

2019

# WORKSHOP MATERIALS

## Culinary Demo Tips for Educators

**NUTRITION EDUCATION AND CULINARY  
DEMONSTRATIONS AT FARMERS MARKETS**

## Culinary Demo Tips for Educators

The Culinary Demo Tips for Educators were developed by the New York City Department of Health and Mental Hygiene to support nutrition educators who are demonstrating the Just Say Yes to Fruits and Vegetables (JSY) recipes. To access the JSY recipes, visit [nyc.gov/health](https://nyc.gov/health) and search for “farmers markets.” The Culinary Demo Tips include talking points to share with participants about each highlighted fruit or vegetable, such as storage best practices, nutrition facts and advice for involving children in the preparation. They also include information about preparing the recipes, such as recipe yield, how to easily prepare the recipes in larger quantities and easy ingredient substitutions.

# Culinary Demo Tips for Educators

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# Apples

## Talking Points

### Preparation and Storage:

- Rinse skin.
- Store on counter until ripe and then store in refrigerator.
- Cook fully before freezing.

### Nutrition:

- 1 medium apple = 95 calories, 4 grams fiber

### Fun Facts:

- Lemon juice will keep apples from browning.
- New York State is the second largest apple producer in the country.<sup>1</sup>
- Eating the skin doubles the amount of fiber consumed.
- Apples contain a lot of air. That's why they float!<sup>2</sup>

### Kids Can:

- Squeeze lemon juice on cut apples.
- Spread peanut butter on apple slices.
- Wash apples.
- Older children can grate or chop apples.

## Preparation Tips

**Ingredient Yield:** 1 medium apple = 1 cup

### Applesauce

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Select apples with firm skins.</li> <li>• Use one apple type or experiment with a variety.</li> <li>• The faster an apple turns brown, the faster it will break down.</li> <li>• For a creamier sauce, choose lower acid McIntosh or Gala apples.</li> <li>• Choose a high acid apple to prepare chunkier sauce, e.g., Granny Smith.</li> <li>• Despite acid content, all apples will eventually break down to sauce if cooked long enough. Adjust cooking time accordingly.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Chop small or grate; leave skin on.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• You may not need to add any water if apples are juicy. Pay attention as you stir to see if apples are sticking or burning. Add water as necessary to prevent sticking.</li> </ul>

### Apple and Pear Stir-Fry

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Select apples with firm skins.</li> <li>• Choose sweet apples to counter acidity from the lemon.</li> <li>• Choose apples that will hold their shape while cooking, e.g., Fuji, Honeycrisp.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Chop apples and pears small to cook quickly.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For extra savory flavor, try caramelizing apples on high heat before adding the pears.</li> </ul>

<sup>1</sup> USDA National Agriculture Statistics Service. (2018). Noncitrus fruits and nuts: 2017 summary. Retrieved from <http://usda.mannlib.cornell.edu/usda/current/NoncFruNu/NoncFruNu-06-26-2018.pdf>

<sup>2</sup> Esau, K. (1977) Anatomy of Seed Plants. New York: John Wiley & Sons.

# Beets

## Talking Points

### Preparation and Storage:

- Scrub roots and submerge greens in a bowl filled with water. Lift greens out of the water so that any dirt falls to the bottom of the bowl.
- Store roots loose in refrigerator; wrap greens in damp paper towel and cover with a plastic bag.
- Cook both roots and greens before freezing.

### Nutrition:

- 1 cup grated root = 4 grams fiber
- Roots are an excellent source of folate and manganese.
- Greens are an excellent source of vitamin A, vitamin C and magnesium, and a good source of iron.

### Fun Facts:

- Add vinegar or lemon juice to cooking water so red beets hold their color better.
- Beets are in the same family as spinach and Swiss chard.
- Beets can be used as natural food coloring.

### Kids Can:

- Tear beet greens.
- Peel cooked (cooled) roots.
- Older children may help grate raw beets.

## Preparation Tips

**Ingredient Yield:** 2 medium roots = 1 pound = 2 cups chopped

### Gingered Beet and Carrot Slaw

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose beets with firm skins.</li> <li>• For easier grating, choose larger carrots and beets.</li> </ul>
<b>Sample Yield</b>	24 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Don't peel the beets or carrots.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For a mild onion flavor, try soaking onions and ginger in the lime juice for 10 minutes. Use that mixture to make the dressing.</li> <li>• This is a great "make ahead" dish, as the flavors improve while the ingredients marinate together.</li> </ul>

### Glazed Beets and Greens

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose beets with firm skins and no bruises.</li> <li>• Choose fresh looking greens with bright colors and no yellow spots.</li> <li>• If available, choose medium beets that have about three to four leaves per beet.</li> <li>• If beets with leaves are not available, try substituting Swiss chard for leaves.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Don't peel the beets.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To cook beets quickly, cut in small pieces and cover with a lid. Remove lid to reduce liquid to a thick glaze before adding greens.</li> <li>• Try adding the stems to this recipe and discuss eating the whole plant. Chop stems into bite-size pieces and add to the pot three minutes before adding greens.</li> </ul>

# Black Beans

## Talking Points

### Preparation and Storage:

- Rinse canned beans under water before using.
- Cooked beans can be frozen.

### Nutrition:

- 1/2 cup cooked = 114 calories, 7.6 grams protein

### Fun Facts:

- The United States is one of the world's leading producers of dried beans.<sup>3</sup>
- When using dried beans, discarding the soaking water and cooking with fresh water reduces flatulence-related substances.<sup>4</sup>

### Kids Can:

- Help sort dried beans.
- Count beans.
- Mash cooked beans with a fork.

## Preparation Tips

**Ingredient Yield:** 1 cup dried = 2½ to 3 cups cooked

### Black Bean and Sweet Potato Stew

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose low-sodium canned beans.</li> <li>• Choose dried beans without cracks in a sealed bag.</li> <li>• Substitute other herbs.</li> </ul>
<b>Sample Yield</b>	24 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Chop all ingredients to bite-size pieces or smaller.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For extra flavor, caramelize onions and garlic on high heat before adding peppers.</li> </ul>

### Black Bean Spread

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose low-sodium canned beans.</li> <li>• Choose dried beans without cracks in a sealed bag.</li> <li>• Select a small onion for better beans to onion ratio.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Chop onion very small to help disperse evenly throughout spread.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Try adding a little water to help with mashing and to make a smoother dip.</li> <li>• Forks work great for mashing.</li> <li>• For a mild onion flavor, try soaking onions in apple cider vinegar for 10 minutes before adding to the dip. Continue to mash after adding onion.</li> </ul>

<sup>3</sup> USDA Economic Research Service. (2017). Dry Beans. Retrieved from <https://www.ers.usda.gov/topics/crops/vegetables-pulses/dry-beans.aspx>

<sup>4</sup> U.S. Dry Bean Council. (2018). Bean Facts. Retrieved from <https://www.usdrybeans.com/health-nutrition/bean-facts>

# Blueberries

## Talking Points

### Preparation and Storage:

- Rinse under water just before eating.
- Store unwashed in the refrigerator in a container with holes.
- Rinse and freeze raw or cooked.

