



HARVESTING YOUR GARDEN

Creating your kitchen kit: Tasting and eating

Prepare and eat food with your students

Tasting produce from your Learning Garden with your students is a simple and fun way to enjoy the fruit of your labors! If you are new to food preparation or are trying a new recipe for the first time, remember to follow basic food safety rules, take note of student allergies, and carefully handle kitchen equipment with and around students. Tasting events are a wonderful opportunity to invite parents and guardians into the classroom to assist and bring their own expertise to the table.



For eating

One of each per student:

- Forks or Spoons (reusable or compostable)
- Small Plates, Bowls, or dixie cups (reusable or compostable)
- Napkins

Tools for Preparing Food

Tasting activities and recipes will require basic kitchen equipment. Below is an overview of tools we recommend you include in your Kitchen Kit so you will always be prepared for a tasting activity!

1. Mixing Bowl
2. Mixing Spoon
3. Serving Tongs
4. Glass jar with lid (for mixing dressings)
5. Cutting Board
6. Knives with Sheaths
7. Grater
8. Measuring Spoons
9. Measuring Cups
10. Rubber (or other food safe) Gloves
11. Ice Cream Scoop
12. Pitcher
13. Electric Tea Kettle



Grocery Staples

- Non-perishable ingredients (salt, pepper, olive oil, and your favorite vinegar)
- Go-to fresh ingredients (lemon, garlic)