

Beet Hash

4 SERVINGS

1 large russet potato, peeled and cut into 1/4-inch dice
1 large fresh beet, peeled, steamed, and diced
1 tablespoon olive oil
Kosher salt and freshly ground pepper
Olive oil
1 small onion, diced
A few drops of red wine vinegar

Preheat the oven to 400°F.

Toss the cut potatoes and beets with olive oil and season with salt and pepper. Place on a parchment-lined baking sheet and bake until vegetables are golden, about 25 to 30 minutes, stirring every 10 minutes.

Meanwhile, in a medium skillet over medium-low heat olive oil. Add the onions and season with salt, and continue to cook until the onions start to caramelize and turn golden, about 10 minutes. Add the roasted potatoes, beets, and chopped chard to the pan, and stir to combine cooking another 5 minutes. Add vinegar. Taste and adjust the seasoning, if necessary and serve immediately.

Cornbread

Adapted from *The Art of Simple Food* by Alice Waters

MAKES ONE 8- OR 9-INCH ROUND OR SQUARE LOAF

½ cup cornmeal
1 ½ cups unbleached all-purpose flour
2 tablespoons of honey
1 tablespoon baking powder
¾ teaspoon salt
1 ¼ cups milk
2 eggs
4 tablespoons (½ stick) butter, melted

Preheat the oven to 425°F.

Melt butter with honey.

Butter an 8- or 9-inch baking dish or cast iron skillet.

Mix together cornmeal, flour, honey, baking powder, and salt.

Pour milk into 2-cup measuring cup and whisk egg in.

Make a well in the dry ingredients and pour in the egg and milk mixture, and whisk or stir until well mixed and smooth. Stir in butter and honey.

Pour the batter into the prepared pan and bake for 20 minutes, or until the cornbread is brown on top and a toothpick inserted in the middle comes out clean.

Variation: For a crisper crust, put the cast-iron pan in the oven while it is preheating with 1 tablespoon butter. When the pan is hot, take it out of the oven, tilt it to distribute the fat evenly, and then pour it in the batter.

Fanny's Superfood Granola

Adapted from *My Pantry* by Alice Waters (forthcoming, September 2015)

MAKES 30 SERVINGS

4 cups gluten free oats
1 cup sliced almonds
¼ cup sesame seeds
½ cup pecans
½ cup walnuts
½ cup chia seeds, blended slightly
½ cup sunflower seeds
½ teaspoon cinnamon
½ teaspoon cardamom
1 teaspoon vanilla extract
¾ teaspoon sea salt
3 tablespoons coconut oil
3 tablespoons ghee
1/3 cup honey
¾ cup golden raisins
¾ cup shredded or flaked unsweetened coconut

Preheat oven to 350°F.

In a large bowl, mix together oats, almonds, sesame seeds, pecans, walnuts, chia seeds, sunflower seeds, cinnamon, cardamom, vanilla extract, and salt.

Measure coconut oil, ghee, and honey into a heavy-bottomed saucepan. Warm over low heat, stirring until combined.

Pour half of this mixture into the large bowl of dry ingredients and toss together. Add the second half and stir until the mixture is evenly moist.

Distribute the mixture evenly onto 1 rimmed half sheet or jellyroll pans (the sides are convenient when stirring the granola).

Bake for 10 minutes.

Pull pan from the oven and toss the granola with a spatula. Repeat three times more, every 5 minutes to insure even toasting.
Add the shredded coconut and raisins and cook for a final 5 minutes to lightly toast the coconut.

The entire mixture should be golden. Take out of the oven and cool completely.

Store in an airtight container.

Oat pancakes

Adapted from *My Pantry* by Alice Waters (forthcoming, September 2015)

MAKES 10 PANCAKES, 3 INCHES IN DIAMETER

MULTIPLY BY 25 TO FEED 120 PEOPLE

1 cup rolled oats

$\frac{3}{4}$ cups milk or almond milk

1 large egg

3 tablespoons ghee, coconut oil, or butter (or a combination), melted

$\frac{1}{2}$ teaspoon sea salt

1 teaspoon baking soda

$\frac{1}{2}$ teaspoon baking powder

Place the oats in a blender or food processor and blend until it is a fine powder (this shouldn't take more than 20 or 30 seconds). You will have about $\frac{3}{4}$ cup oat flour.

Beat the milk and egg together with a fork in a medium mixing bowl. Stir in the melted oils—I like a mix of ghee and coconut oil, which lends both buttery and coconutty flavor to the pancakes. Add the oat flour, salt, baking soda, and baking powder and stir just until combined. Let the batter sit for 10 minutes to thicken.

Heat a skillet over medium-high heat. Grease lightly with oil or butter and spoon on the batter, about $\frac{1}{4}$ cup per pancake. Cook the pancakes until a few bubbles on top have broken, then flip them over and cook until golden on both sides.

Berry Compote

Put 2 pints mixed berries (strawberries, blueberries, raspberries, and blackberries) in a small baking dish, lightly sprinkle with sugar, and bake at 350°F for 12 minutes.

Spanish Tortilla

Curt Clinger, Chef

SERVES 12

6 Tbsp plus 1 tsp olive oil

1.5 lbs. Yukon Gold potatoes, peeled, quartered, and cut into 1/4 round thin slices

Salt and pepper

8 large eggs

4 scallions, thinly sliced

Peel and thinly slice potatoes.

Beat and season eggs.

Fill the pan with olive oil to the bottom of rivet.

Heat on mid-high flame until the first whisp of smoke. Slide 1/4 round, thinly sliced potatoes in to pan.

Drain (but save) 2/3 of the oil.

Slide the potatoes with the remaining olive oil into beaten eggs and add scallions. Whisk well to separate the potato slices.

Return the pan to the burner. When it puts off the first whisp of smoke, slide everything in to the pan (it will be rather full.)

With a heatproof spatula, life the cooked egg and encourage the raw to flow under until it is getting pretty tight. Reduce the heat and flip the mass. Use the spatula to tuck in the edges, turn off the heat and allow the eggs to finish cooking before turning the tortilla out of the pan.

Slice and serve.