### Nutrition:

- 1 cup = 84 calories
- Excellent source of vitamin K and manganese, and a good source of vitamin C

### Fun Facts:

- Blueberries pair well with cinnamon, ginger, lemon, nutmeg, orange and walnuts.
- The United States is the largest blueberry producer in the world.<sup>5</sup>

### Kids Can:

- Pick off stems.
- Sprinkle on yogurt or cereal.
- Add to smoothies.

## Preparation Tips

**Ingredient Yield:** 1 pint = 2 cups; 1 pound = 3½ cups

### Blueberry Thyme Fruit Salad

#### Selection and Substitution

- Choose firm, intact blueberries.
- Choose ripe, but not too soft, peaches or nectarines.
- Substitute other stone fruits for peaches and nectarines.
- If substituting dried thyme for fresh, decrease to 1 teaspoon.
- If substituting rosemary for thyme, decrease to 1 teaspoon.
- Substitute ½ cup mashed blueberries for grated peaches.

#### Sample Yield

16 samples

#### Special Prep

- Peel ginger using the edge of a spoon. Gently run edge along ginger to remove skin.

### Blueberry Grape Relish

#### Selection and Substitution

- Choose firm, intact grapes and blueberries.
- Substitute thyme for rosemary.
- Add other berries such as blackberries or raspberries.

#### Sample Yield

20 samples

#### Special Prep

- Peel ginger using the edge of a spoon. Gently run edge along ginger to remove skin.
- For best consistency, cut grapes in half lengthwise.

#### Cooking Notes

- Cover the pot to quickly bring to a boil, then uncover while simmering so liquid can reduce.

<sup>5</sup> Food and Agriculture Organization of the United Nations. FAOSTAT: Crops. Retrieved from <http://www.fao.org/faostat/en/#data/QC>

# Braising Greens

## Talking Points

### Preparation and Storage:

- Submerge greens in a bowl filled with water and shake to wash. Lift greens out of water so that any dirt falls to the bottom of the bowl.
- Store in a plastic bag in refrigerator.
- Blanch then freeze.

### Nutrition:

- 1 cup cooked = approximately 45 calories (varies between greens)
- Excellent source of vitamins A, C and K.

### Fun Facts:

- Winter greens taste better after a frost because they become sweeter. When winter temperatures arrive, greens try to protect their leaf tissues from freezing by converting stored starch into soluble sugars. This is called “wintered over” or “cold sweetness,” and happens to all greens that are members of the brassica family.
- All winter greens can be eaten raw or cooked. To eat raw, massage with a vinaigrette dressing before serving.

### Kids Can:

- Tear greens from stems, tear leaves into bite-size pieces.
- Rinse and dry greens.

## Preparation Tips

**Ingredient Yield:** 1 bunch greens = approximately 8 cups sliced

### Collard Greens with Spicy Peanut Sauce

### Greens and Garlic

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose greens with firm leaves and intact stems.</li> <li>• Avoid yellowish leaves.</li> <li>• Substitute other winter greens for collard greens.</li> </ul>	<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose greens with firm leaves and intact stems.</li> <li>• Avoid yellowish leaves.</li> <li>• Use any winter green and adjust cooking time accordingly.</li> </ul>
<b>Sample Yield</b>	12 samples	<b>Sample Yield</b>	18 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Try cutting collard greens into very small pieces to tenderize before cooking. After removing leaves from stems, stack leaves and cut in 1/4-inch slices.</li> <li>• Cutting into small pieces will shorten cooking time to approximately 10 minutes.</li> </ul>	<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut leaves very small to tenderize. After removing leaves from stems, stack the leaves and cut in 1/4-inch slices.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• If using kale, shorten cooking time to four minutes. If using Swiss chard, shorten to two minutes.</li> </ul>	<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Cook for four minutes if using kale, or until water evaporates. Cook collard greens for 10 minutes, Swiss chard for two minutes.</li> </ul>

# Broccoli

## Talking Points

### Preparation and Storage:

- Rinse under water.
- Store in refrigerator.
- Blanch before freezing.

### Nutrition:

- 1 cup = 31 calories
- Excellent source of vitamins C and K.

### Fun Facts:

- Broccoli is in the same family (brassica) as kohlrabi, cauliflower and kale.
- The florets (flowers of the plant) are the part that is typically eaten and the stem is often discarded. The stem is delicious and can be eaten by peeling off the tough outer layer.

### Kids Can:

- Break apart florets.
- Dip florets in sauce.

## Preparation Tips

**Ingredient Yield:** 1 small head = 2 cups chopped

### Broccoli Stir-Fry

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose broccoli with no yellow or brown flowers and firm stems.</li> <li>• For the best onion to broccoli ratio, choose a small onion or use half an onion.</li> </ul>
<b>Sample Yield</b>	18 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Thinly slice carrots so they cook at the same rate as broccoli.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To caramelize for extra flavor, add onions and garlic in the beginning and sauté on high heat.</li> </ul>

### Broccoli Chickpea Dip

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose broccoli with no yellow or brown flowers and firm stems.</li> </ul>
<b>Sample Yield</b>	24 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Rinse canned beans.</li> <li>• If making without a blender, mince garlic before adding.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To make without a blender, put all ingredients in a bowl and mash with a fork.</li> </ul>

# Brussels Sprouts

## Talking Points

### Preparation and Storage:

- Submerge and agitate in water to wash.
- Store in refrigerator in a plastic bag.
- Blanch before freezing.

### Nutrition:

- 1 cup = 40 calories
- Excellent source of vitamins C and K, and a good source of folate.

### Fun Facts:

- Can be eaten raw.
- Thomas Jefferson planted Brussels sprouts in his garden and may have helped popularize them in the United States.<sup>6</sup>
- Modern Brussels sprouts were most likely first cultivated in Belgium, and thus named after Belgium's capital.<sup>7</sup>

### Kids Can:

- Mix or toss with oil or dressing.
- Peel outer leaves off.

## Preparation Tips

**Ingredient Yield:** 1 pound = 4 cups; 6-7 medium sprouts = 1 cup

### Brussels Sprouts with Peanut Dressing

#### Selection and Substitution

- Choose firm Brussels sprouts with all leaves intact and no yellow or brown spots.
- Choose larger Brussels sprouts for easier slicing.

#### Sample Yield

20 samples

#### Special Prep

- Cut in half from top to bottom, place flat side down on the cutting board, then slice as thinly as possible.

#### Cooking Notes

- To serve this recipe hot, sauté half a chopped onion and two cloves of minced garlic for three minutes. Add Brussels sprouts and cook for an additional five minutes. Stir in the dressing before serving.

### Brussels Sprouts with Apples and Onions

#### Selection and Substitution

- Choose firm Brussels sprouts with all leaves intact and no yellow or brown spots.
- To balance the lemon juice, choose extra sweet apples such as gala or Fuji.
- Substitute pears for apples.
- Substitute cabbage for a portion of the Brussels sprouts. Red cabbage adds color and nutrients.

#### Sample Yield

24 samples

#### Special Prep

- Cutting vertically helps hold the leaves together. Cut in half top to bottom or in quarters, depending how big the Brussels sprout is. Aim for equal sizes to ensure even cooking.

#### Cooking Notes

- For extra sweetness and rich flavor, caramelize onions and sprouts in a very hot pan before adding apples.

<sup>6</sup> Davidson, A. (2014). The Oxford Companion to Food. Oxford: Oxford University Press.

