

RANCH DRESSING MIX

A homemade ranch recipe is a healthy alternative to store-bought ranch and is perfect for serving with vegetable and salads. Yogurt offers a high amount of protein for just a few calories. Nonfat yogurt also serves as a good source of calcium. **Bolded ingredients can be grown and harvested in your Learning Garden.**

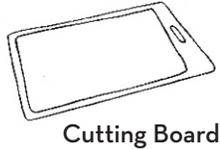
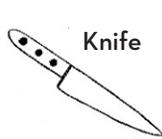


INGREDIENTS

Recipe makes approximately 15 tasting portions

- **Parsley, 3 tablespoons**
- **Dill, 3 tablespoons**
- **2 green onions**
- Salt, 1/2 tablespoon
- Pepper, 1/2 tablespoon
- Garlic powder, 1 tablespoon
- Nonfat plain yogurt, 2 1/2 cups

EQUIPMENT



DIRECTIONS

- Harvest and wash parsley, dill, and green onions from your Learning Garden.
- Measure the yogurt into a small bowl for mixing.
- Chop parsley, green onions, and dill. Add to yogurt.
- Add salt, pepper, onion powder, and garlic powder and mix.
- Serve in a cup with a dip-able fresh vegetable from your Learning Garden.

STUDENT REFLECTION

- Compare the ingredients of the homemade ranch dressing to a bottle of store-bought ranch.
- Describe the ranch dressing mix flavors and list your favorite ranch dipping foods.

STUDENT NOTES

LEMON PARMESAN POPCORN

Evidence of popcorn can be traced all the way back to 3600 B.C., making it one of the oldest forms of corn. Popcorn is considered a whole grain but remember to select plain air-popped popcorn that doesn't contain added sugars and fats. **Bolded ingredients can be grown and harvested in your Learning Garden.**

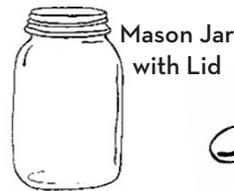


INGREDIENTS

Recipe makes approximately 15 tasting portions

- **Plain popcorn, 15 cups**
- **Fresh herbs, 2-3 tablespoons**
- 2 lemons, juiced
- Extra virgin olive oil, 4 tablespoons
- Parmesan cheese, 5 tablespoons
- Salt and pepper, to taste

EQUIPMENT



DIRECTIONS

- Harvest fresh herbs and popcorn from your Learning Garden.
- Pop popcorn and chop fresh herbs.
- Combine lemon juice, olive oil, salt in pepper in a mason jar and shake until fully combined.
- Drizzle over popcorn and toss to coat.
- Garnish each serving with Parmesan and fresh herbs.
- Serve in a reusable cup, or on a plate, or on a napkin.

STUDENT REFLECTION

- List other ways to dress-up popcorn!
- Describe the popcorn flavors. Examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy, etc.

STUDENT NOTES

CHICKPEA KALE SALAD

Chickpeas, also known as garbanzo beans, are a legume high in fiber and protein that become a complete protein when combined with rice. **Bolded ingredients can be grown and harvested in your Learning Garden.**

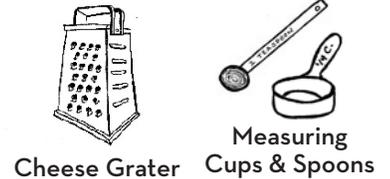
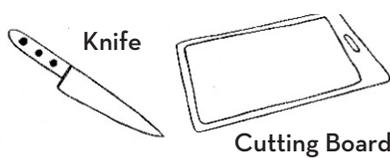


INGREDIENTS

Recipe makes approximately 15 tasting portions

- **Kale, 8-10 leaves**
- **Parsley, 4 tablespoons**
- Garlic, 1 clove
- Chickpeas, 2 cans
- Parmesan cheese, 1/4 cup
- 1 lemon, to taste
- Extra virgin olive oil, to taste
- Salt, to taste

EQUIPMENT



DIRECTIONS

- Harvest and wash parsley and kale from your Learning Garden.
- Chop parsley, kale and garlic and place in a medium bowl.
- Drain and rinse chickpeas and combine with other ingredients.
- Using the coarsest side of a cheese grater, grate the parmesan and combine.
- Squeeze lemon, drizzle olive oil, and sprinkle salt and toss with mixing spoon.
- Serve on a napkin, in a cup, or on a reusable plate.