Tomato Cucumber Lentil Salad

SERVES 4-6

1 lb. green lentils
1 lb. cucumbers, sliced
1 lb. tomatoes, diced
1 red onion, thinly sliced
½ cup lemon juice
½ cup olive oil
Salt and pepper to taste

Cover the lentils in water double the volume of lentils. Cook the lentils until soft, about 15-20 minutes, then let cool in the water.

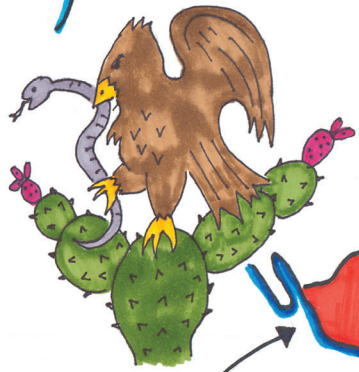
In the meantime, cover red onion in lemon juice for 20 minutes.

Drain lentils, and drain (but save) lemon juice from onions.

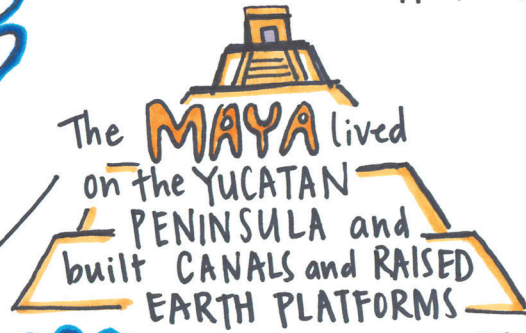
Mix the cucumber, onion, tomato, and lentils in a bowl. Add olive oil and season with salt and pepper and reserved lemon juice to taste.

Three CIVILIZATIONS of the AMERICAS

How does GEOGRAPHY influence AGRICULTURE?



The **AZTEC** lived on LAKE TEXCOCO and built CHINAMPAS and CANALS

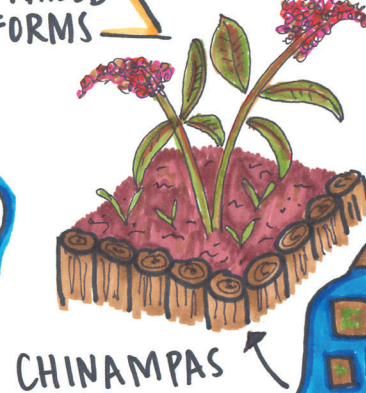


The **MAYA** lived on the YUCATAN PENINSULA and built CANALS and RAISED EARTH PLATFORMS

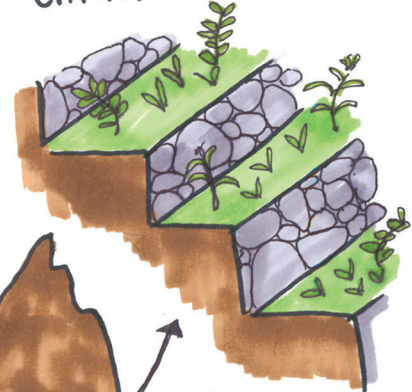


RAISED EARTH PLATFORMS + CANALS

The **INCA** lived in the ANDES MOUNTAINS and built TERRACES on the steep slopes



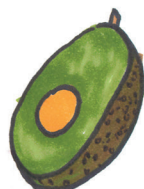
CHINAMPAS



TERRACES



Calabaza



aguacate



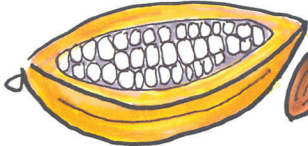
amaranto



maize



miel



cacao



chili



tomate



frijoles



papas



Three CIVILIZATIONS ^{of the} AMERICAS

An Edible Schoolyard Lesson

CORN TORTILLAS

Ingredients

3 cups masa harina
½ teaspoon salt
2¼ cups warm water

Directions

In a large mixing bowl, combine masa harina, salt, and warm water. Knead the dough by hand until it is smooth and no longer sticky. If the dough feels dry and crumbly, add water, one tablespoon at a time. If it feels sticky, add masa harina, one tablespoon at a time.

Roll the dough into 1-inch balls. You will get around 25. Let sit while you heat a dry cast iron griddle or skillet over medium heat.

Cut two pieces of parchment paper and line the inside surfaces of the tortilla press. Place one dough ball in the center of the press, close it, and press gently. Open the press, peel the tortilla off the liner, and place on skillet.

Cook tortillas for 1–2 minutes per side, flipping once. Stack cooked tortillas and wrap in a clean towel to keep them warm and soft.



Serves 10 students as a tasting portion



Corn was a staple crop of the Aztecs who devoted much of their time to processing whole food crops for eating—in the case of corn, a process known as nixtamalization. Students compare the production and taste of corn tortillas made from freshly ground and nixtamalized dent corn with ones made with commercially processed masa harina, a relatively recent innovation.

WHAT ARE STUDENTS LEARNING?

Communication

Students discuss pros and cons of three methods of corn processing, drawing on their personal experience to formulate and defend opinions in a respectful way.

Sustainability

Students discuss sustainability and labor in the food system by comparing different methods of corn processing throughout history.

Cooking Skills

By trying three different methods of grinding corn by hand, students learn how to prepare masa before using a tortilla press to form fresh tortillas, and then practice cooking them on a griddle.

Nourishment

Students taste and compare the qualities of nixtamalized corn and non-nixtamalized corn and eat freshly made organic corn tortillas.

Academics

Students compare and contrast the geographic, political, economic, religious, and social structures of the Meso-American and Andean civilizations and study the roles of people in each society.

This fulfills: History & Social Science content standards; Common Core State Standards (ELA): following a multistep procedure, collaborative discussion, and speaking and listening; Health & Wellness standards: identifying nutrients, differentiating between health-promoting diets and ones linked to disease, and preparing nutritious food.