<sup>7</sup> "Brussels sprouts". In Encyclopedia Britannica online. Retrieved from <https://www.britannica.com/plant/Brussels-sprouts>

# Butternut Squash

## Talking Points

### Preparation and Storage:

- Scrub skin.
- Store in dark place out of the refrigerator.
- Cook fully before freezing (boil, roast, steam).

### Nutrition:

- 1 cup cooked = 82 calories
- Cooked butternut squash is an excellent source of vitamins A and C, and a good source of potassium and manganese.

### Fun Facts:

- Cooks faster if you cut it up.
- Will last for three months at room temperature, so buy in bulk and save for later.
- Save seeds and roast with olive oil and spices for a healthy snack.

### Kids Can:

- Mix or toss with oil or dressing.
- Mash or cut already cooked butternut squash.

## Preparation Tips

**Ingredient Yield:** 1/2 medium squash = 4 cups diced

### Butternut Squash and Apple Cider

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm butternut squash, skin intact, with no bruises.</li> <li>• Substitute any other winter squash.</li> </ul>
<b>Sample Yield</b>	14 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Do not peel butternut squash! Emphasize that leaving skin on adds fiber, decreases prep time and saves money by decreasing waste of edible produce.</li> <li>• Cut small to cook faster.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• If using hard fresh herbs (e.g., thyme, rosemary) or dried herbs, add with butternut squash at the beginning to infuse more herb flavor.</li> </ul>

### Butternut Squash with Collard Greens

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm butternut squash, skin intact, with no bruises.</li> <li>• Substitute any other winter squash.</li> <li>• Substitute other winter greens for collard greens. Adjust cooking time accordingly.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Do not peel butternut squash! Emphasize that leaving skin on adds fiber, decreases prep time and saves money by decreasing waste of edible produce.</li> <li>• Cut small to cook faster.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Cover with a lid to cook faster.</li> <li>• If using kale, cook four minutes. If using Swiss chard, cook two minutes.</li> </ul>

# Cabbage

## Talking Points

### Preparation and Storage:

- Rinse outer layer.
- Store in refrigerator.
- Blanch before freezing.

### Nutrition:

- 1 cup chopped= 22 calories
- Excellent source of vitamins C and K.

### Fun Facts:

- New York is the second largest producer of cabbage in the United States.<sup>8</sup>
- There are over 100 varieties of cabbage around the world – every culture has its own preparations!<sup>9</sup>
- Bok choy and tatsoi are in the same family.
- Pairs well with carrots, onions, potatoes, apples, vinegar, garlic.

### Kids Can:

- Peel away outer leaves.
- Tear leaves.
- Mix or toss with oil or dressing.

## Preparation Tips

**Ingredient Yield:** 1 medium head = 1¼ to 1½ pounds = 5 cups shredded

### Cabbage and Dill Salad

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose a firm cabbage with intact leaves and no yellow leaves, brown spots or slime.</li> <li>• Try green or purple cabbage or a combination.</li> <li>• For easier grating, select a large carrot.</li> <li>• Substitute citrus juice or other vinegars for apple cider vinegar.</li> </ul>
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<b>Sample Yield</b>	20 samples
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<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Do not peel the carrots.</li> </ul>
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<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To soften before serving, season cut cabbage with a little salt before doing the rest of the prep.</li> </ul>
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### Stewed Cabbage

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose a firm cabbage with intact leaves and no yellow leaves, brown spots or slime.</li> <li>• Try green and red cabbage.</li> </ul>
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<b>Sample Yield</b>	12 samples
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<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut cabbage into bite-size pieces.</li> </ul>
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<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Stir often! Cabbage will stick to the pan and burn if the tomatoes aren't juicy. Add water as needed to prevent sticking.</li> <li>• For extra sweetness, add an additional tomato and reduce tomato liquid before adding the cabbage.</li> </ul>
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<sup>8</sup> USDA Vegetables 2017 Summary. (2018). Retrieved from <http://usda.mannlib.cornell.edu/usda/current/VegeSumm/VegeSumm-02-13-2018.pdf>

<sup>9</sup> "Types of cabbage". In Berkeley Wellness online. Retrieved from <http://www.berkeleywellness.com/healthy-eating/food/article/types-cabbage>

# Carrots

## Talking Points

### Preparation and Storage:

- Scrub root.
- Store in refrigerator up to four weeks.
- Cut up and blanch before freezing.
- To prevent moisture loss from roots, remove green tops before storing.
- Store away from produce that emits ethylene gas, such as apples and pears.

### Nutrition:

- Excellent source of vitamin A.
- Higher vitamin absorbency from cooked carrots.<sup>10</sup>

### Fun Facts:

- If you find multiple roots (legs) on a carrot, this can indicate that it grew around rocks in the soil.<sup>11</sup>
- Carrots come in yellow, red, purple and white.

### Kids Can:

- Wash.
- Pull green tops off.
- Older children can grate under supervision.

## Preparation Tips

**Ingredient Yield:** 1 pound = 4 cups shredded

### Carrot Raisin Salad

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm carrots.</li> <li>• Choose larger carrots for easier grating.</li> </ul>
<b>Sample Yield</b>	12 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Do not peel the carrots.</li> <li>• Try soaking raisins in water to make them soft and plump.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For a mild garlic flavor, try soaking garlic in the lemon juice for 10 minutes and use that mixture to make the dressing.</li> </ul>

### Braised Carrots and Tomatoes

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm carrots.</li> </ul>
<b>Sample Yield</b>	18 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut carrots less than 1/4-inch thick so they cook within time allotted in recipe.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To prevent cumin from sticking to the pan and burning, add a little water.</li> </ul>

<sup>10</sup> Dietz, J. M., Kantha, S. S., & Erdman, J. W. (1988). Reversed phase HPLC analysis of  $\alpha$ - and  $\beta$ -carotene from selected raw and cooked vegetables. *Plant Foods for Human Nutrition*, 38(4), 333-341.

<sup>11</sup> "Growing carrots". In Old Farmer's Almanac online. Retrieved from <https://www.almanac.com/plant/carrots>

# Corn

## Talking Points

### Preparation and Storage:

- After shucking, rinse under water to remove silk.
- Store unshucked corn in the refrigerator.
- Freeze raw kernels cut off the cob.

### Nutrition:

- Excellent source of vitamin B5 and a good source of other B vitamins.

### Fun Facts:

- One ear of corn has 800 kernels, on average.<sup>12</sup>
- Each kernel has one piece of silk.
- When boiling corn, don't salt the water as it will toughen the skin.
- Save the cobs to make a flavorful vegetable stock.

### Kids Can:

- Shuck corn by removing husks and silk.

## Preparation Tips

**Ingredient Yield:** 1 medium ear = 1 cup

### Raw Corn Salad

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm ears of corn with husks intact.</li> <li>• Substitute citrus for vinegar.</li> <li>• Substitute other herbs for cilantro.</li> </ul>
<b>Sample Yield</b>	30 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• To showcase the corn, cut all ingredients small.</li> <li>• For added sweetness, after cutting off kernels, “milk” the corn cob by running the dull side of a knife blade along the cob. Add this liquid to the dressing.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For a mild onion flavor, soak onions in the vinegar for 10 minutes. Use the onions and vinegar to make the dressing.</li> </ul>

### Fresh Corn Polenta

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm ears of corn with husks intact.</li> <li>• Try adding garlic.</li> </ul>
<b>Sample Yield</b>	12 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• For safe grating, grasp one side of the corn cob and grate the opposite side. Flip and repeat until all kernels are removed.</li> <li>• After grating, “milk” the corn cob by scraping the dull side of a knife blade along the cob.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Stir frequently to prevent sticking.</li> </ul>

<sup>12</sup> "Facts for Corn". In Washington State Department of Agriculture Farm to School Program Toolkit online. Retrieved from <http://www.wafarmtoschool.org/ToolKit/17/corn/Facts>

# Cucumbers

## Talking Points

### Preparation and Storage:

- Rinse under water.
- Scrub skin.
- Store in refrigerator.
- Blanch and freeze.