STUDENT REFLECTION

- Describe the kale. This may include the kale's color, size, texture, or taste.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

STUDENT NOTES

CRACKER SNACKS

The tiny holes sometimes seen in crackers are called “docking” holes and help create a flat cracker because they prevent large air pockets from forming during baking. Don’t forget to double check the list of ingredients to make sure the crackers you are using are whole grain. You should see “whole wheat flour” or “whole grain flour” as the first thing on the list of ingredients. **Bolded ingredients can be grown and harvested in your Learning Garden.**



INGREDIENTS

Recipe makes approximately 15 tasting portions

- **Garden toppings, 2 cups**
- **Fresh herbs, 2-3 tablespoons**
- Whole wheat crackers, 15
- Hummus or cream cheese, 4 ounces

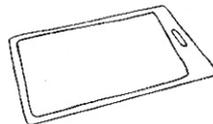
EQUIPMENT



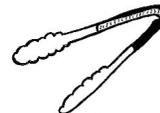
Food Safety First!



Knife



Cutting Board



Serving Tongs



Measuring
Cups & Spoons

DIRECTIONS

- Harvest and wash selected ingredients from your Learning Garden.
 - **Gardentoppings:** pea shoots, micro or baby greens, sliced beets, carrots, radishes, cucumbers, or tomatoes
 - **Fresh herbs:** mint, oregano, cilantro, thyme, sage, chives, basil, etc.
- Lay the crackers on a clean cutting board and spread cream cheese or hummus on each cracker.
- Top each cracker with assorted garden toppings and fresh herbs.
- Serve on a plate or napkin.

STUDENT REFLECTION

- Come up with your own cracker snack recipe ideas; can you think of a sweet treat?
- Describe the combined flavor of the garden toppings and fresh herbs.

STUDENT NOTES

INFUSED WATER

Water is essential for hydration, so why not spice it up with a fresh and tasty infused creation? Your students will love sipping this and you will love how easy it is to prepare. **Bolded ingredients can be grown and harvested in your Learning Garden.**



INGREDIENTS

Recipe makes approximately 15 tasting portions

- **Seasonal produce**, 1/2 cup
- **Seasonal herbs**, 5 sprigs
- 1/2 citrus: lemon, lime, or orange
- Anything else you might want to infuse!

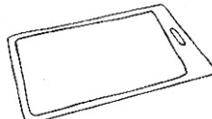
EQUIPMENT



Food Safety First!



Knife



Cutting Board



Mixing Spoon



Pitcher



Measuring
Cups & Spoons

DIRECTIONS

- Harvest and wash seasonal produce and herbs from your Learning Garden.
 - **Seasonal produce**: cucumbers, strawberries, etc.
 - **Seasonal herbs**: mint, lavender, basil, rosemary, etc.
- Cut up seasonal produce as needed and place into a large pitcher with water.
- Add seasonal herbs to the water and mix gently with a mixing spoon.
- Infuse water for at least one hour in the refrigerator and serve in a cup.

STUDENT REFLECTION

- Define the word refreshing and describe other things you eat or drink that are refreshing.
- Think of other herbs in your Learning Garden that could create a tasty infused water.

STUDENT NOTES

BUILD-A-SALAD

This is a quick tasting activity that works with many different vegetables from your Learning Garden. Try this activity with any type of salad greens, collards, kale, chard, kohlrabi, or cabbage. **Bolded ingredients can be grown and harvested in your Learning Garden.**



INGREDIENTS

Recipe makes approximately 15 tasting portions

- **Base ingredient(s)**, 5 cups
- **Add-on ingredient(s)**, optional
- **Fresh herbs**, 4-5 tablespoons
- 1 lemon, to taste
- Salt, to taste
- Pepper, to taste
- Extra virgin olive oil, to taste

EQUIPMENT



Food Safety First!



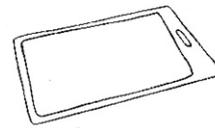
Mixing Bowl



Knife



Serving Tongs



Cutting Board



Measuring
Cups & Spoons

DIRECTIONS

- Harvest and wash selected ingredients from your Learning Garden.
 - **Base ingredients:** spinach, lettuce, Swiss chard, kale, arugula, greens, peas shoots, etc.
 - **Add-on ingredients:** beets, radishes, carrots, peas, cucumber, tomato, etc.
 - **Fresh herbs:** oregano, cilantro, thyme, sage, chives, basil, etc.
- Chop or tear the ingredients of your choosing and combine in a medium bowl.
- Squeeze lemon, drizzle olive oil, and sprinkle salt & pepper and toss with serving tongs.
- Serve on a napkin, in a cup, or on a reusable plate and enjoy!