To download printable copies of this placemat and full lesson plan, visit edibleschoolyard.org/tortillas

Tortilla Soup

Adapted from *The Art of Simple Food* by Alice Waters

MAKES 2 QUARTS; 10 SERVINGS

Soup

1 ½ quarts chicken broth (recipe below)
½ chicken breast half (with skin and bones for best flavor) or 4 thighs
½ cup peanut or vegetable oil
4 corn tortillas, cut into ½ inch strips
2 tablespoons olive oil
1 Anaheim green pepper, seeded and thinly sliced
½ medium yellow onion, thinly sliced
2 garlic cloves, thinly sliced
Salt
2 tomatoes, peeled, seeded, and diced; or 3 small canned whole tomatoes, diced (juice included)
1 dried chipotle chile, seeds removed

Garnishes

½ cup chopped cilantro
6 lime wedges
About 4 ounces crumbled queso fresco or grated Monterey Jack cheese
½ cup peeled and shredded jicama
½ cup julienned radish
1 cubed avocado

Heat chicken broth to a simmer.

Add chicken breast or thighs and cook at a bare simmer until done, about 20 minutes. Turn off the heat, transfer chicken to a plate, and let cool. Remove and discard the skin and bones and shred the meat.

Pour peanut or vegetable oil into a 8-inch heavy-bottomed skillet over medium-high heat.

Add the tortilla strips and fry in small batches until golden brown or crispy. Drain on paper towels and season with salt.

In place of frying, you may also toss tortillas strips with a tablespoon of oil and roast in oven.

Heat olive oil in a large heavy pot.

Add Anaheim green pepper, yellow onion, garlic cloves, and salt.

Cook until soft, about 5 minutes. Pour into hot broth, then add tomatoes, chipotle chile, and salt.

Bring to a boil and then turn down to a simmer and cook for 30 minutes.

Add the shredded chicken meat and heat through, but do not boil. Taste for salt and adjust as needed.

Place tortilla strips and garnishes into individual bowls and pour hot soup over.

Vinaigrette

The Art of Simple Food by Alice Waters

1 tablespoon red wine vinegar
Salt
Fresh ground black pepper
3 to 4 tablespoons extra-virgin olive oil

At its simplest, vinaigrette is a mixture of vinegar and oil in a ratio of 1 part vinegar to about 3 or 4 parts oil. Start by estimating roughly how much vinaigrette you will need. This depends on what you're using it for; a quarter cup is more than enough for four servings of green salad, for example, but you really never need to measure out exact amounts. Start by pouring vinegar into a bowl. Dissolve a pinch of salt in it and taste for balance. Try adding salt bit by bit and tasting to see what happens. How much salt is too much? How much salt is too little? What tastes best? If you add too much salt, just add a touch more vinegar.

Grind in some black pepper and whisk in the oil. The vinaigrette should taste brightly balanced, neither too oily nor overly acidic. Adjust the sauce, adding more vinegar if you've added too much oil, salt, if it needs it.

Pour red wine vinegar into a small bowl.

Add salt and fresh-ground black pepper.

Stir to dissolve the salt, taste, and adjust if needed. Use a fork or small whisk to beat in olive oil, a little at a time.

Taste as you go and stop when it tastes right.

Rule of thumb: 1:4 ; 1 part vinegar: 3 to 4 parts oil

Variations: Add a little puréed garlic or diced shallot, or both, to the vinegar. Beat in a little mustard before you start adding the oil.

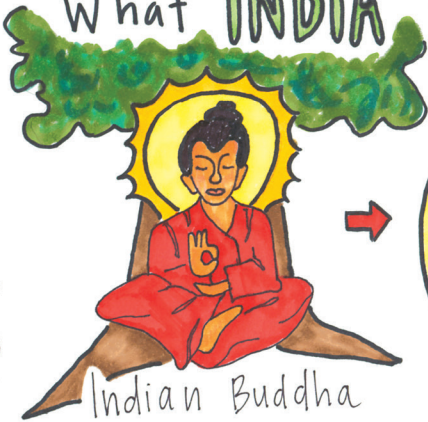
INDIA

and
the

Silk Road

What **INDIA** gave:

IDEAS

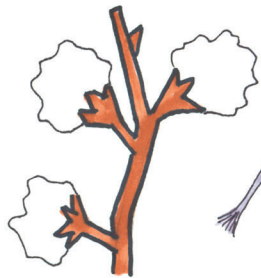


Indian Buddha



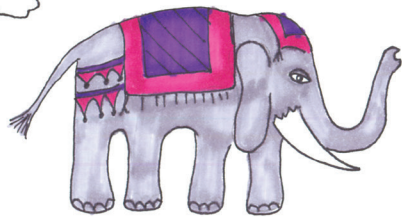
Chinese Buddha

GOODS

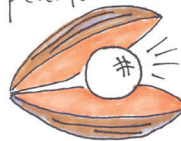


Cotton

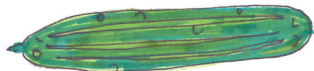
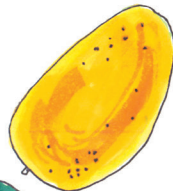
Ivory



pearls



mango



cucumber



Spices

ginger



eggplant



The **WESTERN** Silk Road
connected **KASHGAR**
to **ROME** and
EGYPT through
the **PAMIR MOUNTAINS**.