### Nutrition:

- 1 cup = 13 calories
- High in water, good source of vitamin K.

### Fun Facts:

- Cucumbers, melons, squash and pumpkins are members of the gourd family.
- Instead of crackers, slice and serve cucumbers as a crunchy snack.
- There are also white, yellow and orange varieties of cucumbers!

### Kids Can:

- Toss in dressing.
- Scoop out seeds.

## Preparation Tips

**Ingredient Yield:** 1 medium = 2½ cups chopped

### Sweet and Spicy Cucumbers

#### Selection and Substitution

- Choose firm cucumbers with no bruises.
- Note that larger cucumbers tend to have more seeds.
- Substitute honey for sugar.
- Bell peppers, radishes or raw corn are a delicious addition.
- Substitute radishes for red pepper flakes.

#### Sample Yield

24 samples

#### Special Prep

- Slice cucumbers extra thin to absorb dressing faster.

#### Cooking Notes

- Save in refrigerator and serve as pickles.

### Cucumber Tomato Salad

#### Selection and Substitution

- Choose firm cucumbers with no bruises.
- Note that larger cucumbers tend to have more seeds.
- To substitute fresh oregano for dried, increase quantity of fresh to 1½ teaspoon.
- May substitute other herbs.

#### Sample Yield

20 samples

#### Special Prep

- Cut tomatoes and cucumbers into bite-size slices.

#### Cooking Notes

- For a mild onion and garlic flavor, soak onions and garlic in the vinegar for 10 minutes before adding to the salad.

# Eggplant

## Talking Points

### Preparation and Storage:

- Rinse under water and scrub skin.
- Store in refrigerator.
- Blanch and freeze.

### Nutrition:

- 1 cup, cooked = 32 calories
- 1 cup contains 2.5 grams of fiber.

### Fun Facts:

- Eggplants are a member of the “nightshade” family, which includes potatoes, tomatoes and chili peppers.
- Different cultures use different varieties:
  - Italian: large, dark purple.
  - Japanese: thin, long, light purple.
  - Thai: small, round, green.

### Kids Can:

- Mix or toss with oil and seasonings.

## Preparation Tips

**Ingredient Yield:** 1 large = 1½ pounds = 6 cups chopped

### Eggplant with Basil

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose a firm eggplant with no bruises.</li> <li>• Large eggplants tend to have more seeds.</li> <li>• Substitute cilantro for basil.</li> </ul>
<b>Sample Yield</b>	18 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• To cook in the time allotted in the recipe, dice eggplant small.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To give eggplant a creamy texture, add a little salt when adding it to the pan.</li> <li>• To disperse sauce evenly throughout the dish, mix honey and soy sauce together before adding to eggplant.</li> </ul>

### Tomato and Eggplant Stew

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose a firm eggplant with no bruises.</li> <li>• Large eggplants tend to have more seeds.</li> <li>• Substitute parsley or other herbs for thyme.</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut eggplant small to cook quickly.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To give eggplant a creamy texture, add a little salt when adding it to the pan.</li> </ul>

# Fruit-Infused Water

## Talking Points

### Preparation and Storage:

- Infuse water up to 12 hours and store up to three days in the refrigerator.
- If infusing over four hours, remove ingredients before serving.
- If infusing under four hours, leave ingredients in water and serve together.

### Nutrition:

- No sugar added.

### Fun Facts:

- Drinking infused water is a refreshing and delicious way to stay hydrated in the summer.

### Kids Can:

- Help mash ingredients with their hands. Remember to wear gloves!
- Stir ingredients together with the water.

## Preparation Tips

### Strawberry and Basil

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm, bright red strawberries with stems intact.</li> </ul>
<b>Sample Yield</b>	16 samples for a quart pitcher
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Mash berries with your hands. Remember to wear gloves!</li> </ul>

### Mixed Berry

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm, intact blueberries.</li> <li>• Add strawberries if available.</li> </ul>
<b>Sample Yield</b>	16 samples for a quart pitcher
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Mash berries with your hands. Remember to wear gloves!</li> </ul>

### Watermelon and Jalapeno

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose watermelons that are heavy for their size, with skins intact and no bruises.</li> <li>• Choose watermelons that have a pale yellow spot on skin –this shows that they are ripe.</li> <li>• Substitute herbs for jalapeno.</li> </ul>
<b>Sample Yield</b>	16 samples for a quart pitcher
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Mash watermelon with your hands. Remember to wear gloves!</li> </ul>

### Apple, Pear and Ginger

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm apples and pears with unbruised skin.</li> </ul>
<b>Sample Yield</b>	16 samples for a quart pitcher
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Before adding water, press ingredients firmly to release as much juice as possible.</li> </ul>

# Chickpeas

## Talking Points

### Preparation and Storage:

- Rinse chickpeas under water before using.
- Cooked chickpeas can be frozen.

### Nutrition:

- 1/2 cup cooked chickpeas contains 7 grams protein and 6 grams fiber
- Excellent source of zinc, iron, folate and phosphorous, and a good source of potassium.

### Fun Facts:

- Garbanzo beans is another name for chickpeas.
- Chickpeas may be eaten in salads, sautéed with vegetables, made into a dip or even roasted!

### Kids Can:

- Help sort dried chickpeas.
- Count chickpeas.
- Mash cooked chickpeas with a fork.

## Preparation Tips

**Ingredient Yield:** 1 cup dried = 2½ to 3 cups cooked

### Chickpea Stir-Fry

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose low-sodium cans.</li> <li>• Choose dried chickpeas without cracks.</li> <li>• Use a small onion or half of a large onion.</li> <li>• Substitute other winter greens for the kale. Adjust cooking time accordingly.</li> </ul>
<b>Sample Yield</b>	12 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• To tenderize before cooking, slice kale very thin.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To prevent chickpeas from sticking to the pan, add a little water if needed.</li> <li>• If using collard greens, cook 10 minutes; cook Swiss chard for two minutes.</li> </ul>

### Chickpea Salad

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose low-sodium cans.</li> <li>• Choose dried chickpeas without cracks.</li> <li>• Substitute other beans for chickpeas.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut all vegetables about the same size as chickpeas.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For a mild onion flavor, soak onions in the vinegar for 10 minutes. Use that mixture to make the dressing.</li> </ul>

# Green Beans

## Talking Points

### Preparation and Storage:

- Rinse beans under water.
- Store in refrigerator.
- Blanch before freezing.

### Nutrition:

- 1 cup = 30 calories
- Excellent source of vitamin K, and a good source of vitamin C and folate.
- Green beans are in the same family as kidney, pinto and shell beans (the legume family).

