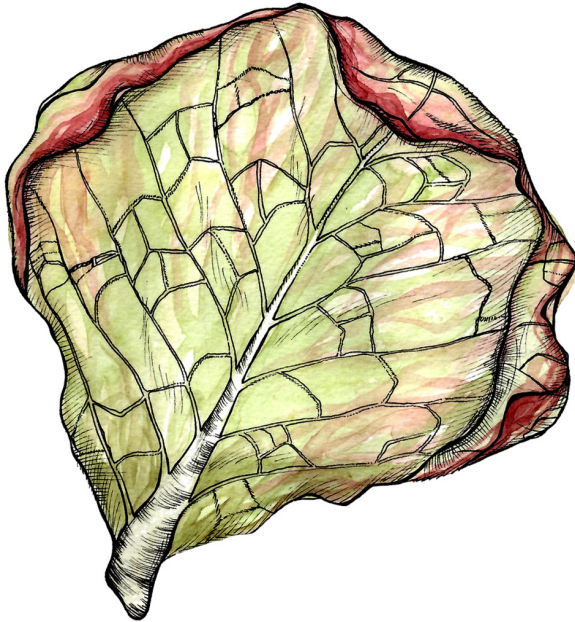


Sources: *High Mowing Seeds, The Encyclopedia of Healing Foods, The Visual Food Encyclopedia.*

Mixed Greens

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Tidbit

The versatility of greens, in flavor, shape and application, is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate.

Mini Activities

- Sauté several types of greens with fresh garlic, olive oil, salt and pepper to see what green students like best.
- Use any type of green to taste test several dressing types, such as Maple Balsamic Vinaigrette, Honey-Dijon Vinaigrette, Sesame-Soy, or Yogurt Ranch.

Recipes ✂

Honey-Dijon Vinaigrette Dressing

Yield: 1 ½ cups

Ingredients:

1 cup olive oil
5 Tbsp. cider vinegar
3 Tbsp. honey
2 ½ tsp. fresh grated ginger or 1 tsp. dried ginger
2 ½ tsp. dijon mustard
1 ¼ tsp. garlic, minced
salt and pepper, to taste

Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.

Sesame-Soy Dressing

Yield: ~2 ½ cups

Ingredients:

1 cup canola oil
1 cup rice vinegar
¾ cup soy sauce
1 Tbsp. sesame oil
1 Tbsp. honey
¾ tsp. pepper
optional: fresh chives

Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.

Honey-Dijon Vinaigrette Dressing

Sesame-Soy Dressing

Mixed Greens

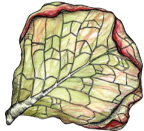
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Varieties of Greens:



Arugula



Bibb & Butterhead Lettuce



Green Romaine Lettuce



Red Oak Leaf Lettuce



Pac Choy



Pea Shoots



Sunflower Shoots



Spinach

Reading Corner

Elementary School

- » *From Seed to Plant*, by Gail Gibbons
- » *Oliver's Vegetables*, by Vivian French
- » *Plants on My Plate*, by Cathy Smith
- » *The Tiny Seed*, by Eric Carle

Middle School

- » *Green Power: Leaf and Flower Vegetables*, by Meredith Sayles Hughes
- » *Sell What You Sow*, by Erica Gibson

Sources: *High Mowing Seeds*, *The Encyclopedia of Healing Foods*, *The Visual Food Encyclopedia*.

History of Various Greens

There are a wide variety of salad greens available in Vermont, spanning across several plant families, each bearing a unique history.

Arugula is a spicy, mustard-like plant that is currently grown as a “specialty green” in Vermont. It is a member of one of the dominant families in our food system: Brassicaceae; broccoli, kale and rutabagas are also in this family. It is native to Europe and western Asia and was introduced to the United States by the colonists.

Lettuce is a member of the family Asteraceae, along with artichokes, marigolds and sunflowers. It is native to the eastern Mediterranean and boasts over 100 varieties. Thousands of years ago, it was most likely grown for the oil its seeds produced. Christopher Columbus introduced varieties of lettuce to North America during his second voyage in 1493.

Spinach is a member of the family Amaranthaceae, along with beets, chard and quinoa. It is native to Persia and was not introduced to the Greeks and Romans until the Moors brought it to Spain in the 11th century.

Fun Facts

- Arugula is nicknamed “salad rocket”, which is derived from the Latin word *eruca*, meaning caterpillar—this is most likely referring to the hairy stems some varieties possess.
- The word lettuce is derived from the Latin word *lactuca*, which stems from *lactus*, meaning “milk”; this name was designated because of the white resin the stems secrete when they're cut.
- In China, lettuce represents good luck.
- During the Middle Ages, spinach leaves were sold in the form of round balls, called *espinouche*.
- Spinach contains more iron by weight than a ham burger.

Mixed Greens

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Kid-Friendly Eating Tips

- Give arugula pesto a try as a sandwich spread!
- Use bib or butterhead lettuce as a wrap.
- Sauté chard, collards, pac choy or spinach with garlic, olive oil, salt, and pepper; serve it on its own or add to scrambled eggs, soup, or a baked dish.
- Toss pea or sunflower shoots in with a pasta dish or potato salad.
- Taste test a variety of dressings on any type green.