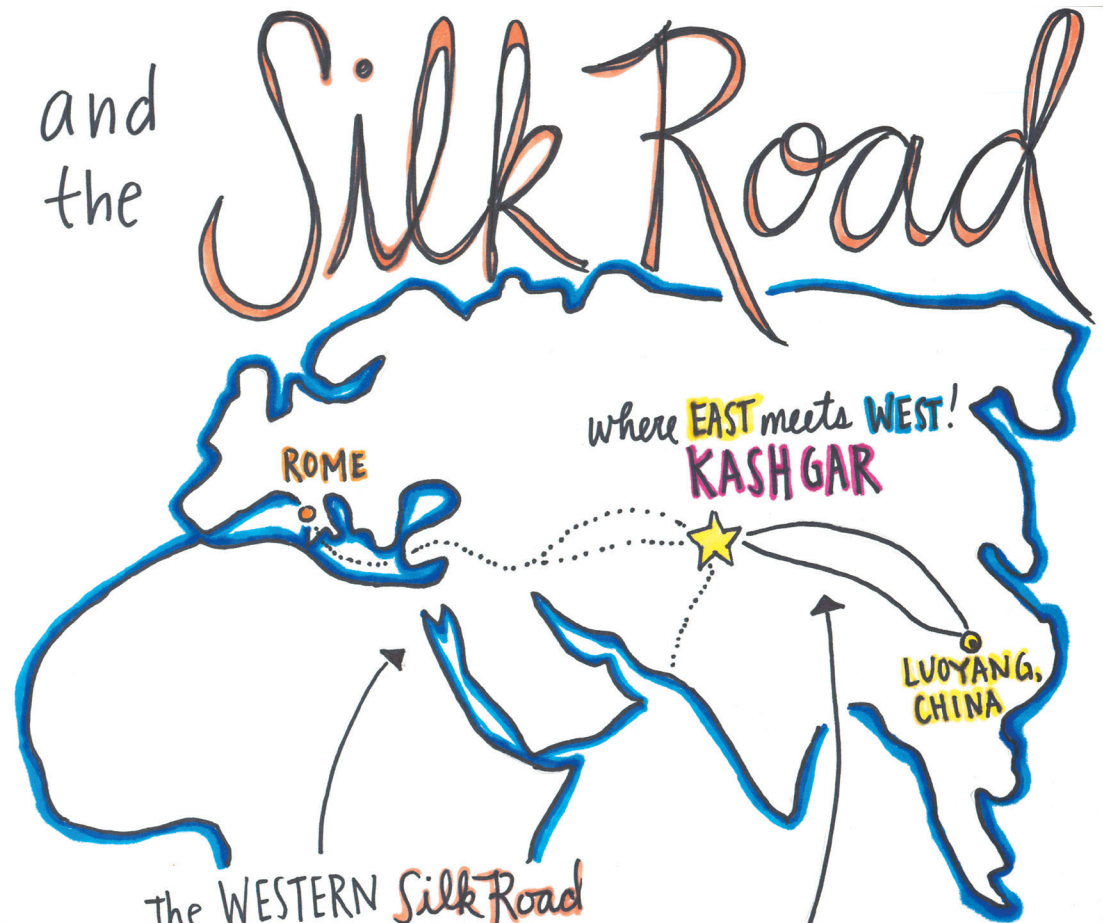
Merchants
traveled
via **YAK**



and once they reached
the **MEDITERRANEAN SEA**
they traveled to **ROME**
via ship

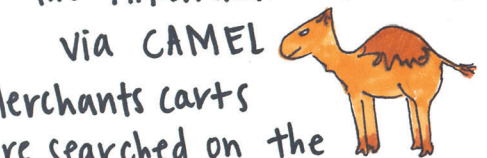


where **EAST** meets **WEST!**
KASHGAR



The **EASTERN** Silk Road
connected **KASHGAR** to
LUOYANG (China's capital)
Merchants traveled through
the **TAKLIMAKAN DESERT**
via **CAMEL**

Merchants carts
were searched on the
way out of **CHINA** to prevent



SILK WORM
SMUGGLING

INDIA and the Silk Road

An Edible Schoolyard Lesson

INDIAN VEGETABLE CURRY

For the Vegetable Curry

2 tablespoons olive oil
1 onion, peeled and diced
2 tablespoons curry spice mix
4 carrots, peeled and sliced
6 potatoes, diced
1 cup cooked garbanzo beans
2 cups coconut milk
4 cups vegetable stock
1 bunch of greens
(chard, kale, collards)
Salt and pepper to taste

Directions

In a dry skillet over medium high heat, lightly toast the coriander, cardamom, mustard seeds, and cumin until fragrant (about 30 seconds).

Combine the toasted spices in a mortar and pestle. Add the chili flakes, peppercorns, and turmeric. Grind to a powder. Set aside.

Heat the olive oil in a large pot and add the diced onions and curry spice mix. Sauté over medium heat for 3-5 minutes.

Add the carrots, potatoes, garbanzo beans, and coconut milk. Bring to a simmer and add the vegetable stock. Simmer until the potatoes are tender.

Add the greens, let them wilt, and season with salt and freshly ground pepper. Serve over brown basmati rice.

Serves 10 students as a tasting portion

For the Curry Spice Mix

½ tablespoon coriander seeds
2 cardamom pods
½ tablespoon mustard seeds
⅛ teaspoon black peppercorns
½ tablespoon cumin seeds
¼ teaspoon chili flakes
½ tablespoon ground turmeric

Other Ingredients

Brown basmati Rice



Traveling along the Silk Road, students stop in Kashgar to make a Vegetable Curry and discover the ideas, good, and foods that people there shared with other regions along the major trans-Eurasian trade route.

WHAT ARE STUDENTS LEARNING?

Communication

With a focus on spices, students discuss their own preferences and negotiate with others to determine the best curry mix for the group.

Sustainability

With a focus on climate and geography, students explore which particular crops can be grown in different regions.

Cooking Skills

Students learn to toast and grind fresh spices to produce more intense flavors, and that cooking spices in oil can help extract and further intensify those flavors.

Nourishment

Students devour a flavorful, satisfying, healthful, and organic vegetable curry prepared with freshly toasted and ground spices served with steamed brown rice.

Academics

Students study the significance of the trans-Eurasian “silk roads” in the period of the Han Dynasty and Roman Empire.

This fulfills: History & Social Science content standards; Common Core State Standards (ELA) for integrating information presented in different formats, following a multistep procedure, integrating quantitative or technical information, collaborative discussion, speaking and listening, and language.



To download printable copies of this placemat and full lesson plan, visit edibleschoolyard.org/curry

7 Vegetable Curry with Chickpeas

Adapted from Moroccan-Style Braised Vegetables, *In the Green Kitchen* by Alice Waters

SERVES 10

Chickpeas

½ pound (1 cup) dried chickpeas, picked over and soaked overnight
1 small onion, peeled and halved
½ cinnamon stick
1 small dried red chile
2 tablespoons olive oil
Salt

Drain chickpeas, put them in a medium pot, and add water to cover by 1 ½ inches.

Add the onion, cinnamon stick, chile, olive oil, and a generous pinch of salt.