### Fun Facts:

- Green beans do not take long to cook.
- Green beans contain more protein than you might think (1 cup has 2 grams).

### Kids Can:

- Snap ends off.
- Break in half.
- Look for seeds.

## Preparation Tips

**Ingredient Yield:** 1 pound = 3 to 4 cups chopped and trimmed

### Green Bean Stir-Fry with Corn

#### Selection and Substitution

- Choose firm and intact green beans.
- Bell peppers are a delicious addition.
- Substitute other soft herbs (e.g., basil) for cilantro.
- Substitute onions for scallion.

#### Sample Yield

20 samples

#### Cooking Notes

- This recipe can also be made raw! Mix soy sauce, oil, honey and cilantro to make a dressing and combine it with all the other ingredients.

### Green Bean and Cherry Tomato Salad

#### Selection and Substitution

- Choose firm and intact green beans.
- Substitute onion for shallot.
- Corn is a delicious addition.
- Substitute other herbs for basil.
- Substitute other tomatoes for cherry tomatoes.

#### Sample Yield

22 samples

#### Cooking Notes

- If tender, consider serving green beans raw.

# Lettuce

## Talking Points

### Preparation and Storage:

- Submerge greens in a bowl filled with water and agitate. Lift greens out of the water so that dirt falls to the bottom of the bowl.
- Store in refrigerator wrapped in a dry paper towel and in a plastic bag.

### Nutrition:

- Nutrition varies; darker leaves have more nutrients.
- The dark outer leaves of Romaine lettuce are an excellent source of vitamins A and K, and a good source of folate.

### Fun Facts:

- Lettuce is commonly cooked in various cuisines.
- Lettuce is in the same family as daisies.<sup>13</sup>
- Lettuce grows fully in six weeks.
- To prevent spoiling, store away from produce that emits ethylene gas, such as apples and pears.

### Kids Can:

- Rinse and dry.
- Tear leaves.
- Toss with dressing.
- Squeeze lemon juice on leaves.

## Preparation Tips

**Ingredient Yield:** 1 pound = 1 head = 6 to 8 cups chopped

### Lettuce and Bread Salad

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>● Choose bright, firm leaves.</li> <li>● Substitute other herbs for mint.</li> <li>● Use a combination of different types of lettuce, such as red leaf, romaine, etc.</li> </ul>
<b>Sample Yield</b>	26 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>● Slice radishes instead of dicing.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>● If you have access to an oven, try toasting the bread.</li> </ul>

### Stir-Fried Lettuce

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>● Choose bright, firm leaves.</li> <li>● Use a combination of different types of lettuce, such as red leaf, romaine, etc.</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>● Cut lettuce leaves into bite-size pieces so it's easy for participants to eat.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>● After adding soy sauce, let it reduce almost to a syrup consistency before adding lettuce. This will prevent the sauce from becoming watery, as lettuce releases a lot of water once it starts cooking.</li> <li>● Be extra careful not to burn garlic or soy sauce.</li> </ul>

<sup>13</sup> "Asteraceae". In Encyclopedia Britannica online. Retrieved from <https://www.britannica.com/plant/Asteraceae>

# Melons

## Talking Points

### Preparation and Storage:

- Rinse and remove skin.
- Store on counter to ripen, then move to refrigerator.
- Cut up and freeze.

### Nutrition:

- 1 cup diced = 60 calories
- Excellent source of vitamins A and C, good source of potassium.

### Fun Facts:

- There are many varieties of melon.
- The name “cantaloupe” most likely comes from the small Italian town, Cantalupo.<sup>14</sup>
- Some parts of the world eat dried melon seeds as a snack.

### Kids Can:

- Scoop out seeds.
- Scoop out melon into ball shapes.
- Cut larger pieces into smaller pieces.

## Preparation Tips

**Ingredient Yield:** 1 medium = 3 pounds = 4 to 4½ cups cubed

### Melon Gazpacho

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Select melons with firm skin and no bruises.</li> <li>• Choose melons that smell of melon at the stem.</li> <li>• Substitute onions for scallions.</li> <li>• Substitute lemon juice with apple cider vinegar or another acid.</li> <li>• Cilantro is a delicious addition.</li> </ul>
<b>Sample Yield</b>	25 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• To reduce spiciness, remove seeds, membranes and ribs from jalapeno before dicing.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• If you don't have access to a blender, try making as a salad. Mince garlic, chop all ingredients into bite-size pieces and combine in a bowl.</li> </ul>

### Melon Salad with Fresh Herbs

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Select melons with firm skin and no bruises.</li> <li>• Choose melons that smell of melon at the stem.</li> <li>• Apples, peaches or cucumbers are a great addition.</li> <li>• Substitute watermelon for cantaloupe.</li> </ul>
<b>Sample Yield</b>	12 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• To reduce spiciness, remove seeds, membranes and ribs from jalapeno before dicing.</li> </ul>

<sup>14</sup> Davidson, A. (2014). The Oxford Companion to Food. Oxford: Oxford University Press.

# Peaches

## Talking Points

### Preparation and Storage:

- Scrub skin gently just before using.
- Store on counter or in a paper bag to ripen, then move to refrigerator.
- Cut up and freeze raw.

### Nutrition:

- 1 medium = 60 calories, 2 grams fiber
- Good source of vitamin C.

### Fun Facts:

- Squeeze lemon juice over the top of cut up peaches to prevent browning.
- Peaches are related to the almond; people are sometimes allergic to both.<sup>15</sup>
- White flesh peaches are less acidic.

### Kids Can:

- Cut with a plastic knife.

## Preparation Tips

**Ingredient Yield:** 1 pound = 3 medium = 2½ to 3 cups chopped

### Peach Compote

#### Selection and Substitution

- When soft, peaches are ripe.
- Choose very ripe fruit – this recipe is a great way to use bruised fruit.
- Option: use only one type of stone fruit.

#### Sample Yield

16 samples

#### Special Prep

- Chop peaches into ¼-inch pieces.

#### Cooking Notes

- Stir occasionally to prevent sticking.

### Just Peachy Salsa

#### Selection and Substitution

- When soft, peaches are ripe.
- Softer peaches add extra sweetness and create a saucy texture. Use harder peaches for a chunkier texture.
- Substitute other stone fruit for peaches.

#### Sample Yield

15 samples

#### Special Prep

- Cut onions extra small so they don't overpower the peaches.

#### Cooking Notes

- For a mild onion flavor, soak onions in the lime juice for 10 minutes before adding both to salsa.

<sup>15</sup> "Rosaceae". In Encyclopedia Britannica online. Retrieved from <https://www.britannica.com/plant/Rosaceae>

# Pears

## Talking Points

### Preparation and Storage:

- Scrub skin and rinse under water.
- Store on counter or in paper bag to ripen, and then move to refrigerator.
- Cut up and freeze raw.

### Nutrition:

- 1 large pear = 131 calories, 7.1 grams fiber
- Good source of vitamins C.

### Fun Facts:

- Ripen on counter for best taste and texture.
- Ripening pears on the tree causes a gritty texture.
- Pears are native to Asia and Europe.<sup>16</sup>
- Several thousand varieties of pears are grown throughout the world.<sup>17</sup>

### Kids Can:

- Wash.
- Cut with a plastic knife.