Storage Tips

- **Arugula and Lettuce:** store 2-5 days in the fridge, depending on the variety; place in a perforated plastic bag, loosely wrapped in a damp paper towel or place in an airtight container.
- **Spinach:** stores 4-5 days in the fridge.

Tidbit

The versatility of greens, in flavor, shape and application, is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate.

Cooking Tips

- To avoid spoilage, wash greens right before use; use a large basin to rapidly immerse, then shake leaves or use a colander. A salad spinner will remove the most moisture.
- Arugula can be eaten raw or cooked.
- Spinach cooks quickly (1-3 minutes) and reduces considerably in volume.
- Limp greens can be revitalized by plunging them into ice cold water.

Recipes

Honey-Dijon Vinaigrette Dressing

Yield: ½ cup

Ingredients:

6 Tbsp. olive oil
2 Tbsp. cider vinegar
2 tsp. honey
1 tsp. fresh grated ginger,
or ¼ tsp. dried ginger
1 tsp. dijon mustard
½ tsp. garlic, minced
salt and pepper, to taste

Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.



Sesame-Soy Dressing

Yield: ¾ cup

Ingredients:

¼ cup canola oil
¼ cup rice vinegar
¼ cup soy sauce
1 tsp. sesame oil
1 tsp. honey
¼ tsp. pepper
optional: fresh chives

Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.



Honey-Dijon Vinaigrette Dressing

Sesame-Soy Dressing

RASPBERRY VINAIGRETTE

INGREDIENTS

1/4 cup fresh or frozen raspberries
1/4 cup white wine vinegar
1 small shallot, finely chopped (~2 Tbsp.)
1/2 cup oil
Salt and pepper, to taste

DIRECTIONS

1. Combine all ingredients in a blender or food processor, and mix until smooth. Season to taste with salt and pepper.
2. This dressing will keep refrigerated for a few weeks. Rewhisk the vinaigrette before serving.

Source: The Kitchn

SPRING GREENS PESTO

INGREDIENTS

3/4 cup walnuts or almonds
1 1/2 cups packed greens
1 small garlic clove, peeled
cup olive oil
1/2 cup grated parmesan cheese
Salt and pepper, to taste

DIRECTIONS

1. Place nuts, greens, and garlic in a food processor and blend until everything is finely chopped. Scrape down sides of the bowl and process again.
2. Add parmesan cheese and, with the motor running, add olive oil in a steady stream. When the pesto looks saucy, stop adding oil.
3. Turn off food processor. Mix in salt and pepper, to taste.

Source: From Scratch Club, edited by GMFTS

SESAME-SOY DRESSING

INGREDIENTS

1/3 cup canola oil
1/3 cup rice vinegar
1/8 cup soy sauce
1 tsp. sesame oil
1 tsp. honey
1/8 tsp. pepper
optional: fresh chives

DIRECTIONS

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing if it's been sitting for awhile before you pour it.

APPENDIX B: AMBASSADOR CLASSROOM & TASTE TEST SCHEDULE

Month & VTHOM product	Taste Test Date	Ambassador Classroom
September Swiss chard		
October Kale		
November Sweet Potatoes		
December Winter Squash		
January Dairy		
February Cabbage		
March Maple		
April Carrots		
May Radishes		
June Mixed Greens		

APPENDIX C: CLASSROOM TASTE TEST DELIVERY SIGN-UP SHEET

Date of Taste Test : _____

Featured Vermont Harvest of the Month Product : _____

Taste Test Recipe : _____

Ambassador Classroom : _____

Teachers, please sign-up for your preferred delivery time by entering your grade level & name in your desired time slot.

CLASSROOM TASTE TEST DELIVERY SCHEDULE

Time Slot 1 _____	Time Slot 2 _____	Time Slot 3 _____	Time Slot 4 _____

Thank you for your help!
You'll receive a reminder in your mailbox the week of the taste test.

APPENDIX D: TASTE TEST REMINDER

Date of Taste Test : _____

Featured Vermont Harvest of the Month Product : _____

Taste Test Recipe : _____

Ambassador Classroom : _____

Grade/Teacher:

Your classroom's taste test delivery is scheduled for:

(time)

OTHER REMINDERS:

- Please see the attached VTHOM | Educator Flier for lessons and activities related to this Vermont Harvest of the Month!
- Please fill out the attached Taste Test Results form and return it to the Ambassador Classroom once the taste test is completed.

Thank you!

APPENDIX E: TASTE TEST RESULTS FORM

Vermont Harvest of the Month Item : _____

Today's Recipe : _____

Teacher's Name : _____ School : _____

Total # Students : _____ Date : _____

Reminders for Teachers, Cafeteria Staff, or VTHOM Volunteers:

- If the environment permits, share fun facts from the VTHOM Educational Flier with students.
- If there is a voting station, make sure it is clearly marked.
- Use the form below to tally results from whichever voting method used: show of hands, ballot boxes, or paper survey.

TASTE TEST RESULTS

Response	Number of Students
Total # of students who tried it	
I like it a lot. (Thumbs UP)	
I like it a little. (Thumbs SIDEWAYS)	
I don't like it. (Thumbs DOWN)	
I didn't try it.	

Thank you for helping collect this data.

Please return this form ASAP to: _____