Bring to a boil, reduce the heat, to maintain a simmer, and cook gently until the chickpeas are tender, about 45 minutes. Taste for salt.

Remove from heat and allow the chickpeas to cool in the cooking liquid.

Vegetable Curry

Salt
½ pound carrots
1 pound baby turnips
1 ½ pounds butternut squash
4 tablespoons olive oil
1 teaspoon cumin seeds
1 teaspoon coriander seeds
A pinch of saffron threads
½ teaspoon ground turmeric
1/8 teaspoon cayenne pepper
1 large onion, peeled and diced
2 celery stalks, diced
One 14-ounce can whole tomatoes
2 cloves garlic, peeled and chopped
1 teaspoon finely grated fresh ginger

Preheat the oven at 400°F.

Bring a large pot of water to a boil and season with a generous amount of salt. Peel and halve the carrots and cut on the diagonal into 1-inch segments. Trim the turnips and cut into halves or quarters. Cook the carrots and turnips in separate batches until just tender, about 5 minutes. Spread the vegetables on a baking sheet to cool at room temperature.

Peel and seed the squash, and cut into 1-inch chunks. Put the squash on a baking sheet, drizzle with 1 tablespoon of the olive oil, and toss to coat evenly. Spread the squash out to even layer, season with salt, and roast in the oven until tender, 15 to 20 minutes. Set aside at room temperature.

Lightly toast the cumin seeds, coriander seeds, and saffron, and grind to a powder with a mortar and pestle or in a spice grinder. Add the turmeric and cayenne, and store to combine.

Warm a large straight-sided skillet over medium heat. Add the remaining 3 tablespoons of olive oil, followed by the onion, celery, and a pinch of salt. Cook for 5 minutes, stirring occasionally. Drain the tomatoes and cut into ¼-inch dice. Add the tomatoes to the skillet and cook for 2 minutes or until vegetables are tender. Add the spices, garlic, and ginger, and cook for 2 minutes more. Add the chickpeas and the cooking liquid, and bring to a simmer. Add the squash, carrots, and turnips. At this point, there should be a nice amount of broth in the pan – like a chunky soup. If not, add water as necessary. Taste for salt, and simmer for 5 minutes.

Cilantro Chutney

Adapted from Charmoula, *The Art of Simple Food* by Alice Waters

MAKES ABOUT 1/2 CUP; SERVES 8

One 1-inch piece of fresh ginger, peeled

1 jalapeño, seeds and veins removed

1 cup extra-virgin olive oil

Salt

1 cup flat-leaf parsley leaves

1 cup cilantro leaves and stems

Juice of 1 lime

1 garlic clove, pounded into a purée

Put ginger, jalapeño, olive oil, and salt in a blender.

Blend until smooth and add parsley leaves and cilantro leaves and stems.

Blend until the leaves are chopped, but there is still some texture. Pour into a bowl and season with lime juice and garlic purée.

Taste for salt and acid and adjust as desired. Let sit for 10 minutes for the flavors to marry.

Jeweled Saffron Rice

Adapted from *In the Green Kitchen* by Alice Waters

8 SERVINGS

1 cup long grain brown rice
1 ½ teaspoons salt
1 tablespoon unsalted butter
A pinch of saffron threads, lightly toasted
1/3 cup golden raisins
1/4 cup toasted pine nuts or toasted almonds, chopped

Rinse the rice under cool water until the water runs clear. Bring 2 cups of water to a boil in a medium saucepan, and add the salt. Add the rice to the boiling water, and continue to boil, uncovered, for 6 minutes, stirring occasionally. Drain well, and return the rice to the pot. Add the butter and 3 tablespoons of water, cover tightly, and cook over low heat for 20 minutes. Turn off the heat and let the rice sit for 10 minutes.

Meanwhile, pound the saffron threads to a powder using a mortar and pestle. Add 2 teaspoons hot water and stir to combine. Remove 1/3 cup of the rice from the pan and put it in a small bowl. Add the saffron water to the rice and stir until the rice is stained yellow. (Or if your mortar is large enough, add the rice directly to the saffron water in the mortar.) There shouldn't be any excess liquid. If there is, pour off the liquid. Return the rice to the pan, and stir gently to fluff and combine the white and golden grains of rice.

Plump the raisins: Warm 1/2 cup of water, add raisins and let sit to tenderize. Drain excess water.

Toast nuts at 350 °F for 7 minutes or until lightly toasted.

Add golden raisins, and stir in toasted pine nuts or almonds just before serving.

Hummus

Adapted *The Art of Simple Food* by Alice Waters

MAKES ABOUT 2 1/2 CUPS

2 1/4 cups cooked chickpeas
1/4 cup tahini (sesame seed paste)
2 tablespoon fresh lemon juice
1 garlic cloves, peeled and pounded into a purée
1/2 teaspoon cumin
1/2 teaspoon coriander seed
1/8 tablespoon cayenne
2 tablespoon extra-vinegar olive oil
Salt

Prepare chickpeas using recipe below.

Drain the cooked beans, reserving 1/4 cup of the cooking liquid.

Purée with a food mill or in a food processor blender.

Stir in tahini, lemon juice, garlic, olive oil, cumin, coriander seed, cayenne, and salt.

Mix until smooth, adding some of the cooking liquid if needed. Garnish with a drizzle of olive oil.

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Chickpeas

1/2 pound (1 cup) dried chickpeas, picked over and soaked overnight
1 small onion, peeled and halved
1/2 cinnamon stick
1 small dried red chile
2 tablespoons olive oil
Salt

Drain chickpeas, put them in a medium pot, and add water to cover by 1 1/2 inches.

Add the onion, cinnamon stick, chile, olive oil, and a generous pinch of salt.

Bring to a boil, reduce the heat, to maintain a simmer, and cook gently until the chickpeas are tender, about 45 minutes. Taste for salt.

Remove from heat and allow the chickpeas to cool in the cooking liquid.

