Back to School Workshop: Session 3
Workshop Series Review

Session 1 (Recording Available):
Fall Preparation & Planting

Session 2 (Recording Available):
Home Growing Techniques & Activities with Chicago Grows Food (Parents welcome!)

Session 3 (Today):
Garden and Food Based Lessons for the Virtual Classroom
Workshop Agenda

- Introductions
- How to Incorporate the Learning Garden into Lessons
- Big Green Curriculum Overview + Sample Lesson
- Cooking Demonstration
- Q & A
- Wrap Up
Icebreaker

Go to www.menti.com and enter the code 88 02 43 3
What’s Available from Big Green?

Free Curriculum (Teacher Guides):

- Ready, Set, Grow! (K-8)
- Real Food Lab (9-12)

Student-Facing Google Classrooms (3-5, 6-8, 9-12)

Google Classroom Drives to create your own classrooms

Remote Activities

Sign-up at biggreen.org
Teaching Virtually: Classrooms & Drives

Lesson Series

- Leaves We Eat - Introduction
- Lab (Science)
- Kitchen (Nutrition)
- Gardeners Take Action (ELA)

Shorter Instructional Segments

Embedded Instructional Supports

Multiple Means of Representation
Other things to know!

- Once added to the virtual classroom you may:
  - Clone
  - Adjust
  - Share
- Professional Development - On Demand
  - Food Literacy Course
  - Teaching Ready, Set, Grow!
- Remote Activities and Big Green at Home
- The Beet - Connecting School and Home
- Share Facebook Educator Group
Let’s get cooking!
Raw Tacos w/ Cashew Cheese

Tamika L. Romayne, Horace Mann School
Benefits of Cashews & Walnuts

**Cashews**
Rich in iron, high in magnesium (more than almonds), and the unsaturated fat is predominantly oleic acid (the same as in olive oil). Cashews help prevent cancer, promote a healthy heart and strong bones, and also are good for your skin and hair (they are rich in copper).

**Walnuts**
High in omega 3 fats, antioxidants, and phytosterols. Walnuts are good for your heart, can help protect against cancer, and are good for your brain aiding in reducing depression and the risk of age related diseases, such as Alzheimer’s.
Recipe

Walnut Meat

- 2 cups raw walnuts
- 1/4 cup sun-dried tomatoes, chopped
- 2 tablespoons chili powder
- 1 tablespoon dehydrated minced onion
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 tsp salt
- pinch of cayenne

Cashew Sour Cream (optional)

- 1 cup cashews, soaked 4-6 hours
- 1/2 cup water
- 2 tablespoons lemon juice
- 1 teaspoon apple cider vinegar/ almond milk
- 1/2 teaspoon salt
Recipe

Extras
- 12 leaves of romaine lettuce
- 1 avocado
- fresh cilantro

US Customary - Metric

Instructions

1. To make the walnut meat, blend all taco meat ingredients in a **food processor** until walnuts break down into small crumbs. Do not over mix, they will quickly form a paste. Remove from processor and set aside.

2. Combine the ingredients for pico de gallo and refrigerate until ready to use.

3. If making cashew sour cream, drain and rinse the cashews. Transfer to a **high-speed blender** with remaining sour cream ingredients. Blend until completely smooth. Transfer to a small container and refrigerate until ready to use.

4. To assemble tacos, place 2-3 tablespoons walnut meat on the bottom of a leaf of romaine lettuce. Top with pico de gallo, avocado, fresh cilantro, and cashew sour cream. Once assembled, serve immediately.
Nutrition Facts

Calories Per Serving: 346

Carbohydrates 15g 5%
Protein 8g 16%
Fat 31g 48%
Saturated Fat 3g 19%
Sodium 455mg 20%
Potassium 741mg 1%
Fiber 7g 29%
Sugar 4g 4%
Vitamin A 5915IU 118%
Vitamin C 18.2mg 22%
Calcium 80mg 8%
Iron 3.1mg 17%
Q & A
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Thank you for joining us!

Please share your feedback...