

Cooking From The Garden

Maine Learning Results: ELA:A3, Math:M2, F2

Purpose: To enjoy, appreciate and celebrate the garden as well as learn about harvesting and food preparation by cooking a meal from the garden. This is a great lesson to invite board members, administration and anyone that you want to impress with your garden.

Key Concepts:

- Healthy food starts with fresh, whole ingredients
- Food tastes better and is better for you when it is fresh
- Food preparation is no mystery, you just need to follow the directions
- This lesson provides an experience that is missing from or undervalued in many kids' lives today; the preparation of food directly out of the garden, which gives kids an understanding of our direct connection to the land and empowers them to be able to grow and cook their own food with the understanding that all of our food comes from the earth.

Notes:

- *This activity is designed for mid-september in Maine, using produce that will be ready in the garden at that time.*
- *This activity requires some pre-organizing. Parent volunteers and materials and a good space to cook in must be arranged. Each recipe has will require certain kitchen materials like cutting boards, measuring cups etc. If you don't have a household arts room at your school, you will probably want to ask your parent volunteers to bring in materials from home and recommend that they label them. Each parent can be given their recipe card and materials list ahead of time. One parent per every group of five kids or so is good. The attached recipes are ones that we have used in classes in which we had a forty minute block to go from raw ingredients to ready to serve. You want to make sure that you have another 20-40 minute period after the cooking in which to serve, eat, and clean up.*

Activity:

- Using the ingredients preparation list, harvest the produce with the class the morning of the cooking activity. [Attach:Fallrecipes.doc](#)
- When ready to cook, have parent volunteers set up work stations for their groups. Then assemble groups with their parent volunteers and explain that they need to follow directions closely and be safe of course. The time goes very fast, so it is important that everyone stay on task. Also, they will probably be needing to take turns and share tools. If they finish early, have markers and pencils set up at another work station and they can create labels for their dish, or they can fill out a reflection form for the activity.
- Point out the different work stations, have everyone wash hands, and they can get to work! Designate a place where your serving line is going to be, and when dishes are ready to serve, set them there with a label.

- After everyone is done cooking, and food is ready to be tasted, create a serving line and parents can help dish up the snacks. Encourage everyone to try everything!

Follow-Up Activities: Write an article about your event for a local paper.

Materials: see ingredients list, see shopping list, see kitchen tools list, paper, pens and markers, scissors and baskets for harvesting