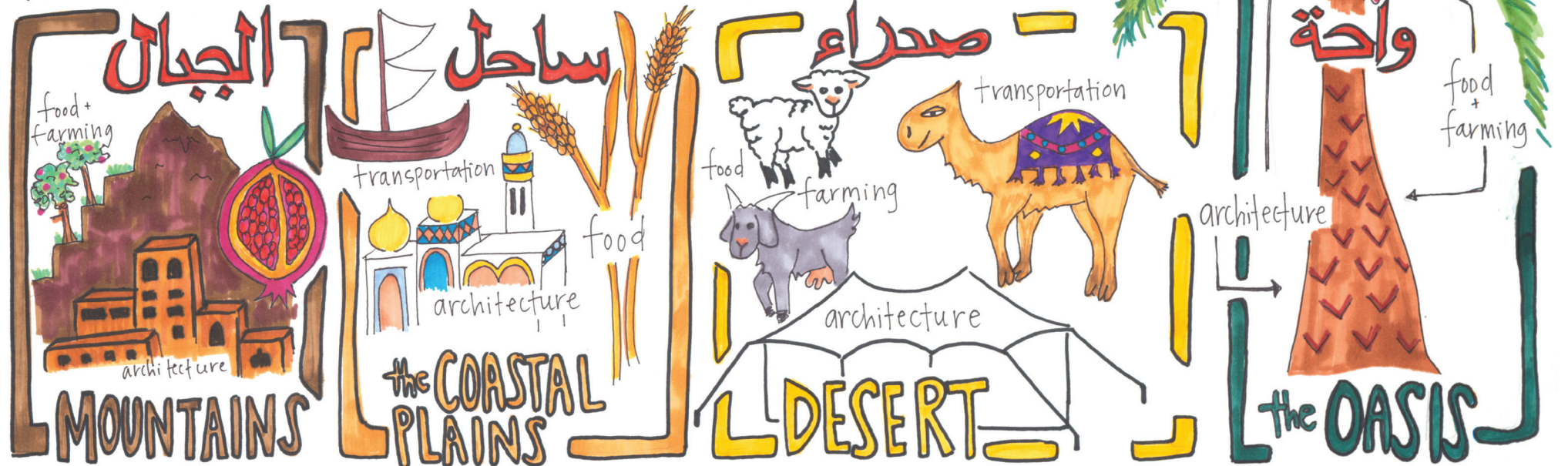
the ARABIAN

- OASIS
- DESERT
- MOUNTAINS
- COASTAL PLAINS

PENINSULA



How do GEOGRAPHY and CLIMATE influence FOOD and CULTURE?



the ARABIAN PENINSULA

An Edible Schoolyard Lesson

MIDDLE EASTERN MEZE PLATTER

For the Hummus

2 cups cooked garbanzo beans	2 tablespoons lemon juice
1 clove garlic	2 tablespoons parsley, chopped
2 tablespoons tahini	Salt and pepper

Combine garbanzo beans, garlic, tahini, lemon juice, and parsley and blend until smooth with an immersion blender or food processor. Add salt and pepper to taste and add water to thin, as needed. Serve with pita or fresh vegetables.

For the Pita Bread

1 cup organic whole wheat flour	1 teaspoon salt
1½ cups organic all purpose flour	2 teaspoons olive oil
1 teaspoon yeast (½ package)	1 egg
1 tablespoon sugar	1 cup water

Combine ingredients in a mixing bowl and knead until well mixed. Let stand one hour. Heat oven to 550° or broil. Roll the dough into 1½-inch balls. You will get about 15. Press or roll each ball into a very flat disk. Place on a cookie sheet and bake for 4–5 minutes until lightly toasted.

For the Yogurt Sauce

¾ cup plain yogurt
½ cup radish, carrot, or cucumber, grated
1–2 cloves garlic, pounded to a paste with mortar and pestle
15 mint leaves, chopped
Pinch of salt

Pour yogurt into medium mixing bowl. Mix in grated radish, carrot, or cucumber. Mix in pounded garlic and chopped mint leaves. Salt to taste.

Serves 10 students as a tasting portion

A Middle Eastern meze platter offers a taste of the four climatic regions of the Arabian Peninsula and a chance to learn how geography and agriculture influenced the lives of people from each region.

WHAT ARE STUDENTS LEARNING?

Communication

Students work in small teams to complete a multi-dish meal, while also coordinating timing and dividing responsibility overall.

Sustainability

Students learn how landscapes and weather patterns determine agricultural practices and regional diets. The interdependence of people and nature is exemplified by the climate-dependent crop the date palm, which nomadic people of the Arabian Peninsula used to feed, clothe and shelter themselves.

Cooking Skills

Students learn to safely operate and clean an immersion blender, and how to prepare crudité, a simple snack of raw sliced vegetables.

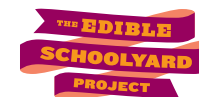
Nourishment

Students delight in making organic hummus—a popular healthy snack that many eat at home but have never made themselves—and baking organic whole wheat pita bread with flour grown and ground by students in Edible Schoolyard garden classes.

Academics

Students discuss the exchanges of plants, animals, technology, culture, and ideas among Europe, Africa, Asia, and the Americas in the fifteenth and sixteenth centuries.

This fulfills: History & Social Science content standards; Common Core State Standards (ELA) for collaborative discussion, integrating information in different formats, speaking and listening; Health & Wellness standards for making healthy food choices, safe food handling, and preparing nutritious foods.



To download printable copies of this placemat and full lesson plan, visit edibleschoolyard.org/mezeplatter

Quinoa Tabbouleh

The Edible Schoolyard Berkeley

2 cups cooked quinoa
1 clove garlic
1 cucumber, peeled and diced
1 tomato, peeled and diced
1 large bunch flat-leaf parsley, roughly chopped
½ bunch mint, finely chopped
2 tablespoons lemon juice
½ cup olive oil
2 tablespoons champagne vinegar
Salt and pepper

In a large bowl, combine quinoa, parsley, mint, cucumber, and tomato.

In a small bowl, whisk the lemon juice, olive oil, and champagne vinegar, add salt and pepper to taste.

Drizzle dressing over quinoa and toss gently.