STUDENT REFLECTION

- Describe the qualities that make fresh fruits and vegetables taste “fresh”.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

STUDENT NOTES

CREATE-A-SALAD DRESSING

Depending on the flavors you select, you can make a salad dressing to complement almost any cuisine and a great way to customize your veggies! Keep in mind that fat + acid + salty + sweet = salad dressing! **Bolded ingredients can be grown and harvested in your Learning Garden.**



INGREDIENTS

Recipe makes approximately 15 tasting portions

- **Fresh herbs**
- Fat: extra virgin olive oil or other light oil, yogurt
- Acid: Ingredient: vinegar of any kind, lemon, or lime
- Salty Ingredient: salt, soy sauce, nutritional yeast
- Sweet Ingredient: sugar, honey, maple syrup

EQUIPMENT



Food Safety First!



Knife



Cutting Board



Mason Jar
With Lid



Measuring
Cups & Spoons

DIRECTIONS

- Harvest and wash assorted fresh herbs from your Learning Garden.
- Start with two parts fat ingredient with one part acidic ingredient in a large mason jar with a lid.
- Add in salty ingredient (1/4 teaspoon at a time) to taste.
- Add in sweet ingredient (1/4 teaspoon at a time) until the flavor is less intense.
- Garnish your dressing with fresh herbs and shake until fully combined.
- Serve with a Learning Garden fresh salad on a plate or in a reusable cup.

STUDENT REFLECTION

- List other dressing ideas; how creative can you get?
- Describe the dressing flavors. Examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy, etc.

STUDENT NOTES

BEET RAVIOLI

Ravioli is a traditional Italian pasta dish, but this recipe replaces the ravioli noodle with beets. Don't forget the greens—you can eat the beet itself as well as the delicious and nutritious leaves! *Note: Red beets will stain fingers, clothing, and anything they come into contact with!* **Bolded ingredients can be grown and harvested in your Learning Garden.**

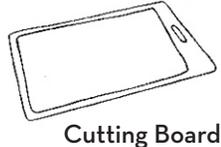


INGREDIENTS

Recipe makes approximately 15 tasting portions

- **2 -4 beets, any variety**
- **Parsley, 2 tablespoons**
- **Thyme, 1 tablespoon**
- Goat cheese or cream cheese, 2 ounces
- 1 lemon, to taste

EQUIPMENT



DIRECTIONS

- Harvest and wash beets, parsley, and thyme from your Learning Garden.
- Mince parsley and combine with thyme and cheese in a mixing bowl.
- Transfer the herb-cheese mixture into a sandwich bag and cut off the corner for easy piping.
- Peel beets and slice thinly.
- If time allows, salt beets and leave in fridge overnight to give them a more noodle-like texture.
- Arrange ½ of the beet slices on a clean cutting board and pipe filling onto the center.
- Place the remaining beet slices on top and gently press down on the edges.
- Garnish with thinly sliced beet greens tossed with fresh lemon juice.
- Serve on a napkin or on a reusable plate.

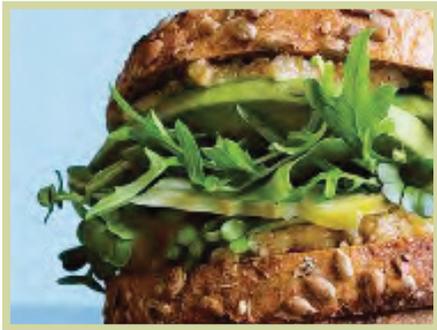
STUDENT REFLECTION

- Describe the beets. This may include the beet's color, size, texture, or taste.
- Describe the difference between the beet ravioli and what the traditional pasta ravioli might taste like.

STUDENT NOTES

PLANT PARTS SANDWICH

Snow peas are a unique legume, their edible pods being quite popular in stir fry recipes. This sandwich is packed with vegetable protein from the avocado and snow peas, and animal protein from the cheese. *Note: get creative and swap out ingredients for other items growing in your Learning Garden!* **Bolded ingredients can be grown and harvested in your Learning Garden.**

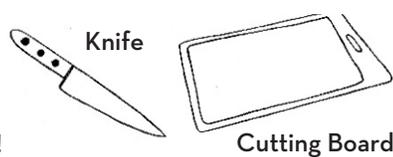


INGREDIENTS

Recipe makes approximately 15 tasting portions

- **32 snow peas**
- **8 radishes**
- **1/2 red onion**
- 8 slices whole wheat bread
- 1 ripe avocado
- Goat cheese or cream cheese, 4 ounces

EQUIPMENT



DIRECTIONS

- Harvest and wash snow peas, radishes, and onions from your Learning Garden.
- Spread goat or cream cheese evenly on the whole wheat bread slices.
- Mash avocado and spread on 4 slices of whole wheat bread.
- Slice snow peas, radishes, and onions thinly and layer on top of the avocado.
- Assemble each sandwich and cut into four even pieces.
- Serve on a napkin or on a reusable plate.

STUDENT REFLECTION

- Develop your own plant parts sandwich using other vegetables that you love.
- Describe the sandwich flavors, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy, etc.

STUDENT NOTES