## Preparation Tips

**Ingredient Yield:** 1 pound = 4 medium = 2 cups sliced

### Poached Pears with Cider Sauce

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>● Choose very ripe fruit.</li> <li>● This recipe is a great way to use bruised fruit.</li> <li>● Some pears are best when firm (Bosc), and others are best when soft (Bartlett).</li> <li>● You may use harder pears.</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>● Don't peel pears.</li> <li>● For extra ginger flavor, grate or chop 1 teaspoon of ginger in place of the 2 slices of ginger root.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>● Only add water if apple cider doesn't completely cover pears.</li> <li>● To prevent overcooking pears, turn heat down to a simmer. Cook pears to desired doneness.</li> </ul>

### Pear Chutney

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>● Choose very ripe fruit.</li> <li>● This recipe is a great way to use bruised fruit.</li> <li>● Some pears are best when firm (Bosc), and others are best when soft (Bartlett).</li> <li>● You may use harder pears.</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>● Don't peel pears.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>● Serve cold to help soften the strong vinegar flavor and to bring out the sweetness in the pears.</li> </ul>

<sup>16</sup> "Pear". In Encyclopedia Britannica online. Retrieved from <https://www.britannica.com/plant/pear>

<sup>17</sup> Washington State University. Varieties - pear. Retrieved from <http://treefruit.wsu.edu/web-article/pear-varieties>

# Peppers

## Talking Points

### Preparation and Storage:

- Rinse under water.
- Store in refrigerator.
- Best if blanched before frozen, but can be frozen raw

### Nutrition:

- 1 medium = 30 calories, 2 grams fiber
- All colors of peppers are an excellent source of vitamin C.

### Fun Facts:

- Red bell peppers have double the amount of vitamin C of oranges.
- Green peppers are simply unripe red or yellow peppers.
- Peppers come in many colors: red, orange, yellow, purple and green.

### Kids Can:

- Remove seeds and rinse.

## Preparation Tips

**Ingredient Yield:** 1 pound = 3 to 5 peppers = 3 to 4 cups chopped; 1 large = 1 cup chopped

### Bell Pepper and White Bean Salad

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose peppers that have firm skin and a bright color.</li> <li>• Substitute lettuce for arugula and spinach.</li> <li>• Substitute other beans for white beans.</li> <li>• Option to add herbs.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut peppers equal to or slightly larger than beans.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For a mild flavor, soak onions and garlic in vinegar for 10 minutes, then use mixture to make the dressing.</li> </ul>

### Pepper and Tomato Stew

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose peppers that have firm skin and a bright color.</li> <li>• Substitute smoked paprika for regular paprika.</li> <li>• Substitute green peppers for yellow and red peppers. This will make the recipe less sweet.</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut peppers small to cook quickly.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For extra sweetness, try reducing tomatoes before adding peppers.</li> </ul>

# Plums

## Talking Points

### Preparation and Storage:

- Rinse under water.
- Store on counter or in paper bag to ripen, then move to refrigerator.
- Cut up and freeze raw.

### Nutrition:

- 1 cup sliced = 76 calories
- Good source of vitamin C.

### Fun Facts:

- Plums are in the same family (stone fruit) as peaches, nectarines and apricots.
- There are over 140 varieties of plums sold in the United States.<sup>18</sup>
- Plums come in many colors, including purple, yellow, red and even green.

### Kids Can:

- Cut with a plastic knife.

## Preparation Tips

**Ingredient Yield:** 1 pound = 2 to 2½ cups pitted

### Spiced Plums

#### Selection and Substitution

- Choose very ripe plums.
- This recipe is a great way to use bruised fruit.
- Plums are ripe when soft.
- Substitute other stone fruit.

#### Sample Yield

12 samples; will vary with size of plums.

#### Special Prep

- Chop plums into ¼-inch pieces.

### Plum Cucumber Salad

#### Selection and Substitution

- Choose very ripe plums.
- This recipe is a great way to use bruised fruit.
- Plums are ripe when soft.
- Substitute other stone fruit for plums.

#### Sample Yield

22 samples

#### Special Prep

- To avoid an overpowering onion flavor, cut onions smaller than the other ingredients.

#### Cooking Notes

- For a mild onion flavor, soak onion in the vinegar for 10 minutes, then use mixture to make the dressing.

<sup>18</sup> "Plums: abundant and nutritious." In Berkeley Wellness online.

# Potatoes

## Talking Points

### Preparation and Storage:

- Scrub skins under water.
- Store in a dark, dry place.
- Fully cook before freezing.

### Nutrition:

- 1 large, cooked = 285 calories, 7 grams protein, 6.6 grams fiber

### Fun Facts:

- Immerse cut potatoes in cold water to prevent discoloring.
- Yukon gold and white potatoes are better for roasting and mashing.
- Red potatoes are better for potato salads.
- Potatoes are the fifth largest food crop in the world.<sup>19</sup>
- There are more than 4,000 potato varieties.
- Potatoes were first cultivated in South America.<sup>20</sup>

### Kids Can:

- Mash with a fork.
- Cut cooked potatoes.

## Preparation Tips

**Ingredient Yield:** 2 pounds = 7 to 8 cups sliced

### Smashed Potatoes with Kale

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm potatoes without green or soft spots.</li> <li>• Don't use sprouted potatoes.</li> <li>• In addition to white potatoes, use sweet potatoes and other colorful potatoes.</li> </ul>
<b>Sample Yield</b>	30 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut potatoes extra small to cook quickly: they need to be fully cooked before they can be smashed.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• After adding potatoes, cover pot immediately to help them cook faster. Replace the lid after each ingredient addition until potatoes are fully cooked and ready to be smashed.</li> </ul>

### Pan-Roasted Potatoes

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm potatoes without green or soft spots.</li> <li>• Don't use sprouted potatoes.</li> <li>• Red skin and white potatoes work great.</li> </ul>
<b>Sample Yield</b>	12 samples; will vary with size of potatoes
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut less than 1/2-inch thick to cook in time allotted in recipe.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• In Step 3, flip potatoes before covering the pan and turn heat to medium to roast both sides.</li> </ul>

<sup>19</sup> Food and Agriculture Organization of the United Nations. FAOSTAT: Crops. Retrieved from <http://www.fao.org/faostat/en/#data/QC>

<sup>20</sup> "Potato". In Encyclopedia Britannica online. Retrieved from <https://www.britannica.com/plant/potato>

# Pumpkin

## Talking Points

### Preparation and Storage:

- Scrub skin and rinse under water. Skin is edible.
- Store in a dark, dry place.
- Fully cook before freezing.

### Nutrition:

- 1 cup mashed, cooked = 49 calories, 2 grams fiber
- Excellent source of vitamin A.

### Fun Facts:

- Pumpkin can be substituted for other types of winter squash in recipes.
- Flowers are edible and delicious sautéed.
- Canned pumpkin has a higher concentration of carotenoids because the liquid is cooked out during the canning process.
- Save seeds and toast with spices for a snack.

### Kids Can:

- Scoop seeds.
- Clean seeds.
- Cut larger cooked pieces into smaller ones.