Turkey Meatballs with Ginger Tomato Sauce

Turkey Meatballs

Jersusalem by Yotam Ottolenghi and Sami Tamimi

MAKES 27 1 OUNCE MEATBALLS

1 pound / 500 grams ground turkey
1 large zucchini, coarsely grated (2 cups/ 200 gram in total)
3 green onions, thinly sliced
1 large free-range egg
2 tablespoons chopped mint
2 tablespoons chopped cilantro
2 cloves garlic, crushed
1 teaspoon ground cumin
1 teaspoon salt
½ teaspoon freshly ground black pepper
½ teaspoon cayenne pepper
about 6 ½ tablespoon / 100 ml of olive oil

Preheat the oven in 425°F.

Prepare tomato sauce (recipe below), set aside.

In a large bowl, combine all the ingredients for the meatballs except the olive oil. Mix with your hands and then shape into about 18 burgers, each weighing about 1 ½ ounces / 45 grams.

Pour enough sunflower oil into a large frying pan to form a layer about 1/16 inch thick on the pan bottom. Heat over medium heat until hot, then sear the meatballs in batches on all sides. Cooks each batch for about 4 minutes, adding oil s need, until golden brown.

Coat a baking sheet with oil. Arrange meatballs 1” apart and drizzle with oil. Place in oven for 12 minutes.

Put 1/2 tomato sauce in a baking dish, add a layer of meatballs, and coat with the remaining 1/2 of the sauce. Cover and place in the oven for 10 minutes.

Ginger Tomato Sauce

Adapted from Simple Tomato Sauce, *The Art of Simple Food* by Alice Waters

MAKES ABOUT 2 CUPS

2 pounds ripe tomatoes

5 large garlic cloves

¼ cup extra olive oil

1 1-inch piece of fresh ginger,

Small yellow onion, sliced

Salt

Peel, seed, and dice tomatoes. Save the juice, strain out the seeds, and add the juice to the diced tomatoes. Peel garlic cloves and fine chop with ginger. Put a heavy-bottomed pot over medium heat and when hot, pour in olive oil. Add the onion and sauté until translucent, add garlic and ginger. After it starts to sizzle, immediately add the tomatoes and their juice with a large pinch of salt. Cook at a simmer for 15 minutes.

Whole Wheat Pita Bread

Adapted from *My Pantry* by Alice Waters (forthcoming, September 2015)

MAKES ABOUT 16 TO 18 PITAS

2 teaspoons dry yeast
2½ cups lukewarm water
3 cups whole-wheat flour
1 tablespoon salt
1 tablespoon olive oil
2 to 3 cups all-purpose flour

To make the sponge: In a large bowl, sprinkle the yeast over the warm water and stir to dissolve. Mix in the whole wheat flour, one cup at a time, and continue to stir clockwise for another minute or so. Let the sponge rest for about 15 minutes, or up to 2 hours.

To make the dough: Sprinkle the salt over the sponge, add the olive oil, and mix until combined. Add the all-purpose flour, a cup at a time, until the dough is too stiff to stir. (I prefer a wet dough, so I often use less than 3 cups[P1] .) Turn the dough out onto a lightly floured surface and knead for about 10 minutes, or until smooth and elastic. Rinse out the bowl, dry, and oil lightly. Return the dough to the bowl and cover the surface of the dough with a damp towel. Let rise until doubled in bulk, about 1½ hours. (At this point, you could refrigerate your dough, letting it rise in the refrigerator overnight rather than at room temperature.)

Line three baking sheets with parchment paper. Divide the dough in half, and cover one half with a damp towel. Divide the other half into 8 equal portions weighing about 3¾ ounces each. Roll each piece of dough into a round ball and cover with the towel. On a lightly floured surface, gently use your hands to pat each portion into a 5- to 6-inch circle about ¼-inch thick. (If you prefer, you can use a rolling pin, but be sure to not roll the dough too thin, or the bread may not form an air pocket.) Place the disks on the parchment-lined baking sheets, about 1 inch apart, and cover with towels to prevent a skin from forming. Make 8 more pitas from the remaining dough, and let all the disks proof for about 30 minutes.

If you have one, put a baking stone in your oven, and preheat the oven to 450° F. Bake the breads on the sheet pans for 4 minutes without opening the oven. After four minutes, flip the pitas over so that both sides remain soft and bake for an additional 3 to 4 minutes, until each pita has puffed up like a balloon. Wrap the hot pitas in a clean kitchen towel to let them steam and soften as they cool. If you need to bake more than one batch, let the oven come back up to temperature for 5 minutes before doing so.

Yogurt Sauce

The Edible Schoolyard Berkeley

$\frac{3}{4}$ cup plain yogurt

$\frac{1}{2}$ cup carrot or cucumber, grated

1 clove of garlic pounded to past in mortar and pestle

5 sprigs of mint leaves, chopped

Salt

Pour yogurt in medium mixing bowl. Add grated carrot or cucumber to yogurt. Add pounded garlic and chopped mint leaves to yogurt sauce. Salt to taste.

Ghanaian Black Eyed Peas with Sweet Spices

The Edible Schoolyard Berkeley

SERVES 10

4 cups cooked black-eyed peas
½ cup Spiced Butter or 1 stick unsalted butter
1 medium red onion – peeled and minced
2 cups chopped tomatoes
1/4 teaspoon chili flakes
4 cloves garlic – peeled and minced
3 tablespoons minced ginger root
1 tablespoon berbere or chili powder
2 cups coconut milk
1 teaspoon turmeric
1 cup water
2 teaspoons salt
2 sprigs cilantro, leaves chopped
2 scallions, thinly sliced

Melt the butter in a heavy pot over medium heat. Add the onion, tomato, and chili flakes and sauté until onions are tender. Add the garlic, ginger, Berbere or chili powder, coconut milk, and turmeric when simmering, add the black-eyed peas, water, and salt. Simmer 8-10 minutes, stir in cilantro and scallions.

Serve with long grain brown rice, cilantro, and lime zest.