## Preparation Tips

**Ingredient Yield:** 1 pound raw = 1 cup cooked, mashed = 4 cups cubed

### Curried Pumpkin and Potato

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Select pumpkins that are heavy for their size and have firm skins.</li> <li>• Substitute sweet potato or other colorful potatoes for white potatoes.</li> <li>• Substitute other winter squash for pumpkin.</li> </ul>
<b>Sample Yield</b>	40 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• To cook quickly, cut potatoes and pumpkin very small.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Since potato takes longer to cook, consider adding it three minutes before the pumpkin.</li> </ul>

### Pumpkin Sage Soup

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Select pumpkins that are heavy for their size and have firm skins.</li> <li>• Substitute other herbs.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• To cook quickly, cut pumpkin very small.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• If you don't have access to a blender or electricity, you can make this soup simply by smashing the pumpkin with a spoon after it's cooked. The consistency will be chunky instead of smooth.</li> </ul>

# Radishes

## Talking Points

### Preparation and Storage:

- To wash, scrub root and submerge greens.
- Store root in refrigerator.
- Store greens in refrigerator, wrapped in a paper towel within a plastic bag.
- Fully cook roots before freezing and blanch greens before freezing.

### Nutrition:

- 1 cup sliced = 19 calories
- Good source of vitamins C.

### Fun Facts:

- Eat raw or cooked.
- Radishes are commonly pickled.
- Radishes are related to horseradish.
- Pink or red radishes with white tips (French breakfast variety) are spicier than round red/purple (Easter egg variety).

### Kids Can:

- Mix or toss with oil or dressing.
- Squeeze lemon or lime juice on cut radishes.

## Preparation Tips

**Ingredient Yield:** 1 bunch = 2½ cups sliced

### Radish Stir-Fry with Sugar Snap Peas

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Select radishes with firm roots and fresh leaves.</li> <li>• If using the cold preparation described below, cucumbers make a tasty addition.</li> <li>•</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Slice radishes about ¼ inch or thicker to prevent overcooking.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To serve raw, reduce quantity of shallots to 2 tablespoons. Soak the shallots in the orange juice for ten minutes and then add the oil and dill to make a dressing. Combine the rest of the ingredients in a bowl and toss with dressing.</li> </ul>

### Rita's Pickled Radishes

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Select radishes with firm roots and fresh leaves.</li> <li>• Try adding cucumbers.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Slice radishes very thin.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Make recipe early in the demo so radishes have time to soak up the dressing.</li> </ul>

# Spinach

## Talking Points

### Preparation and Storage:

- Submerge greens in a bowl filled with water and agitate. Lift greens out of the water so that dirt falls to the bottom of the bowl.
- Store unwashed in a plastic bag in the refrigerator.
- Blanch before freezing.

### Nutrition:

- 1 cup raw = 7 calories
- Excellent source of vitamins A, K, and folate and a good source of vitamin C.

### Fun Facts:

- Spinach is related to beets and Swiss chard.
- Spinach can be used to make green food coloring.

### Kids Can:

- Rinse and dry.
- Tear leaves.
- Toss with dressing.

## Preparation Tips

**Ingredient Yield:** 1 pound = 6 cups

### Fruit and Spinach Salad

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose spinach with no yellow or brown leaves.</li> <li>• Substitute apples or other fruits for strawberries.</li> <li>• Radishes or sugar snap peas are a tasty addition.</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• If leaves are very large, chop them into bite-size pieces.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Add strawberries to spinach and raisins before tossing with dressing.</li> </ul>

### Spinach and Beans

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose spinach with no yellow or brown leaves.</li> <li>• If using a very large onion, only use half.</li> <li>• Two 15-ounce cans of great northern beans is 3½ cups.</li> <li>• Substitute other beans.</li> <li>• If you choose to substitute other greens, adjust cooking times accordingly.</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• If leaves are very large, cut in half.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• Add a little water as needed to prevent beans from sticking to the pan.</li> <li>• If using kale, cook for four minutes. For collard greens, cook 10 minutes. For Swiss chard, cook two minutes.</li> </ul>

# Strawberries

## Talking Points

### Preparation and Storage:

- Rinse under water and remove stems.
- Store unwashed in refrigerator in a container with holes.
- Freeze fresh and whole.

### Nutrition:

- 1 cup = 53 calories
- Excellent source of vitamin C and manganese.

### Fun Facts:

- The average size strawberry has about 200 seeds.<sup>21</sup>
- A strawberry is an unusual fruit because it has seeds on the outside.<sup>22</sup> Eat raw, cooked or pickled.

### Kids Can:

- Slice with a plastic knife.

## Preparation Tips

**Ingredient Yield:** 1 pint = 2½ cups whole = 1¾ cups sliced = 1¼ cup pureed

### Strawberry-Basil Sauce

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm, bright red strawberries with stems intact.</li> <li>• Consider adding other berries.</li> </ul>
<b>Sample Yield</b>	12 samples
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For a chunkier sauce, cook for five minutes after adding the honey and lemon juice.</li> </ul>

### Strawberry Pepper Salsa

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose firm, bright red strawberries with stems intact.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut peppers very small so they don't overpower strawberries.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For a mild onion flavor, soak red onion in the lemon juice for 10 minutes.</li> </ul>

<sup>21</sup> Smith, Paul. (2018). The book of seeds: A life-size guide to six hundred species from around the world. University of Chicago Press.

<sup>22</sup> "Fruit: plant reproductive body". In Encyclopedia Britannica online.

Retrieved from <https://www.britannica.com/science/fruit-plant-reproductive-body>

# Summer Squash

## Talking Points

### Preparation and Storage:

- Rinse under water.
- Store in refrigerator.
- Blanch before freezing.

### Nutrition:

- 1 cup = 21 calories
- Excellent source of vitamin C, good source of vitamin B6 and manganese.

### Fun Facts:

- Summer squash is high in water and low in calories.
- The flower of the summer squash (squash blossom or flor de Calabaza) is edible and delicious.

### Kids Can:

- Mix or toss with oil or dressing.
- Older children can grate.

## Preparation Tips

**Ingredient Yield:** 1 pound = 2 to 3 cups sliced

### Summer Squash and White Bean Salad

### Zucchini Spaghetti

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose squash with firm skin and no bruises.</li> <li>• Smaller squash have fewer seeds.</li> <li>• Substitute other herbs for rosemary.</li> <li>• Substitute other beans.</li> <li>• Substitute another acid for apple cider vinegar.</li> <li>• Tomatoes are a delicious addition.</li> </ul>	<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose squash with firm skin and no bruises.</li> <li>• Choose smaller squash for this recipe (smaller squash have fewer seeds). With fewer seeds, the “noodles” will hold together.</li> <li>• Basil is a good addition.</li> </ul>
<b>Sample Yield</b>	24 samples	<b>Sample Yield</b>	12 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut squash to a size similar to the beans.</li> </ul>	<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut squash on a slight bias into thin slices about 2½ inches long, then cut slices as thinly as possible in strips to make spaghetti.</li> <li>• Or use a peeler and make “tagliatelle” ribbons.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For a mild onion flavor, soak onion in the vinegar for 10 minutes and use mixture to make the dressing.</li> </ul>	<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To make a thicker sauce, reduce tomatoes before adding squash. If tomatoes aren’t reduced first, the sauce may get too thin since the squash releases liquid as it cooks.</li> </ul>

# Sweet Potatoes

## Talking Points

### Preparation and Storage:

- Scrub skin under water.
- Store in a cool, dry place (but not in the refrigerator).
- Cook before freezing.

### Nutrition:

- 1 cup, cooked = 180 calories, 6.6 grams fiber
- Excellent source of vitamins A, C and B6 and potassium.