Spiced Butter

The Edible Schoolyard Berkeley

MAKES 2 1/2 TABLESPOONS

1/4 pound unsalted butter
1/8 red onion, coarsely chopped
1/4 garlic clove, minced
1/4 3-inch piece of ginger, peeled and chopped
1/4 teaspoon fenugreek seeds
1/4 teaspoon ground cumin
1/4 teaspoon cardamom seeds
1/4 teaspoon dried oregano
1/8 teaspoon ground turmeric
2 basil leaves

Melt the butter in a medium saucepan over low heat, stirring frequently. As foam rises to the top, skim and discard it. Continue cooking, without letting the butter brown, until no more foam appears. Add the onion, garlic, ginger, fenugreek, cumin, cardamom, oregano, turmeric, and basil and continue cooking for 15 minutes, stirring occasionally. Remove from heat and let stand until the spices settle. Strain through a fine-mesh sieve before using.

Berbere

MAKES 1/2 CUP

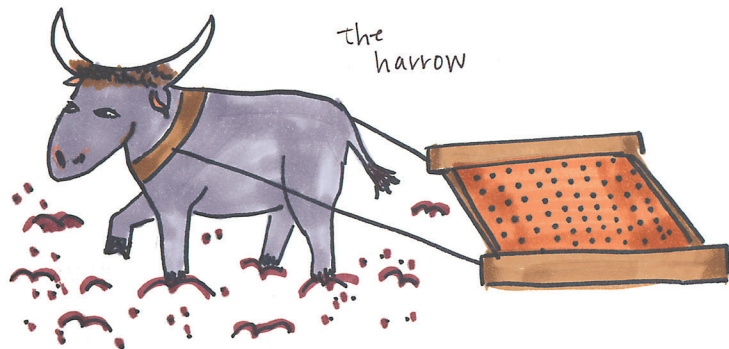
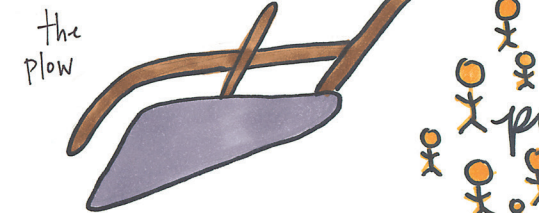
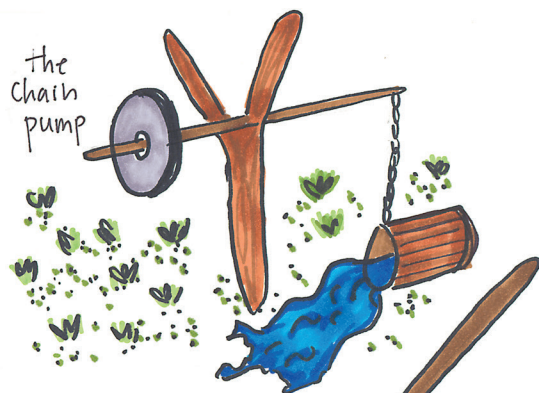
1/2 teaspoon fenugreek seeds
1/4 cup ground dried serrano chillies
1/3 cup paprika
1 tablespoons salt
1 teaspoons ground ginger
1/2 teaspoon ground cardamon
1/2 teaspoon ground nutmeg
1/4 teaspoon garlic powder
1/8 teaspoon ground cloves
1/8 teaspoon ground cinnamon
1/8 teaspoon ground allspice

Finely grind the fenugreek seeds with a mortar and pestle. Stir together with the remaining ingredients in a small bowl until well combined.

CHINA and RICE

How do ADVANCES in AGRICULTURE shape CULTURE?

NEW TOOLS + a new VARIETY of QUICK GROWING RICE



improved AGRICULTURE

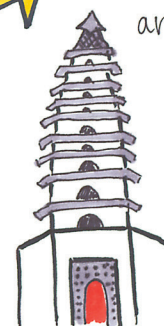
RICE SURPLUS:
an EXCESS of production



TRADE and COMMERCE



CULTURE



URBANIZATION

CHINA and RICE

An Edible Schoolyard Lesson

VEGETABLE FRIED RICE

Ingredients

2 tablespoons olive oil
4 garlic cloves, peeled and minced
1 tablespoon fresh ginger, peeled and minced
5 cups assorted vegetables (bok choy, tatsoi, carrots, chard, scallions, celery, peas, squash), washed and chopped
5 cups cold cooked long grain brown rice
2 teaspoons toasted sesame oil
5 eggs lightly beaten
¼ cup soy sauce
Salt and pepper

Directions

In a large, heavy bottomed frying pan or wok, heat the olive oil over medium heat.

Add the garlic and ginger and cook for 30 seconds. Add the crunchy vegetables (carrots, celery, etc.) and sauté for about five minutes until cooked through but still a little crisp.

Add the leafy vegetables (bok choy, scallions, etc.) and cook for a few more minutes.

Add the rice and sesame oil, stirring to combine. When the rice is hot, add the eggs and soy sauce, cooking until the eggs are dry.

Season with salt and pepper.



Serves 10 students as a tasting portion.

Vegetable Fried Rice takes students to Song Dynasty China, where innovations in agriculture produced a rice surplus, creating cultural, technological, and scientific developments that profoundly shaped that period of human history.

WHAT ARE STUDENTS LEARNING?

Communication

With a focus on seasoning and flavors, students advocate for their own preferences and account for others' to arrive at a solution that works for everyone at the table.

Sustainability

Students study the advantages of biodiversity and selecting for traits in crop varieties that respond well to particular growing conditions and methods, while ensuring sustainable production.

Cooking Skills

Students learn to cut vegetables into small, uniform pieces, that cutting on the bias increases surface area to speed cooking time, and to not overcrowd the wok, because high heat is essential to the flavor of the dish.

Nourishment

Students study how consistent and ample access to food in Song Dynasty China enabled major scientific and cultural development, and how a delicious, quick-to-cook organic vegetarian meal with readily available leftovers can support their own health and well-being.

Academics

Students study agricultural developments in Song Dynasty China.

This fulfills: History & Social Science content standards; Common Core State Standards for collaborative discussion, integrating information in different formats, speaking and listening, and language; and Health & Wellness standards for choosing healthy foods; safe food handling; and preparing nutritious foods.



To download printable copies of this placemat and full lesson plan, visit edibleschoolyard.org/friedrice