### Fun Facts:

- Although sweet potatoes and potatoes both originated in Central and South America, they are not related.<sup>23</sup>
- Yams and sweet potatoes are different. Yams are starchier and have a thick, bark-like skin with off white, purple or red flesh. Sweet potatoes have a thick skin with yellow or orange flesh.

### Kids Can:

- Scrub.
- Mash with a fork.
- Cut cooked potatoes with a plastic knife.

## Preparation Tips

**Ingredient Yield:** 1 pound = 3 cups diced = 2 cup mashed

### Sweet Potato and Apple Stir-Fry

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose potatoes that are firm, with no soft spots.</li> <li>• Keep skin intact for longer storage.</li> <li>• Substitute pears for apples.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For extra ginger flavor, sweat ginger before adding water.</li> <li>• To prevent cinnamon from sticking, add additional water as needed.</li> </ul>

### Sweet Potato and Red Bean Chili

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose potatoes that are firm, with no soft spots.</li> <li>• Keep skin intact for longer storage.</li> <li>• May substitute other beans.</li> </ul>
<b>Sample Yield</b>	20 samples
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• For extra sweetness, caramelize onions and garlic on high heat before adding sweet potatoes.</li> </ul>

<sup>23</sup> Davidson, A. (2014). The Oxford Companion to Food. Oxford: Oxford University Press.

# Tomatoes

## Talking Points

### Preparation and Storage:

- Rinse gently under water.
- Store on counter. Only store in the refrigerator if overripe.
- Cook before freezing or freeze raw.

### Nutrition:

- 1 cup chopped = 32 calories
- Excellent source of vitamins C, good source of vitamin K.

### Fun Facts:

- Heirloom tomatoes are old breeds that have thin, delicate skin.
- Lycopene is the red pigment found in tomatoes and other red produce. It is found in its greatest concentration in cooked tomatoes (concentrates when cooked). The redder the tomato, the higher the lycopene content. Lycopene has strong anti-cancer and antioxidant properties.

### Kids Can:

- Squeeze or mash to make a sauce.
- Place sliced on a sandwich.
- Cut with a plastic knife.

## Preparation Tips

**Ingredient Yield:** 1 pound = 2½ cups chopped

### Easy Tomato Sauce

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose fragrant tomatoes that are firm, with no bruises.</li> <li>• Choose tomatoes with bold color and stems intact.</li> </ul>
<b>Sample Yield</b>	16 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• Cut tomatoes into small pieces to prevent large pieces of tomato skin in final dish.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To enhance the flavor, add the garlic before the tomatoes and sweat for three minutes.</li> </ul>

### Chilean Tomato Salad

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>• Choose fragrant tomatoes that are firm, with no bruises.</li> <li>• Choose tomatoes with bold color and stems intact.</li> <li>• Substitute cilantro for basil.</li> <li>• A variety of colorful cherry tomatoes are a great addition.</li> </ul>
<b>Sample Yield</b>	30 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>• It is crucial to slice onions as thinly as possible (think “a la pluma” – thin like a feather).</li> <li>• Cut larger tomatoes in bite-size wedges rather than slices.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>• To ensure onions don’t overpower the tomatoes, follow instructions in the recipe exactly (let onions sit for 20-30 minutes in salt.) This is called tempering.</li> </ul>

# Watermelon

## Talking Points

### Preparation and Storage:

- Scrub and rinse skin under water to remove excess dirt.
- Ripen on counter and move to refrigerator when ripe.
- Store cut up melon in refrigerator for up to three days.
- Cut up and freeze raw.

### Nutrition:

- 1 cup = 46 calories
- Watermelons are 92 percent water.

### Fun Facts:

- Cut watermelon should be tightly wrapped in plastic as it easily absorbs food odors.
- Rind can be stir-fried, pickled or substituted for cucumber.

### Kids Can:

- Cut with a plastic knife.
- Scoop out ball shapes.

## Preparation Tips

**Ingredient Yield:** 1 pound = 3 cups chopped

### Spicy Watermelon Relish

#### Selection and Substitution

- Select watermelon that is heavy for its size and has skin intact with no bruises.
- Choose melons that have a pale yellow spot on skin. This shows that they are ripe.

#### Sample Yield

24 samples

#### Special Prep

- Cut onion very small so it doesn't overpower other ingredients.

#### Cooking Notes

- To mellow the onion flavor, soak onion in the lime juice for 10 minutes before adding to the rest of the ingredients.

### Watermelon Black Bean Salsa

#### Selection and Substitution

- Select watermelon that is heavy for its size and has skin intact with no bruises.
- Choose melons that have a pale yellow spot on skin. This shows that they are ripe.
- Substitute peaches or other melons for watermelon.
- Corn or bell peppers are tasty additions.
- Substitute other beans.

#### Sample Yield

16 samples

#### Special Prep

- Cut melon to match bean size.

#### Cooking Notes

- To mellow the onion flavor, soak onion in the lime juice for 10 minutes before adding to the rest of the ingredients.

# Winter Greens

## Talking Points

### Preparation and Storage:

- Submerge greens in a bowl filled with water and agitate to wash. Lift greens out of the water so that dirt falls to the bottom of the bowl.
- Store in refrigerator in a plastic bag, with damp paper towel wrapped around stems.
- Blanch before freezing.

### Nutrition:

- 1 cup cooked = 45 calories
- Excellent source of vitamins A, C and K.

### Fun Facts:

- Winter greens taste sweeter after a frost. Greens protect their leaf tissues from freezing by converting stored starch into soluble sugars. This is called “wintered over” or “cold sweetness.”
- The stems of greens are very tasty sautéed or roasted.
- There are three common types of kale: curly, lacinato (dinosaur) and red Russian.
- Swiss chard is related to beets – it’s a root grown for its leaves only. Swiss chard stems are delicious when cooked with onions.

### Kids Can:

- Tear leaves, rinse and pat dry.

## Preparation Tips

**Ingredient Yield:** 1 bunch of kale = approximately 8 cups sliced

### Leafy Greens Salad with Apple Dressing

### Black-Eyed Peas and Collard Greens

<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>● Choose greens with bright, firm leaves.</li> <li>● Choose sweeter apples (e.g., Gala) to balance the acid in the dressing.</li> </ul>	<b>Selection and Substitution</b>	<ul style="list-style-type: none"> <li>● Choose greens with bright, firm leaves.</li> <li>● Substitute other cooking greens for collard greens and adjust cooking time accordingly. If using kale, cook for four minutes. Cook Swiss chard for two minutes.</li> <li>● For more acidity, add vinegar or extra tomato.</li> </ul>
<b>Sample Yield</b>	32 samples	<b>Sample Yield</b>	24 samples
<b>Special Prep</b>	<ul style="list-style-type: none"> <li>● To tenderize, cut greens very thinly.</li> </ul>	<b>Special Prep</b>	<ul style="list-style-type: none"> <li>● To tenderize, cut greens very thinly – they won’t have to cook as long.</li> </ul>
<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>● To tenderize, massage greens with a little salt and the lemon juice before adding chopped apple and dressing. Use the oil and vinegar to make dressing.</li> </ul>	<b>Cooking Notes</b>	<ul style="list-style-type: none"> <li>● If using kale, cook for four minutes. Cook Swiss chard for two minutes.</li> </ul>